



YOUR HEALTH

Online & in Print for over 30 years!

View Latest Editions
Scan Me!



WWW.YOURHEALTHMAGAZINE.NET • VIRGINIA EDITION • JANUARY 2023

Health Professionals Near You

						Articles & Advice From Doctors Near You! National Eye Care Month • Beauty & Skin Care Senior Living & More! • Health Directory • page 48					
<small>Garima K. Talwar, DDS, MS, Prosthodontics</small>	<small>Karl A. Smith, DDS MS, Periodontist</small>	<small>Jeffrey L. Brown, DDS TMJ & Sleep Disorders</small>	<small>Michael Rogers, DDS Dentistry</small>	<small>Paul Bannen, MD Medical Oncology</small>	<small>Frederick Barr, MD Medical Oncology</small>						
<small>Frederick P. Smith, MD Medical Oncology</small>	<small>Khalid McLeod Fitness/Conditioning</small>	<small>Manju Priya Perera Master Esthetician</small>	<small>Isabel Kirk, LPC Mental Health</small>	<small>Sheri Salartash, DDS Dentistry</small>	<small>Rita Moncayo, ABCO Optometry</small>	<small>Edward Pozarny, DPM FACFAS, Podiatry</small>	<small>Neda Kalantar, DDS Pediatric Dentistry</small>	<small>Swathi M. Reddy, DMD Orthodontics</small>	<small>Jacqueline D. Griffiths MD, Ophthalmology</small>	<small>Ike Lans, DDS Dentistry</small>	<small>E. Richard Hughes, DDS, Implant Dentistry</small>
<small>Zina Alathari, DMD Dentistry</small>	<small>Tontra Lowe, DDS Dentistry</small>	<small>Raja Gupta, DDS Dentistry</small>	<small>Bill Reddy, LAc, DiplAc, Acupuncture</small>	<small>Bonnie Mazaris, RYT-200 Energy Heavens and YogiQi</small>	<small>Deeni Bassam, MD Expert Spine Physician</small>	<small>Usman Zafar, MD Expert Spine Physician</small>	<small>Arjun Ramesh, MD Expert Spine Physician</small>	<small>Mary Babcock, DO, DAPMR Integrative Medicine</small>	<small>Marv Thomas, DDS, Family and Cosmetic Dentistry</small>	<small>Michelle Fisher, Owner, Aesthetics</small>	<small>Laina Poulos Aromatherapy/Herbology</small>
<small>Krystle Dean-Duru, DDS Children's Dentistry</small>	<small>Lynda Dean-Duru, DDS Children's Dentistry</small>	<small>Rishi R. Sood, MD Knee Pain Relief</small>	<small>Rajesh Mehra, DO Family Medicine</small>	<small>Rishita Jaju, DMD Pediatric Dentistry</small>	<small>Carlos Durana, PhD, MAC Acupuncture/Oriental Medicine</small>	<small>Nikta Marvdashti, DMD/CAGS, Dentistry</small>	<small>Taseen Mir, MD Family Medicine</small>	<small>Tarique Zahir, MD Internal Medicine</small>	<small>S. Kalim Hussaini DDS, MS, Orthodontics</small>	<small>Vikram Chauhan, DMD Dentistry</small>	<small>Anteneh Roba, MD, ABOM, FAARM, ABAARM, Aesthetics</small>
<small>Dawn Devaney Gammon OD, FAAO, Optometry</small>	<small>Howard Horowitz, DPM, Podiatrist</small>	<small>Preeti Matneja, MSPT Physical Therapy</small>	<small>Brent C. White, Jr., DDS, Dentistry</small>	<small>Nichole E. J. Ruffin LMT, Massage</small>	<small>Toni Greene, Owner Hypnosis/Yoga</small>	<small>Madhavi Chada, MD Pain Management</small>	<small>Negar Tehrani, DMD Prosthodontics</small>	<small>Chang Yi, DDS, Cosmetic and General Dentistry</small>	<small>Nekia Staley-Neither DDS, Dentistry</small>	<small>April Toyer, DDS, FAAPD Pediatric Dentistry</small>	<small>Leonard Toyer, DDS Pediatric Dentistry</small>
<small>Tesfaye Tetemke, MD Primary Care</small>	<small>Craig A. Smith, DDS General Dentistry</small>	<small>Janice Postal, DPM Podiatry</small>	<small>Janice I. E. Dionisio, DMD, Dentistry</small>	<small>Beth Shekinah-Terrence Shamanic Healing</small>	<small>Sharleen St. Surin-Lord MD, Dermatology</small>	<small>Levi Pearson, III, MD Pain Management</small>	<small>Gregory Cardinal, DPM Podiatry/House Calls</small>	<small>Patrick Maiberger, MD Otolaryngology</small>	<small>T. Gordon Vap, MD Otolaryngology</small>	<small>Pete Goller, BS, CP Prosthetics</small>	<small>Kyle Wilhelm, BS, CO Prosthetics</small>
			IMPORTANT! IN OUR NEXT EDITION: Cardio Health, Diabetes & Nutrition						50 CENTS 		
<small>Jed Newhardt, BS, CPO Prosthetics</small>	<small>Stephen R. Kay, MD Plastic Surgery</small>	<small>Tierra Hardin, DOM LAc, Acupuncture</small>									



Healthydermis

The art of the aesthetic science

Google  Reviews

**28
YEARS**

OF EXPERIENCE

ASK THE EXPERT ABOUT

Acne Treatments
Body Contouring
Botox
Cosmelan Peel
Chemical Peel
Dermal Fillers
Fillers
Hair Loss Treatment
Hydrafacial MD
Laser Hair Removal
Laser Tattoo Removal

Powder Brows
Muscle Sculpting
Non-Invasive Scar Treatment
Non-Surgical Lipo Sculpting
Permanent Makeup
Pigmentation Treatments
Skin Rejuvenating
Stem Cells Treatment
Stretch Marks Treatment
Vaginal Rejuvenation



MABIR RIVEROS

CEO & ESTHETIC
SCIENCE EXPERT

| ACNE TREATMENT



571 502 0202 | MYHEALTHYDERMIS.COM   @HEALTHYDERMIS

📍 2944 HUNTER MILL RD #201
OAKTON, VA 22124

📍 7230 HERITAGE VILLAGE PLAZA
#201 GAINESVILLE, VA 20155



WE ACCEPT


NEW YEAR, NEW YOU!

Buy a Hydrafacial session and receive a Laser Hair Removal session as a gift! (On an area of your face or underarm)



By Deeni Bassam, MD, DABPM
The Spine Care Center

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Back Pain?

Back and neck pain *can* be treated.



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

SPECIALIZING IN TREATMENTS FOR:

- Neck Pain
- Low Back Pain
- Herniated Discs
- Facet Arthritis
- SI Joint Dysfunction
- Musculoskeletal Pain
- Complex Regional Pain Syndrome
- Reflex Sympathetic Dystrophy (RSD)
- Radiculopathy
- Neuralgia
- Sciatica
- Post Laminectomy Syndrome
- Shingles (Post Herpetic Neuralgia)
- Diabetic Neuropathy
- Post Amputation Pain
- Cancer Pain Management
- Persistent Pain after Back Surgery
- Spinal Tumors
- Spinal Injuries
- Spine Trauma
- Spine Fractures
- Spine Infections
- Degenerative Discs
- Scoliosis in children and adults
- Spinal Stenosis
- Spinal Arthritis

Top Quality Minimally Invasive Surgical and Non-Surgical Spine Treatments

Voted "Top Doctors" in Washingtonian and Northern Virginia magazines all years published since 2008



THE SPINE CARE CENTER

For more information or to schedule an appointment please call:

703-705-4471

Manassas Location:

8525 Rolling Road, Suite #200
Manassas, VA 20110

We can help you
live your **BEST LIFE!**

www.spinecareva.com



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

- Dermatitis (Eczema)
- Prurigo Nodularis
- Nonsurgical Jawline Contouring
- Nonsurgical Brow Lifting
- Nonsurgical Facial Rejuvenation
- Treatment of Skin Pigmentation and Fine Lines
- Treatment of Acne, Rosacea, & Pores



At the offices of

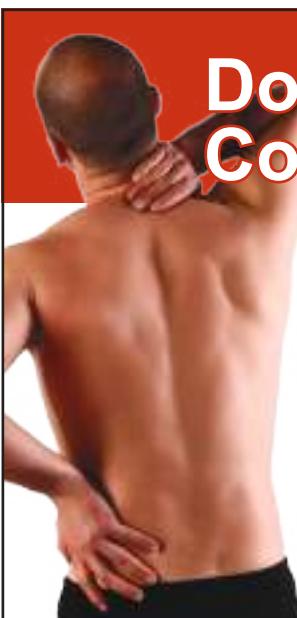
DR. HEMA SUNDARAM, MA, MD, FAAD

Board Certified Dermatologist and Dermatologic Surgeon
International Teacher and Researcher in Advanced
Dermatology and Plastic Surgery Technologies

If you are in good health and interested to volunteer for any of these studies, call 301-984-3376/703-641-9666 or email us at dermdc@gmail.com with subject line "STUDIES".

** New Year Makeover Packages **
Call 301-984-3376 or 703-641-9666
Interest-Free Financing Available

Follow us on Instagram: @twicebornbeauty & @drhemasundaram



Don't Let **PAIN** Control Your Life

Pain Conditions We Treat:

- Herniated Disc
- Facet Syndrome
- Spinal Stenosis
- Osteoarthritis
- Bursitis
- Knee Pain
- Hip Pain
- Myofascial Pain
- Fibromyalgia
- Complex Regional Pain Syndrome (CRPS)
- Occipital Neuralgia
- Vertebral Compression Fractures

Visit us online for a full list and descriptions of the treatments we offer.

SynergySpineMD.com



**Synergy Spine
and Pain Center**

INTERVENTIONAL PAIN MANAGEMENT SPECIALISTS

Madhavi Chada, MD - Triple Board Certified Physician

ABIM certified in Internal Medicine; ABA certified in Anesthesiology and Pain Medicine

Glenn Dale: 240-929-6652 | Ft. Washington: 240-260-3828

12150 Annapolis Road, Suite #209, Glenn Dale, MD 20769

10709 Indian Head Highway, MD-210, Suite D, Fort Washington, MD 20744



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 46

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 symptoms,

Please see “Post-Laminectomy,” page 46



Cataract Implants - Seeing In Three Dimensions

By Jacqueline D. Griffiths, MD
New View Eye Center

Approximately 20.5 million Americans age 40 and older have cataracts. The opportunity for freedom from reading glasses and bifocals was not available in intraocular lens implants. There are currently two of these advanced lenses that have become popular. Clareon PanOptix & Vivity by Alcon. They are known as "multifocal lenses" meaning they allow quality vision at near distance and intermediate zones through a series of focusing rings.

Our lives have become more complex and our vision is oftentimes tested throughout an average day of work. We have to read materials at close range, look at a computer in the intermediate range and perform tasks such as driving, requiring good distance vision. During the course of a day we have to constantly refocus our eyes in order to see multiple distances. Those of us who are over 40 have noticed that our reading vision has changed for the worse. Many of us require reading glasses because we no longer have the functional ability to focus on near objects like we did when we were younger.

The ability to change focus rapidly and focus on near objects is called accommodation and this process declines with age. In addition to this, the natural lens within our eyes starts to become cloudy with age.

What Is a Cataract?

Cataracts are, in fact, the clouding of the eye's clear lens, like a window that is "fogged" with steam. When the lens becomes cloudy, light rays can not pass through it easily and vision becomes blurry. Cataracts are not a growth or a film over the eye.

Cataracts start out small and have little effect on vision at first, but they continue to grow slowly. As the cataract grows, so does the impact on vision. The most common signs of cataract development are:

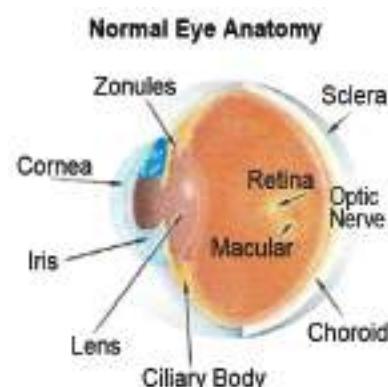
- Painless blurring of vision
- Sensitivity to light and glare
- Double vision in one eye
- Poor night vision
- Fading or yellowing of colors
- Frequent changes in glasses or contact lens prescriptions

Although cataracts usually develop as part of the aging process (more than half of all Americans develop cataracts by age 80), they can also result from:

- Eye injuries
- Certain diseases, such as diabetes
- Genetic inheritance
- Certain medications
- Frequent, unprotected exposure to UV-A and UV-B rays

What Is the Lens?

The lens is the part of the eye that helps focus light on the retina. The retina is the eye's light-sensitive layer that sends visual signals to the brain. In a normal eye, light passes through the lens and gets focused on the retina. To help produce a sharp image, the lens must remain clear.



How Is a Cataract Treated?

For an early cataract, vision may improve by using different eyeglasses, magnifying lenses, or stronger lighting. If these measures don't help, surgery is the only effective treatment. This treatment involves removing the cloudy lens and replacing it with a substitute lens, also known as an implant.

A cataract needs to be removed only when vision loss interferes with your everyday activities, such as driving, reading, or watching TV. You and your eye surgeons can make that decision together.

How Is a Cataract Removed?

Cataracts are removed with surgery, performed in an outpatient surgical center. In most cataract surgeries your native lens is replaced by an intraocular lens (IOL). The traditional method of replacing your native lens is with an IOL, aimed for good distance vision only. These are known as "monofocal lenses". You would oftentimes still need reading glasses with monofocal lenses. One way to decrease your need for reading glasses would be to have one eye corrected for distance and one for near. This is called monovision. Depth perception can sometimes be affected by this option.

That is why the new IOL technology is so exciting. Each of the approved IOLs has its advantages and disadvantages. Your eye surgeon will review the risks, benefits and alternatives of multifocal implants with you in order to choose the best lens for you. Cataract surgery is covered by most insurance plans, however, the newer IOL implants are generally not covered and require additional out-of-pocket expenses besides the usual co-pay, co-insurance, or deductibles you would normally be responsible for. While this is unfortunate financially, the IOLs themselves are certainly worth the extra expenditures in appropriate patients. Your surgeon will determine if you are a good candidate for these new implants.



Jacqueline D. Griffiths, MD

Selected as a "Super Doctor"

Washington Post Magazine

Voted

"Top Ophthalmologist"

Washingtonian Magazine
& Northern Virginia Magazine

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

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

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

In addition to offering CustomVue LASIK and EpiLase, NewView offers CK™, no-stitch cataract surgery, annual eye exams, contact lenses, glaucoma and diabetic screening exams, and cosmetic services including Botox, Restylane, Radiesse, Juvederm, and eyelid surgery. NewView Optical offers affordable high quality frames and lenses for the entire family (ages 5 and older).

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



12110 Sunset Hills Road, Suite 50
Reston, Virginia 20190
703-834-9777 • 800-MY-VISION
www.drjdg.com
www.NewViewEye.com

Let us focus on your sight!

Our mission is to provide **Excellence** in ophthalmology services by providing **Personalized** care for every patient!

Jacqueline D. Griffiths, M.D.

Yale University • University of Michigan • Georgetown University

In This Edition...

The articles below are provided by local health professionals for the benefit of the public. Please contact them for advice and services.

- 3 | The Effects Of Pain | By Deeni Bassam, MD, DABPM
- 4 | Forget the "New You" and Focus on the Real You | By Hema Sundaram, MA, MD, FAAD
- 4 | Post-Laminectomy Syndrome: When Back Surgery Fails | By Madhavi Chada, MD
- 5 | Cataract Implants - Seeing In Three Dimensions | By Jacqueline D. Griffiths, MD
- 7 | Heartburn and Acupuncture | By Yeqi Lee, LAc
- 11 | Healthy Mouth Equals Healthy Body | By Karl A. Smith, DDS, MS
- 12 | Whiten Your Child's Teeth Naturally | By April Toyer, DDS, FAAPD
- 13 | Dry Eye Relief Is In Sight With Optilight | By Dawn D. Gammon, OD, FAAO
- 13 | Minimally Invasive Foot Surgery | By Burton J. Katzen, DPM
- 14 | Study Of Potential Alzheimer's Treatment | Submitted by Re:Cognition Health
- 15 | TMJ Disorder and Exercise | By Jeffery L. Brown, DDS
- 16 | 15 Diseases Caused By Poor Dental Hygiene | By Sheri Salartash, DDS
- 18 | The Model Lift | By George Bitar, MD
- 18 | Benefits Of Immediate Dental Implants | By Richard Hughes, DDS
- 20 | The Emotional Cost Of Bad Breath | By Richard A. Miller, DDS, Director
- 23 | Sleep Apnea: CPAP Is Not the Only Option | By Michael Rogers, DDS
- 27-38 | Professionals Biographies**
- 40 | Exfoliation Is the New Cleansing Step | By Margarita Zorkina, Master Aesthetician
- 40 | Using Lasers To Treat Canker Sores/Cold Sores | By Tontra Lowe, DDS
- 42 | Your Immune System | By Lakita Conley-Ware, PhD
- 43 | Is Claustrophobia (Fear Of Confined Spaces) Real? | Submitted By Washington Open MRI, Inc.
- 44 | Straighter Teeth With Invisalign | By Swathi Reddy, DMD
- 44 | 30-Minute Foot Workout | By Edward Pozarny, DPM

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

New Edition:

Washington, DC

Now distributing in the District of Columbia!

Doctors & Practitioners can now reach out to patients located in **Washington, DC** through empowering articles and information in Your Health Magazine – ***It Makes a Difference!***

Doctors & Practitioners: Reserve Space • Call Today 301-805-6805

Coming next month

Read About How You + Your Family Can Live Better, Longer & Healthier!

**Articles and information from local
Cardio Health, Diabetes & Exercise Professionals:**

- ♥ Keep Your Heart Healthy
- ♥ Get Your Diet In Check
- ♥ Manage or Prevent Diabetes
- ♥ Get Fit and Feel Great
- ♥ Prevent Heart Attack/Stroke



Latest editions available online www.yourhealthmagazine.net

**Health Professionals: Your information can
Make A Difference! Reserve space today.
703-288-3130 • info@yourhealthmagazine.net**



SERVING MARYLAND & VIRGINIA Since 1990

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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

MARYLAND SUBURBAN OFFICE

One Town Center
4201 Northview Drive, Suite 102
Bowie, MD 20716

**Office (301) 805-6805 • Fax (301) 805-6808
info@yourhealthmagazine.net**

VIRGINIA OFFICE

Office (703) 288-3130
production@yourhealthmagazine.net

© Your Health Magazine, 2022. The magazine and all of its contents are protected by copyright. For permission to reproduce any materials in this magazine, contact publish@yourhealthmagazine.net.

EDITOR-IN-CHIEF

Gregory Scott Hunter

MANAGING EDITOR

Heather L. Mahoney

SALES & MARKETING CONSULTANT

Mili Parra

PRODUCTION & DESIGN ADMIN ASSISTANT

Alison Doner – MD



By Yeji Lee, LAc
Active Care Chiropractic & Acupuncture

Heartburn, a burning sensation or discomfort in the upper or middle chest, including the stomach area, which may affect the throat, affects more than 30% of people worldwide at least once a month. This feeling or sensation may or may not be related to specific diseases such as acid reflux, esophagitis, and gastritis. Although heartburn is a common symptom, it often lasts for a long time and becomes a chronic illness. Therefore, it is important to fix this condition to maintain a healthy lifestyle.



Heartburn and Acupuncture

Other related symptoms of diseases that cause heartburn include chest pain, diarrhea, nausea, chronic cough, constipation, and bloating.

Triggers for these symptoms include medicine side effects, food allergies, overeating, late eating, bad habits such as lying down right after eating, and certain foods such as alcohol, caffeine, and spicy food. A lower functioning of the stomach can also be a trigger.

Thankfully, there are some treatments available for heartburn. It is important to make lifestyle changes,

as well as seek medical attention. Failure to do so may lead to more serious problems that can impact your life.

In western medicine, doctors may prescribe medications or suggest over-the-counter medicine. They may also provide nutritional advice and suggest changes to your diet. Traditional medicine can also be effective in treating symptoms, often with few side effects.

Some other treatment options include acupuncture, cupping, moxibustion, and acupressure.

It is common for traditional

medicine practitioners to use a combination of two or three treatments. Some of these, such as moxibustion, acupressure, and cupping, can be done at home, but it is important to know which acupoints can help reduce symptoms and to see a licensed acupuncturist to get the correct locations.

Acupuncture and dry cupping treatment once or twice a week can significantly reduce symptoms after just one or two sessions, leading to improved quality of life after a month of treatment.



Dr. Jay (Jong Hee) Cho
DC, LAc, FIAMA

- 14 years of experience with a thousand accidents cases
- Specialized hands-on care
- Chiropractor qualified to practice acupuncture, physical therapy, and dry needling

Afraid of Chiropractic “Bone Cracking?”

We offer alternative care methods to comfortably treat your condition.



Auto Accident Recovery

- We will help you throughout the entire process: hiring an attorney and documentation.
- You can get care without insurance if you are not at fault. You don't have to pay first.
- You can get care with medical payment on your car insurance even if you are at fault.



Posture Correction, Neck & Low Back Pain, Disc Disease, Migraine, and Fibromyalgia

Stomach and GI Disorder / Women's Health Care



We Welcome Yeji Lee, LAc

Master of Chinese Oriental Medicine in Beijing University
Licensed in China and Virginia (USA)

NCCAOM Board Certified Acupuncturist

Studied Acupuncture In China

Active Care
Chiropractic & Acupuncture

10680 Main Street, Suite #275, Fairfax, VA
Tel: 703-539-8822
www.activecareclinic.com
Activecareca@gmail.com

Open Late on Mon. & Thurs.
We Accept:
Carefirst BC/BS, Aetna and
more!



Ike Lans, DDS and Associates Family Dentistry & Orthodontics

We'll
Make
You...

SMILE!

*Enjoy a unique and relaxing
experience in the soothing atmosphere
of a beach or mountain retreat
complete with bird aviaries.*

New Patients Cleaning Special

Includes: Routine Cleaning, Examination & 4 Bitewing X-rays. If necessary, full set of X-rays only \$70 additional.

NOW \$125 Reg. \$375

Save \$250

Coupon must be presented for Special Offers

In-Office Tooth Whitening

(Take Home Trays Included)

NOW \$350 Reg. \$600

Save \$250

Coupon must be presented for Special Offers

- Cosmetic Dentistry – including Veneers
- Restorative Dentistry
 - Hygiene & Preventative Care
- Dentures • Implants

- Crowns & Bridges
- Orthodontics for Adults & Children
 - Invisalign for Adults & Teens
- Children's Dentistry
 - Teeth Whitening

- Same Day Dentistry
- Evening & Saturday Hours
- Flexible Payment Options
 - Emergencies Welcome
 - No Charge Consultation
 - Interest-Free Financing



Voted One of Northern Virginia's TOP DENTISTS

**Call Today To Schedule Your Appointment:
LansFamilyDentistry.com 703-729-1400**

44110 Ashburn Shopping Plaza, Suite 166, Ashburn, VA 20147

THE CARE YOU NEED, The Quality You Deserve

At The George Washington University Hospital (GW), we want to meet all of your healthcare needs. We offer services in more than 52 specialty areas, from heart and cancer care to weight-loss surgery and outpatient rehabilitation. We're also home to a Level 4 Epilepsy Center, a Comprehensive Stroke Center, a Level I Trauma Center and a Level III B Neonatal Intensive Care Unit (NICU).

Our mission is to provide the highest quality healthcare, advanced technology and world-class service to our patients in an academic medical center dedicated to education and research.

Our Services

- Breast Care
- Cancer Care
- Cardiovascular Care
- Clinical Trials
- Ear, Nose and Throat
- Family Planning Services
- Free Health and Cancer Screenings
- LGBTQIA+ Services
- Neurology and Neurosurgery
- Obstetrics/Gynecology
- Outpatient Rehabilitation: Physical/
Occupational/Speech Therapy
- Orthopedics/Sports Medicine
- Sexual Health
- Kidney and Liver Transplant
- Weight-Loss Surgery
- And More

When you think healthcare, think GW Hospital. We've got you covered.



THE GEORGE WASHINGTON
UNIVERSITY **HOSPITAL**

We're Defining Medicine

Call **888-4GW-DOCS** to schedule
an in-person or virtual appointment.

Physicians are independent practitioners who are not employees or agents of The George Washington University Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website: 22856700-984023 8/22



Ultra Body Sculpt



Safe, Affordable, and No Surgery with Surgery-like Results



SERVICES

- Fat Blasting
- Cellulite Treatment
- Anti-Aging Facial Treatments
- Botox and Filler Treatments
- EmsculptNEO
- Morpheus8
- Laser Hair Removal
- IPL Photofacial
- Botox & Dysport
- IV Therapy
- Lipo B12
- Facial Peel
- Infrared Sauna
- Hyperbaric Chamber
- Kybella and Sculptra
- CO2 Laser and CoolPeel
- Sofwave

We Are the Creators of Your Youth

We are a Non-Surgical Plastic Surgery Company.

We use advanced technologies to perform Fat Removal, Fat Targeting, Cellulite Toning / Reduction, Breast and Butt Lifts, Face Lifts, Face Contouring, AND MUCH MORE!!!

*Customized Treatments
For Non-Surgical Solutions*



Ultra Body Sculpt

703-988-2000

1530 Wilson Boulevard, Suite #120, Arlington, VA 22209

UltraBodySculpt.com

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

Remedyng 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.

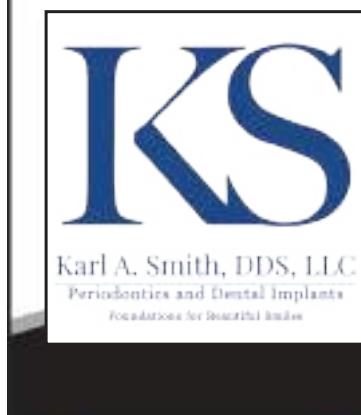
A Healthy Mouth Equals a Healthy Body

Dr. Karl A. Smith
Periodontist
A Dentist with
Super Powers

- Caring and Kind Dentist and Team
- State-of-the-Art Equipment
- Laser Periodontic Therapy
- Dental Implants to restore your beautiful smile
- Comfortable Sedation Dentistry
- Affordable Gum Treatment
- Insurance Accepted & Filed
- Ultra-Sterile Environment
- No Referral Needed

Friendly greetings, warm smiles and a Dentist that truly cares about you

Our patients mean the world to us (and they love to refer us to friends and family). My team works together to ensure your visit is enjoyable, and that your dental treatment is gentle and pain-free. We are deeply committed to helping you prevent and treat periodontal (gum) disease, and to enhance your smile to improve your overall health. New Patients appointments available daily!



NEW PATIENT SPECIAL

Includes Initial Exam, Full Mouth Digital Film, Consultation with Dr. Smith (Reg \$328)

\$189

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



www.DrKarlSmith.com

Whiten Your Child's Teeth Naturally

By April Toyer, DDS, FAAPD
Lifetime Dental Care

Permanent teeth have a naturally more yellow hue than their baby predecessors. Tooth whitening is generally not recommended for children until their adult teeth are fully erupted. At about the age of 14, the nerve tissue in a child's permanent teeth has finally

developed and bleaching is safer at this time.

Bleaching too early can lead to tooth sensitivity and is often contraindicated due to concerns with cavity control and hygiene concerns. In some circumstances bleaching in children may be permitted with



April Toyer, DDS, FAAPD

low carbamide peroxide concentrations and only under a dentist's care.

Although bleaching may not be in the cards for your child check out these natural tips and tricks to keep that smile looking bright.

Avoid dark foods and drinks. The first few weeks after your whitening procedure your teeth are more susceptible to picking up stain. Anything that can stain your shirt can also stain your teeth. Red wine, teas, dark sodas, dark juices and cigarettes can all seep into the newly opened tubules of your teeth and cause them to discolor rapidly.

Eat teeth cleansing foods. Teeth can be naturally cleansed by foods that are firm and crisp such as apples, carrots and celery. When you cannot get to a toothbrush this is a great alternative

Don't forget to rinse. Water is nature's great neutralizer. After consuming dark substances rinse with water to cleanse your mouth of dyes and other food debris.

Eat more strawberries. The malic acid contained in strawberries has natural properties that contribute to tooth whitening.

Gargle with apple cider vinegar. This can be done before brushing. Vinegar is a natural cleansing agent that can help remove stains, kill bacteria and also whiten your teeth.

Brush with baking soda. In addition to normal brushing, using baking soda once a week can help keep your teeth sparkling. The abrasives in baking soda can help remove surface stain and maintain your pretty white smile. Make sure you do not swallow the baking soda or brush too harshly.

Attend regular check-ups. Sometimes the plaque or build up on your teeth can harden and form tarter. Additional debris on your teeth can be magnets for stain. Discoloration can often be signs of injury, decay or an altered internal make of the tooth structure. Make sure that you attend your check up every six months to remove excess build up and evaluate your whitening success.

LIFETIME DENTAL CARE
PEDIATRIC AND ADULT DENTISTRY

Child Services

- Dental Visits Early as Age 1
- Laughing Gas
- Restorative Dentistry
- Pediatric Dental Check-Ups
- Kids themed treatment rooms with televisions
- Oral Sedation
- Hospital Dentistry
- Xbox in kids playroom

Adult Services

- Clear Braces
- Zoom Whitening
- Cosmetic Dentistry
- Nitrous Oxide
- Mercury-Free Environment
- Low Radiation Digital Technology

Services Offered:

- Dental cleanings are **FREE** with most insurances.
- Not Insured? New patient exam, cleaning, x-rays and fluoride treatment \$79 for adults and \$49 for children.
- Get an additional **25% off** deep cleanings or gum therapy with no insurance.
- May not be combined with other offers.

Information:

- April Toyer, D.D.S., Board Certified Pediatric Dentist
- Leonard Toyer, D.D.S., General and Cosmetic Dentist
- Saturday Appointments Available!
- (703) 499-9779
- 14573 Potomac Mills Rd
Woodbridge, VA 22192
- www.LifetimeDentalCareVA.com
Watch our videos on the website!
- Our mission is to provide our patients with the highest quality of pediatric, family, and cosmetic dental care in a warm, relaxing, and fun environment.

Dry Eye Relief Is In Sight With Optilight



By Dawn D. Gammon, OD, FAAO
The Eyewear Gallery
at Reston Town Center

Dry eye disease is a common condition that affects between 16 and 49 million Americans. It occurs when the eyes do not produce enough tears, or when the tears evaporate too quickly because the meibomian glands in the eyelids are not functioning optimally. Dry eye syndrome

can be caused by a variety of factors, including aging, certain medications, skin conditions like rosacea and environmental factors. This chronic condition can have a significant impact on your quality of life causing eye irritation, pain, blurry vision, and dry or watery eyes. Untreated, it can even lead to further eye health complications.

Despite these constant detrimental effects on quality of life, many dry eye sufferers are not aware of their diagnosis or that truly effective treatments exist. Though many patients use artificial tears to provide temporary relief, unfortunately the underlying disease process can continue to progress.

Now, relief is in sight! OptiLight by Lumenis is a light-based, non-invasive treatment done in the area below the eyes to manage dry eye. The Opti-

Please see "Optilight," on page 47

Thank you for voting us #1 Best Eye Care Provider in NOVA

If you want to update your look for 2023, visit The Eyewear Gallery where our award-winning team will help you find your most flattering frames. In addition to a five-star Yelp and Google rating, The Eyewear Gallery was named Northern Virginia's Best Eye Care Provider six times in the *Virginia Living Magazine* Readers' Polls and received the Talk of the Town Customer Service Award 11 consecutive years. We like to say "Like a fine work of art, every face deserves a fabulous frame!" Call for an appointment with Dr. Dawn and The EG team today!



Minimally Invasive Foot Surgery

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

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 boney structures are viewed during surgery by use of a Fluoroscope, so even though the incision is small, the surgeon can visualize the structures he/she is working on at all times during the surgery.

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

Please see "Permanent Cure," page 47



The Eyewear Gallery
at Reston Town Center

Like a fine work of art,
every face deserves a fabulous frame!

New Year, New Look!

Save \$50 off your complete eyewear purchase

*cannot be combined with insurance benefits or other offers

703-709-5400

11900 Market Street, Reston
(Located by the Fountain)

www.Eyewear-Gallery.com



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 Al-

zheimer'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

Volunteers Being Sought

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

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.

"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.



Accurate Diagnosis

Access to the most advanced diagnostic tools available at no cost.



Clinical Trials

Enrollment into international clinical trials for those mostly aged 45-90 focused on new generation treatments to stop cognitive decline.*



Education

Information, resources and supportive services for complete cognitive care.

We Are the Brain & Mind Experts

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.

**571-418-0142
Fairfax Clinic**

8316 Arlington Boulevard
Suite #420
Fairfax, VA 22031
hello@re-cognitionhealth.com

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

www.recognitionhealthusa.com



By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

When it comes to TMD (temporomandibular joint disorder), there are many things that a person has to consider when looking for successful treatment. With TMD, most of the time the articular discs that cover the condyles (the cartilage on top of the jaw bones) are displaced and will pinch nerves and blood vessels. This leads to head and neck pain. Oftentimes too, when a person has TMD their cervical spine (neck) is compressed, so now you have more nerve compression as well. Since the C spine and TMJ work together, one can greatly affect the other.

When it comes to TMD (temporomandibular joint disorder), there are many things that a person has to consider when looking for successful treatment.

So now let's discuss the ramifications of exercise and how it can and will affect the outcome of TMD treatment. When a person runs, as you can well imagine, the neck takes a pounding which compresses the spinous processes. This can, and will, in turn affect the TM joints. This is why running during TMD treatment is really not recommended. An alternative to running is the elliptical machine. This is a no impact device that allows for a great cardiovascular workout with no compaction to the neck. You have to keep your mind on improving the health of those joints and cervical spine.

Another aspect of exercise is weightlifting of course. Most people re-

TMJ Disorder and Exercise

ally do not want to hear that they should not be lifting weights during their course of TMD treatment. The reason for this is that when you lift something fairly heavy, this pulls on the neck muscles – the sternocleidomastoids. These muscles connect directly into the jaw joint and will pull on a displaced disc. You can well imagine that is not a good thing. Another factor is that lifting above shoulder level causes the body to pull more on the neck than it should. This can hurt the joints as well. Once again, this type of exercise will

compromise your ability to heal.

Now let's bring up a four-letter word that comes up quite often: GOLF. So here you are newly retired, living in a house at the country club, new to the game, or just looking to a retirement in place where you can play golf every day of the week. Along comes the TMJ specialist who tells you not to play until you are better. You have a choice: Get better or not. One path means that you must take a hiatus from using those amazing Ping custom-made clubs and telling your

friends about the hole in one you got. The choice is to sit at home and use the elliptical machine and get better.

This problem occurs whether it's golf, tennis, or pickleball. You must make a choice and live with it for some time. This is not permanent but when you get back into it, you may find your stroke, and strength improved. As you can see, dealing with TMD takes some effort. For some folks it means sacrificing their normal activities so it's good to understand all this before treatment begins.

We Are NOT Your Typical Dental Office

We Can Help With:

- Jaw Pain, Clicking or Popping
- Head, Neck and Shoulder Pain
- Migraines
- Craniofacial Pain
- Sleep Apnea
- Orthodontics

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

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

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

For more reviews, search "Sleep & TMJ Therapy" on Google!



Jeffrey L. Brown, DDS

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



Schedule Your Appointment Today: 703-821-1103

2841 Hartland Road, Suite #301, Falls Church, VA 22043 • www.sleepandtmjtherapy.com

THE LEADER IN
LASER DENTISTRY

NO PAIN
NO DRILL
NO INJECTION
NO ANESTHESIA
NO ROOT CANAL
FASTER RECOVERY

Laser assisted treatments for bone regeneration and implant procedures.

Reducing chance of root canal by 90% and keeping the tooth nerve alive

Complete disinfection of surgical sites and clearing of jaw infections

Clearing the inflammation and infection of the gums

Obstructive sleep apnea treatment with NightLaser procedure reduces snoring and enhances upper airway soft tissue function.

TMJ joint and muscle inflammation reduction

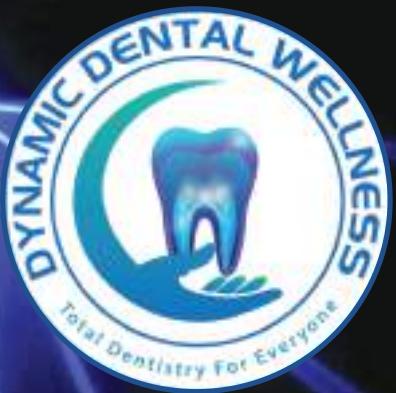
No need for injections or numbing during the filling process.

Gum disease, Cold sore and ulcer elimination

Laser application reduces dentin sensitivity and disinfects tooth during tooth restoration.



Dr. Sheri Salartash
DDS, MAGD, NMD, IBDM,
AIAOMT, FICOI, FAAIP,
Diplomate of Board of Dental
Sleep Medicine
Certified Holistic Mouth Doctor



20755 Williamsport Place, Suite #300, Ashburn, VA 20147
703-775-0002 • DynamicDentalWellness.com

15 Diseases Caused By Poor Dental Hygiene



By Shari Salartash, DDS, MAGD
Dynamic Dental Wellness

The mouth is the gateway to the rest of the body. Symptoms of health issues like cancer, cardiovascular disease, and diabetes are first detected in the mouth. Risky bacteria that begin in the mouth enters the bloodstream and leads to catastrophic systemic conditions.

Diseases that are caused by poor dental hygiene include:

Cardiovascular Disease: Bacteria from the mouth enters the bloodstream and causes the arteries to harden, which leads to an increase in risk of stroke or heart attack. This is why periodontal disease is linked to artery inflammation. However, 90% of heart disease can be prevented by proper dental hygiene.

Alzheimer's Disease: Poor dental health causes the bacteria to accumulate in the mouth. When these bacteria leave the mouth and travel to the brain, they kill brain cells and lead to memory loss. Spirochetes, a pathogenic oral bacterium, is a potential cause of Alzheimer's disease.

Diabetes: Periodontal disease makes it more difficult for the body to control blood sugar levels and aids in increasing the risk for developing diabetes. Studies show that 95% of adults with diabetes also have periodontal disease.

Please see "Dental Hygiene," page 47

**A warm caring home
for Maryland's Heroes**

USDVA funding to help with cost of care
Serving those who served.

Providing Affordable, Comfortable and Trusted Care for Veterans and Eligible Spouses

* Medicare Certified Rehabilitation * Secure Compassionate Memory Care
* Long-Term Nursing Care for Veterans & Eligible Spouses
* Income-Based Assisted Living
* Fully Subsidized Nursing Care for Veterans with a 70%+ Service Connected Disability Rating
* Physician Services on Premises: Primary Care, Audiology, Dental, Dermatology, Optometry and Counseling
Skilled Care 24-Hours a Day - Social & Fitness Activities - Barber & Beauty Shop - Multiple Dining Rooms
Devoted Volunteer Program - FREE Transportation to VA Medical Center in Washington, DC

Charlotte Hall
Veterans Home
Maryland Department of Veterans Affairs
www.charhall.org **f** 301-884-8171

Visit our beautiful home today...
Charlotte Hall Veterans Home
29449 Charlotte Hall Road
Charlotte Hall, Maryland 20622
Serving Those Who Served



Board Certified Physician Associate Medical, Surgical and Cosmetic Dermatology at



Heather Callahan, PA-C

Heather Callahan is a Dermatology Physician Assistant certified by the National Commission on Certification of Physician Assistants (NCCPA) and holds a medical license in the state of Virginia. She is passionate about all facets of Dermatology with extensive training and experience in general Medical Dermatology, Surgical Dermatology, and Cosmetic Dermatology.

Heather is a graduate of George Mason University in Fairfax, Virginia, where she received a Bachelor of Science degree in both Biology and Psychology. She then earned her Master of Science in Physician Assistant Studies from Seton Hill University in Greensburg, Pennsylvania.

Prior to joining Dermestetics, Heather worked in a private dermatology office in which she was instrumental in growing both the medical and aesthetic aspects of the practice. After she joined the practice in 2016, and each year for the following five years she practiced there, the clinic earned Best Dermatology Practice in the county. Heather herself was nominated for *Lifestyle Magazine's* 16th Annual Best Physician in 2021.

In 2020 Heather earned the highly prestigious honor of becoming a

SDPA Diplomate Fellow. The Society of Dermatology Physician Assistants Diplomate Fellowship™ program is an all-encompassing, didactic training program for physician assistants working in the field of Dermatology. The SDPA worked with testing industry experts and dermatology professionals to build this standardized program from the ground up. All content was validated by the Dermatology community to ensure it includes the skills, tools and knowledge set a Dermatology Physician Assistant needs to perform their job with excellence. The program covers all aspects (Medical, Surgical, Cosmetic) of dermatology. There are only 22 SDPA Diplomates in Virginia, and less than 1,000 nationwide.

Heather is a member of the following professional organizations, including:

- American Academy of Physician Assistants (AAPA)
- Society of Dermatology Physician Assistants (SDPA)
- Virginia Academy of Physician Assistants (VAPA)
- Cellular Medicine Association (CMA)

As a Dermatology Physician Assistant, Heather is licensed to perform comprehensive skin cancer screenings, identify, and treat skin cancers. She is also trained to diagnose and treat numerous other dermatological conditions, including but not limited to acne, eczema, psoriasis, warts, and rashes. She is well-versed in skin cancer prevention, delivers and manages acute and chronic skin conditions. She often incorporates exosomes and platelet rich plasma in her treatments, confident in their medical and aesthetic benefits. With an artistic eye and skilled hands, Heather is especially enthusiastic about aesthetic medicine and is passionate about injectables, i.e. Botox and filler, as well as enjoys working with a multitude of laser platforms and medical devices.

Heather's favorite medical device lately is the AviClear laser to treat acne. AviClear is the first and only FDA-cleared laser treatment for the treatment of mild, moderate and severe acne. AviClear has been proven safe and effective for all skin types and tones. What makes AviClear so unique is it targets acne at the source. This revolutionary laser treatment uses a 1726nm wavelength to selectively target and down regulate the sebaceous gland, reducing active acne safely and effectively without the need for prescription medications. There is minimal downtime and side effects with AviClear. Heather is thrilled to currently be the only practitioner in the state of Virginia offering the AviClear laser treatment. Acne is the most common skin condition in the United States, affecting up to 50 million Americans annually. Heather understands that for many people who have acne, the skin disease affects more than their appearance. Acne can take a toll on one's emotional health. She firmly believes the mind-body connection is powerful and that improved self-perception can positively impact one's well-being.

Heather is an advocate for her patients and loves to be a positive part of their self-improvement journey. Her philosophy that everyone has their own sense of what beauty is helps her develop individualized treatment plans customized to each's own aspiration, comfort level and budget. She feels we must allow every person the opportunity to express beauty without judgment. Heather feels safety is paramount, while striving to deliver exceptional and natural outcomes.

Heather strives to develop long-lasting relationships with her patients. She is a patient favorite, and it shows when you read her reviews on Google and social media. She takes a very gentle, considerate and extremely thorough approach in her practice of medicine.

*We are now accepting insurance for Medical Visits
including United Healthcare, Cigna, and more!*

2672 J Avenir Place, Vienna, VA 22180
Dunn Loring Metro Station



703-698-8162

www.Dermestetics.com

Follow Us on Instagram: @dermesteticsvienna
@dermesteticshaymarket - @miss_heather529



NEW YEAR SPECIAL 50% OFF ONE TREATMENT OF YOUR CHOICE:

Limited time, call today for your free consultation and to receive \$200 - in Alle.

- CoolSculpting Elite (NEW GENERATION)
- Vanquish Adipose Tissue Melting
- Venus Legacy Radio Frequency Skin Tightening
- Fractional Pixel Laser
- CoolTone Muscle Stimulation
- Nano Fractional RF Needling
- IPL Laser
- Clear Lift Laser
- Diamond Glow



2106-B Gallows Road, Vienna, VA 22182

703-992-9290
AstoriaLaserClinic.com



The Model Lift



By George Bitar, MD
Bitar Cosmetic Surgery Institute

The Model Lift™ is a non-surgical facial contouring procedure for women and men of all ages. The Model Lift aims at achieving harmony between a patient's cheek, chin, nose, lips, and jawline. By combining different fillers and neurotoxins to each of these areas, we can achieve a harmonious contoured face. It is fully customizable to each patient.

Cheeks

One of the most prominent features a model has is high, defined cheekbones. As someone ages, they lose the volume in their cheeks and gain it where it is not wanted like the

jawline or neck. For a non-surgical solution, a variety of fillers are offered, such as Radiesse®, Juvederm® Voluma, Sculptra® and Bellafill®. These fillers are used to enhance the definition and add volume, which lifts the face. A younger patient may benefit from using a filler while an older patient who is trying to stop the aging process may benefit from a combination of fillers or even surgery.

Chin and Jawline

The chin and jawline are responsible for framing our facial features and play a pivotal role in shaping our face. Correcting a weak chin or soft jawline can improve the symmetry of the face and even decrease the appearance of sagging jowls. Non-surgical chin and jaw enhancement is a minimally-invasive way to smooth contours, balance inconsistencies, increase definition and provide a more feminine or masculine facial profile.

Nose Contouring

Although no one can argue with the superior results and permanency that surgery can afford a patient who seeks a surgical rhinoplasty, surgery is

Please see "Model Lift," page 47

Benefits Of Immediate Dental Implants



By Richard Hughes, DDS
Board Certified, American Board of Oral Implantology

appointments associated with extensive bone grafting, because the implant in many respects acts as the graft and is placed at the time of the extraction appointment.

The number of times one may have any discomfort is greatly reduced. There is less bone loss associated with immediate dental implants.

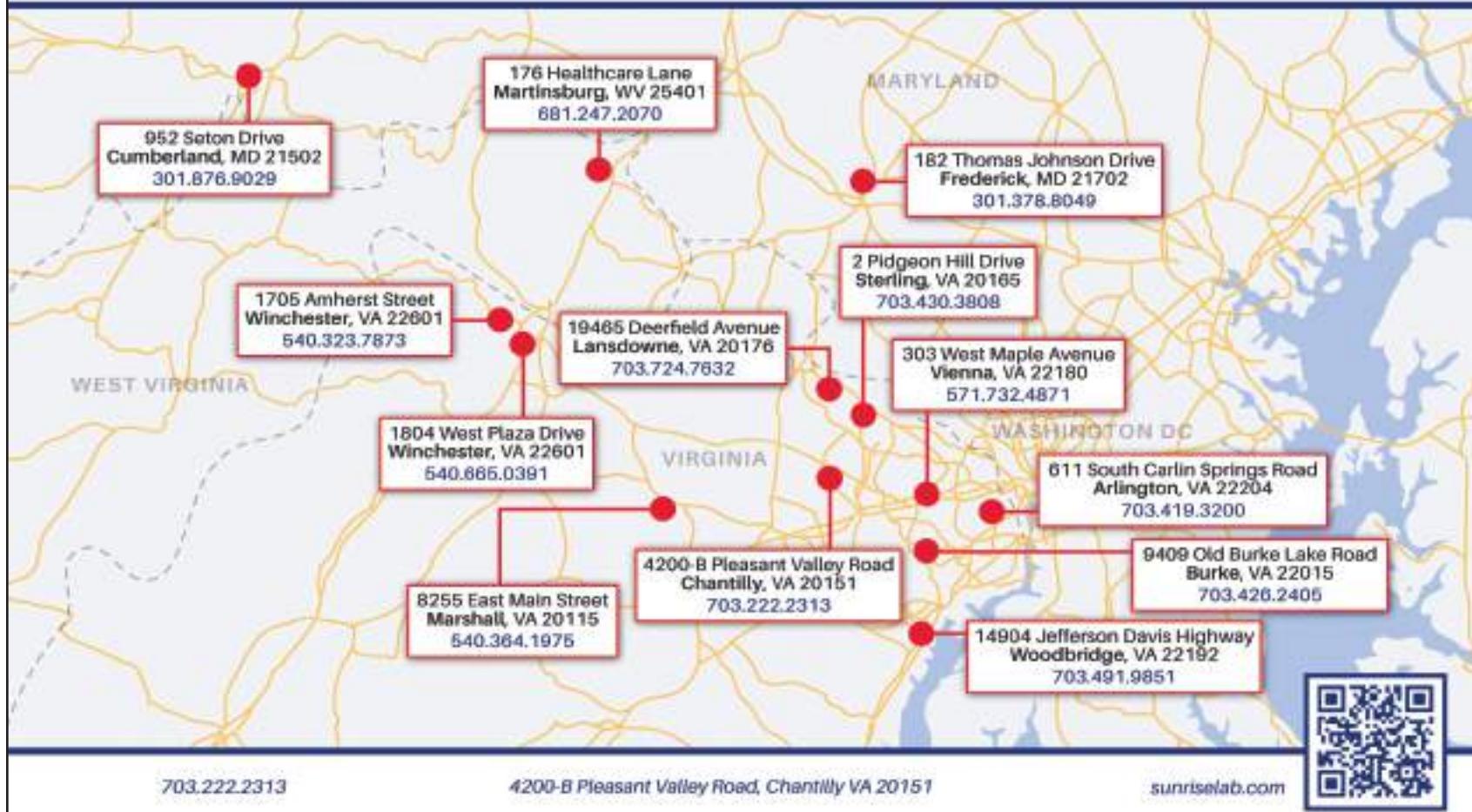
The only time you do not place immediate implants, is when the roots of the extracted tooth are close to the main nerve in the lower jaw.

The patient has their crown (teeth) placed on top of the implant much sooner, since the patient receives the implant at the time of extraction.

So, in this fast paced northern Virginia society where people are pressed for time, the immediate dental implant is something that can be a good fit for many peoples' busy lives.

An immediate dental implant is placed when a tooth has just been extracted. This sounds like a lot for someone to go through, but actually it's not that bad. Dentists have been placing immediate implants for years.

The patients do not have to go through two surgeries and the extra



New Teeth and a Dazzling Smile!

Teeth in a Day - All on 4

- Does the embarrassment of your smile keep you from socializing with friends and relatives or dating?
- Do your dentures or teeth hurt, move around when eating or talking or limit the foods you eat?
- Do you look older than your natural age because of your dentures, missing teeth or worn out smile?
- Do you want new teeth and dazzling smile as soon as possible?
- Do you want to eat the foods you like and look and feel better about yourself?

Starting at
\$22,777
Per Jaw



You will never be embarrassed by your smile again thanks to Dental Implants!

If you answered yes to any of these questions, then Teeth in a Day Dental Implants are for you!

Call for a Complimentary Consultation (\$500 Value)

Richard Hughes, DDS - General Dentist

Diplomate, American Board of Oral Implantology/Implant Dentistry
(Board Certification)

703-444-1152

www.erhughesdds.com

46440 Benedict Drive, Suite #201 | Sterling, VA 20164 (Across from Loudoun NOVA Community College) *Se Habla Espanol*

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.

EMBARRASSED BY YOUR BREATH?



Do People . . .

Turn Away When You Get Close?

Rub Under Their Nose?

Offer You Gums or Mints?

Talk Behind Your Back?

Exclude You From Social Activities?

THERE IS A CURE FOR BAD BREATH!

Original Tongue Rejuvenation® ELIMINATES THE CAUSE of Bad Breath so that **YOU CAN LIVE THE LIFE YOU DESERVE!**

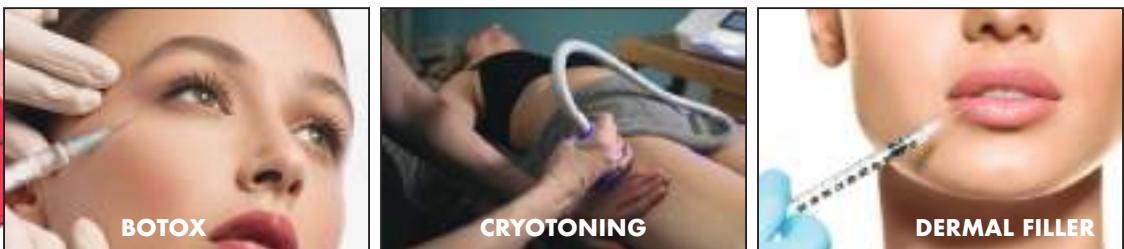
**We are so confident that we CAN CURE YOU
we offer a MONEY-BACK GUARANTEE**

LIVE THE LIFE YOU DESERVE TODAY!

National Breath Center®

www.BeatHalitosis.com

7115 Leesburg Pike, Suite #309, Falls Church, VA 22045 – 703-533-0926



The Most Popular Medical Spa Treatments **ALL UNDER ONE UMBRELLA**

+ NEW LOCATION!

- + Cryoskin – *slims, lifts and firms* + Beautifying Injectables (*Botox & Filler*)
- + Sciton Laser BBL, Laser Hair Removal, Redness/Broken Capillaries
- + Vampire Facials, Breast Lift, and Hair Restoration
- + O-Shot For Women (*stress incontinence, vaginal dryness, and more*)
- + Priapus Shot For Men – (*Cure for ED, loss of sensation and more*)
- + Massage Therapy, Spray Tans, Lash Extensions, a Celebrity Hair Stylist
- + Smoothie Bar at new location
- + Dedicated room for your child to play while you get your treatments (must be noted when you book)

NO MORE RUNNING FROM PLACE TO PLACE!

www.LoudounMedicalAesthetics.com

Schedule Now: 703-444-2777



GRAND OPENING!
Feb. 3rd ~ 6pm-9pm
22365 Broderick Drive, Suite# 365
Sterling, VA 20166





Cutting-edge Solutions with
Individual Customized
Treatment Plans

Skin Enhancements:

- Clearer, smoother, cleaner skin with a healthy fresh glow
- Treat acne and remove scarring
- Soften rough and uneven skin
- Correct and prevent sun damage, redness and dark spots
- Permanently remove unwanted hair

Fillers and Injectables:

- Erase fine lines and wrinkles
- Do away with signs of aging
- Create a well-rested, youthful look
- Minimize signs of tension or stress in the face
- Eliminate excessive sweating

Non-Invasive Body Treatments:

- Tighter, Toned Skin
- Get rid of Wrinkles and Sagging
- Stimulate and renew natural collagen and collagen growth
- Eliminate fat safely and effectively
- Sculpt and refine body contours

**Call Today at 703-539-6002
For a **FREE** Consultation**

WE ACCEPT FLEX SPENDING AND HSA

THIS IS YOUR YEAR . . .
Look Good, Feel Good!



"The Reflections team is passionate about sharing their time, extensive knowledge, and numerous tools to help you look and feel your best."

- Kristy Pellerito, Willowsford Resident



REFLECTIONS

IMAGE CENTER & SKINCARE INSTITUTE

AESTHETICS, LASER & WELLNESS CENTER (MEDSPA)

44125 Woodridge Parkway, Suite 220, Lansdowne, VA 20176

www.ReflectionsImageCenter.com



By Michael Rogers, DDS
Fairlington Dental

Sleep apnea, a serious condition characterized by brief periods of no breathing during sleep, is most often treated with CPAP (continuous positive airway pressure) also known as "the mask." While the mask is quite effective in treating sleep disordered breathing initially, about half the patients who try it end up not using it because it can be inconvenient and uncomfortable. Alternatives to CPAP include surgery to remove excess tissue, implanted stimulation devices, weight loss, and oral appliances.

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

There are many different oral appliances designed to reduce sleep apnea, and the most common ones work by pulling the lower jaw and tongue forward. This creates more space at the back of the throat, where the obstruction most often is located. The original appliances were quite bulky, as are most of the over-the-counter varieties, but modern technology has allowed dentists to create very light, very comfortable custom fitted oral appliances that are effective and durable. Many patients prefer these newer devices, such as the Panthera, to the older bulky devices and the CPAP machine.

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

Sleep Apnea

CPAP Is Not the Only Option

the jaw forward until the upper jaw is wide enough to accommodate the tongue.

I have personal experience with all of these appliances. I wore one of the old bulky appliances for many years to treat my snoring. When I later developed sleep apnea I treated it with a more modern appliance similar to the Panthera, and found it comfortable and effective. When I learned of the DNA

appliance, I went through the required training and tried the appliance for myself. Although it took over a year, I was able to eliminate my sleep apnea with just moderate growth of my upper jaw.

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



Optimum Health Begins With Oral Health



Dr. Michael Rogers Our Complete Health Approach

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

Our team has mastered the techniques of gentle dentistry and is skilled at helping patients with any level of apprehension relax and grow comfortable with visiting the dentist. Anxiety and tension have a variety of sources, so it's important for us to listen to your concerns as well as your goals and history. Then we address your anxieties and proceed with gentle treatment only when you're ready. We deliver all of this in an office that is environmentally aware, while you enjoy a variety of spa-like amenities during your visit.

One of our greatest joys is helping patients smile again, especially those who may not have seen a dentist in a while. You'll be amazed at how the quality of life can change! We strive to create a partnership with you that starts the moment you walk through our door.

General Dentistry

Cosmetic Dentistry

Missing Teeth

Invisalign

Safe Amalgam Replacement

Sleep Apnea & Snoring

OralDNA™

Perio Protect™

Frenectomies

Gum Health

State-of-the-Art Technology

Schedule Your Appointment Today: (703) 671-1001

4850 31st Street South, Suite A • Arlington, VA 22206

FAIRLINGTONDENTAL.COM

Struggling With Acne?

AviClear is the ONLY FDA cleared and clinically proven laser to treat acne!



If you have tried and failed other treatment options and are tired of over-the-counter remedies, AviClear may be a solution for your persistent acne.



Schedule your consultation today.

Safe for all ages and skin types!



Consider Your Surgeon's Credentials...

Dr. Sheilah Lynch is a Board Certified Plastic Surgeon with 20 years experience.

BROWN UNIVERSITY

RESIDENCY – PLASTIC SURGERY



Member
AMERICAN SOCIETY OF
PLASTIC SURGEONS

GEOGETOWN UNIVERSITY

FELLOWSHIP – BREAST & COSMETIC SURGERY



LYNCH PLASTIC SURGERY

5530 Wisconsin Avenue, Suite #1440
Chevy Chase, MD 20815

www.lynchplasticsurgery

8615 Commerce Drive, Suite #5
Easton, MD 21601

Call Today To Make Your Appointment
301.652.5933 / 410.822.1222

TREATING LIP AND TONGUE-TIES



What 3 things helped my struggling baby breastfeed?

Feeding a baby comfortably and efficiently is the most important aspect of a newborn's life and a precious experience for a new mom. A normal frenulum is a connective band bringing two soft tissue pieces together. In some cases, if that band connects too low or tight, it may result in a condition known as a Tongue-Tie or a Lip-Tie. These conditions can jeopardize the beautiful nursing relationship between a mother and her newborn.

What 3 things helped my struggling baby breastfeed?

1. **Excellent Lactation & Feeding Support** empowers parents with information and education regarding proper latch position, frequency and quantity of feeds, oral motor assessment for any restrictions or concerns regarding infant ability to effectively feed and an overall mental health support for a post-partum mom.

2. **Skilled Frenectomy Provider** who is master of their domain in performing thorough and complete Waterlaser frenectomy of tethered oral tissues. They are an expert in oral motor function and assessment of all areas of the baby's mouth - lip, tongue, buccal ties.

3. **Effective Body Work** recognizes the mouth and body connection and addresses muscle tension in the neck/shoulder/floor of the mouth and palate anatomy for effective seal, suction and stamina.

A Collaborative Team approach

They say it takes a village to raise a baby and it is true! Often difficulties have several components and having a tie-savvy, supportive team to assist the baby as a whole and address all aspects can make the biggest difference!

How Are Tongue-Ties and Lip-Ties Treated Today?

Thanks to the great advances in laser technology, healthcare providers that are educated on the laser's properties and why they are highly favorable in soft tissue procedures can provide a safe and complete release of the tissue. Waterlaser helps to provide desensitization, coagulation and cooling as it separates the tissue. The laser light beam is precisely controlled for the most thorough and safe procedure. Waterlaser virtually eliminates the need for scalpel, sutures, or anesthetic in infant frenectomy cases. The newborns we treat can feed immediately after the procedure for comfort. Moms report significant differences in personal comfort, baby's consumption, and efficiency while nursing or bottle feeding.

Breastfeeding should be a joy!

Functional Issues

BEFORE



Lip Tie



Tongue Tie

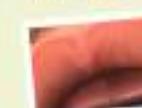


BEFORE

- ✓ Shallow ineffective latch
- ✓ Gassiness/Reflux symptoms
- ✓ Poor weight gain
- ✓ Maternal pain / Mastitis

Benefits of Laser Frenectomy

AFTER



No Lip Tie



No Tongue Tie



AFTER

- ✓ No anesthesia
- ✓ No scissors or sutures
- ✓ Baby feeds immediately after

Dr. Rishita Jaju & Dr. Anh Dang

Board Certified Pediatric Dentists

571-350-3663

11790 Sunrise Valley Drive, Suite 105
Reston, VA 20191

www.smilewonders.com



Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier

Garima K. Talwar, DDS, MS

Board Certified Prosthodontist

Specializing in Reconstructive and Implant Dentistry



Dr. Garima Talwar specializes in Full Mouth Reconstructive and Implant Dentistry.

She brings 25 years of experience to Northern Virginia, and has been recognized as one of the best Prosthodontists by "Top Dentist" and *Washingtonian* magazines, and by her peers.

Her state-of-the-art facilities in Ashburn and Leesburg offer comprehensive Full Mouth Reconstruction with laser-assisted procedures and oral/intravenous sedation.



Esthetique Dentistry



Advanced Dental Care

Esthetique Dentistry

THE ORAL AND DENTAL WELLNESS CENTER

(703) 729-6222

44345 Premier Plaza • Suite 220, Ashburn, VA

EsthetiqueDentistryAshburn.com

Advanced Dental Care
AT LEESBURG VILLAGE
(571) 455-0466

1602 Village Market Boulevard, SE • Ste 130, Leesburg, VA

AdvancedDentalCareLeesburg.com



IN-OFFICE LABORATORY & TECHNICIAN

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



NH
NOBLE
INTEGRATIVE HEALTH

7309 Baltimore Avenue
Suite #120
College Park, MD
240-512-8627
info@NobleIntegHealth.com
NobleIntegHealth.com

ACUPUNCTURE

Tierra Hardin, DOM, LAc, ADS
Noble Integrative Health

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.



LMA
Loudoun Medical Aesthetics
22365 Broderick Drive
Suite #365, Sterling, VA
703-444-2777
www.LoudounMedicalAesthetics.com

AESTHETICS

Michelle Fisher, Owner
Loudoun Medical Aesthetics

Michelle Fisher has had a passion for the skin care and anti-aging industry and took her passion to learn all she could to reverse age in her own skin, but also began sharing with friends what they could do to make the same changes in their skin. Michelle took what she loved and has turned it into a full time career, changing faces and lives one person and one problem at a time. Michelle has worked hard both in getting diplomas and certifications and also learning beside some of the great minds in the Aesthetics industry. She also attends ongoing training to stay on top of new breakthroughs to better serve you.



ACUPUNCTURE AND ORIENTAL MEDICINE

Carlos Durana, PhD, MAC
Seasons In Our Life

Carlos Durana, PhD, MAC, Dipl Ac (NCCAOM) practices acupuncture, body therapy, Chinese herbal medicine, life/wellness coaching, and counseling. He has been in practice for over 30 years, and he has a background in medical Qigong, meditation, stress management, exercise and nutrition. Dr. Durana brings breadth and depth to his practice and has been cited twice in *Washingtonian Magazine* as "one of the most highly regarded practitioners in his field." He offers a caring, comprehensive, integrative approach to whole being wellness and the treatment of a broad range of conditions.

Special Interests/Services: Dr. Durana's areas of practice include: pain management, neck and back pain, repetitive stress injuries, fertility and women's health, men's health, sports performance/injuries, and other health concerns. He also addresses anxiety, depression, stress management, and the enhancement of wellness. He is fluent in English & Spanish, and treats all genders, religions, ages and ethnicities.

Professional Affiliations: Dr. Durana is a founding member of the Maryland Acupuncture Society and the Acupuncture Society of Virginia. He is a member of the American Psychological Association, and is a member of many other organizations.

Practice Philosophy: Dr. Durana's approach is based on caring, acceptance and positive regard for others. It is educational, practical, and holistic. He is a proponent of integrative approaches to health care that honor the body-mind connection and its impact on your wellbeing. He also provides you with the tools you need to find health, peace and happiness.



1875 Campus Commons
Drive, Suite #210
Room 11, Reston, VA
703-716-0906
www.SeasonsInOurLife.com



Zinnia
AESTHETICS & ANTI-AGING CLINIC
9872 Main Street
Suite A, Fairfax, VA
703-992-9815
www.ZinniaAesthetics.com

AESTHETICS

Anteneh Roba, MD, ABOM, FAARM, ABAARM
Zinnia Aesthetics & Anti-Aging Clinic

A leader in the field of peptide therapy, Anteneh Roba MD is the Medical Director of Zinnia Aesthetics and Anti-Aging in Fairfax, VA offering the latest protocols in sexual wellness, regenerative medicine, medical weight loss, body sculpting, longevity and improved health span. He is board certified, has over 30 years of experience in the medical field and trained under Charles Runels, MD, inventor of the medical procedures known as the O-Shot®, the Priapus Shot® (P-Shot), Vampire Facial®, and Vampire Breast Lift®. He is also an instructor for the P-Shot, O-Shot and Hair Restoration with PRP at REVIVE™ Advanced Training Consultants, a leading educational platform bringing together top board certified faculty and data based protocols. He works closely with The Regenerative Lab and Baylor School of Medicine on Erectile Dysfunction and offers a comprehensive and a complete approach to age management. His broad scope of personalized functional medicine includes optimizing health, wellness, sleep, nutrition, and supporting detoxification. Using epigenetic testing, peptide therapy and hormone testing with each patient helps Dr. Roba reverse the effects of aging and prevent age-related diseases helping them to look, feel and age better.

I am passionate about Functional and Integrative Medicine and take a holistic approach to anti-aging, particularly with bioidentical hormone replacement. My goal is to reduce risk factors, improve quality of life, prevent premature aging, and decrease the risk of developing chronic diseases. – Dr. Roba



ACUPUNCTURE

Bill Reddy, LAc, DiplAc
Atlantic Knee Restoration and Regenerative Medicine

Bill Reddy began his career as an Aerospace Engineer, flight-testing helicopters with the U.S. Navy, putting satellites in space with the U.S. Air Force Space Test Program, and supporting the director of flight test for the Joint Strike Fighter program. He continued his education pursuing master's degrees in Mechanical Engineering at Florida Institute of Technology and Systems Engineering at George Mason University. He changed careers and studied acupuncture and oriental medicine under professors and graduates of Beijing and Shanghai medical schools in 1997 at the Maryland Institute of Traditional Chinese medicine and was President of his class, and the first student to serve on the board of directors of the University.

Since that time, he has been working on bridging the gap between acupuncturists and physicians and pioneering integrative health across the nation. Reddy has served on the Executive Committee of the Integrative Health Policy Consortium for eight years and has co-chaired the Policy Committee for five years. He has presented at national conferences, including the Integrative Healthcare Symposium, the Academy of Integrative Health and Medicine, the International Congress of Integrative Medicine and Health, and the American Traditional Chinese Medicine Association, and is the author of more than 200 publications. He specializes in pain management/orthopedics, gastrointestinal disorders, migraines and mitigating the side effects of cancer treatment.

ATLANTIC KNEE RESTORATION
1800 North Beauregard Street
Suite #101, Alexandria, VA
703-854-1432
AtlanticKneeRestoration.com/
Acupuncture-Treatments/



703-851-0087
MothersNatureStore.org

AROMATHERAPY AND HERBOLOGY

Laina Poulakos, Owner/Founder
Mother's Nature Aromatherapy Store & Consultations

Degrees, Training & Certifications: Laina is a certified Aromatherapist and Herbologist, and the owner of Mother's Nature Aromatherapy Store & Consultations. Laina has been practicing Aromatherapy and Herbology for the past six years. She recently obtained her Ayurvedic medicine certificate through Yogi Cameron. She provides consultations and makes a wide variety of aromatherapy products. Many satisfied clients and friends have experienced the positive benefits of her guidance and expertise in the alternative medicine field.

Special Interests: Laina has a passion for helping people find peace of mind, and health, in the most positive light possible. Her passion for helping people is inspired by her son Benjamin, who has a genetic condition that is unique to him. He is the inspiration for her to follow the healing path.

She has a unique perspective on what it takes to begin living a healthier, more natural lifestyle, through home remedies and natural medicine.

Areas of Expertise: Handmade, natural aromatherapy products, including balms and soaps, that can be used to relieve a number of ailments. Consultations are available for personalized, confidential advice.

Practice Philosophy: I am the mother of five children and find healing to be a wonderful way to share my calling with society. I want to provide and share all my knowledge to give everybody peace of mind and well being."

Best Health Advice: "Herbs are nature's medicine cabinet. For thousands of years, over 300,000 species of plants have been identified and used to treat ailments and promote health & wellness. Contact your local herbologist to learn how they can help you."

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



CHILDREN'S DENTISTRY

Krystle Dean-Duru, DDS
Ashburn Children's Dentistry

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

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

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

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

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



44025 Pipeline Plaza
Suite #225, Ashburn, VA
703-723-8440
www.KidzSmile.com

CHILDREN'S DENTISTRY

Lynda Dean-Duru, DDS
Ashburn Children's Dentistry

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

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

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

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

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



44025 Pipeline Plaza
Suite #225, Ashburn, VA
703-723-8440
www.KidzSmile.com



COSMETIC AND GENERAL DENTISTRY

Chang Yi, DDS
Aura Dentistry

Chang Yi, DDS provides expert dental care at Aura Dentistry to community members in and around McLean, VA. Having lived in Northern Virginia for more than 20 years, he attended West Springfield High School, where he already knew he wanted to pursue a career in dentistry.

He was accepted early to Virginia Commonwealth University School of Dentistry in Richmond, VA, before even graduating high school, as part of an honors program. He earned his bachelor's degree in 1997 and his Doctor of Dental Surgery degree in 2001.

Dr. Yi has the credentials necessary to provide sedation dentistry. He has a strong commitment to providing excellent service and professional dental care for patients with all kinds of needs, from teeth straightening to veneers to routine checkups and fillings.

If you live in McLean or the surrounding area, call Aura Dentistry or book an appointment online for expert management of your entire family's dental health. Under the care of Dr. Yi, you can prevent dental problems from arising and resolve new ones effectively and compassionately.



6870 Elm Street
Suite #300, McLean, VA
703-429-0770
www.AuraDentistry.com



DENTISTRY

Tontra Lowe, DDS
Awesome Smiles Dental Center

Degrees, Training & Certifications: Dr. Lowe received her Doctor of Dental Surgery (DDS) degree from Howard University College of Dentistry in 2005. Upon graduation, she completed a general practice residency at East Carolina University Brody School of Medicine. She understands that fear of the dentist is real and has taken many additional hours of study in sedation dentistry to provide the most awesome, serene, and comfortable environment possible. Smile makeovers, implants to replace missing teeth, comfortable dentures that do not move, and teeth whitening are all available options that Dr. Lowe offers patients to enhance their smile. In addition, Dr. Lowe is a proud provider of ClearCorrect Aligners in Haymarket, VA.

Professional Accolades: Dr. Lowe has been named one of America's Top Dentists by the Consumers Research Council of America since 2011. Also, Dr. Lowe's office was named Best New Office of Haymarket and Gainesville in 2014 and has been named the Best of Haymarket for Best Dental Office in 2015, 2016, 2017, 2018, 2019 and 2020 by Readers' Choice.

Special Interests: Treating patients with medical conditions that impact your teeth & gums (heart conditions, hypertension/high cholesterol, diabetes, etc.). At Awesome Smiles, we help patients access medical benefits for the mouth.

Practice Philosophy: Dr. Lowe's motto, "Change Your Smile, Change Your Life" stands as a true testament of her dedication to her patients. She wants everyone to smile with confidence and without shame, and she offers treatment to maintain awesome smiles for a lifetime.



6468 Trading Square
Haymarket, VA
571-261-2600
www.AwesomeSmilesVA.com



DENTISTRY

Raja Gupta, DDS
Dental First Associates

Dr. Gupta was born and raised in Columbia, MD. He obtained his undergraduate degree in Neurobiology Physiology from the University of Maryland. He stayed in the Baltimore area while attending the University of Maryland Dental School.

Dr. Gupta furthered his training by spending one year at the Philadelphia Veterans Affairs Medical Center. There he received advanced training in all aspects of general and implant dentistry. Since that time, he moved to Virginia and now has a busy private practice in Springfield. His office is equipped with the latest innovations in digital dentistry, like 3D scanning, cameras and digital sensors for imaging.

Dr. Gupta puts in a tremendous number of hours advancing his knowledge and staying current with advanced methods and materials through extensive continuing education, study clubs, and active association memberships. He is an active member of the American Dental Association, the Virginia Dental Association, and the Northern Virginia Dental Society.



6116 Rolling Road
Suite #312
West Springfield, VA
703-323-9394
YourDentalFirst.com



DENTISTRY

Sheri Salartash
DDS, MAGD, NMD, IBDM, AIAOMT, FICOI, FAAIP
Dynamic Dental Wellness

Dr. Sheri Salartash is a full spectrum General and Cosmetic Dentist who fuses together all aspects of modern dentistry and traditional health practices in order to optimize her patient's oral health. She incorporates features of the holistic and naturopathic community and utilizes the most advanced technology in her practice so that she provides the absolute best treatment options available anywhere. She focuses on "integrative medicine" to understand and fix parts of the mouth and jaw that are malfunctioning, misaligned or diseased due to factors elsewhere in the body.

Dr. Sheri studies dental contributions to medical symptoms and overall natural wellness. She continuously attends advanced post-graduate courses in integrative dentistry and functional medicine. Dr. Sheri was awarded Mastership with the Academy of General Dentistry (AGD) in 2020. The Mastership Award is the highest honor available in the AGD and one of the most respected designations in the profession. This accomplishment meets the highest criteria for professional excellence which is only designated to the top 2% of dentists in the country.

Dr. Sheri combines her expertise in functional and neuromuscular dentistry with a preventive approach to orthodontics. From early evaluation of bite and airway development in children, to the most complex occlusion problems in adults, Dr. Sheri provides treatment with a strong focus on long-term stabilization of the muscles and joints, as well as ideal function and a beautiful smile. She has perfected steps to prevent sleep apnea issues caused by underdeveloped craniofacial structures in children and helping adults with sleep apnea through jaw redevelopment and oral appliance therapy.

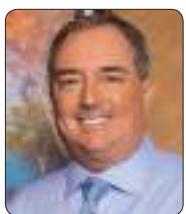
She is also a member of the Weston A. Price Foundation and Holistic Mom Network. Dr. Salartash seeks to help patients with not just dentistry, but healthy bodies and healthy lifestyles. Her office provides comprehensive dental care such as mercury safe removal, orthodontics, cosmetic dentistry, laser gum and bone regeneration procedures, implants, whitening and of course preventative care.



20755 Williamsport Place
Suite #300, Ashburn, VA
703-775-0002
DynamicDentalWellness.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



DENTISTRY

Michael Rogers, DDS
Fairlington Dental

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

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

He is a member of the International Academy of Oral Medicine and Toxicology, American Academy of Dental Sleep Medicine, American Academy of Craniomaxillofacial 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

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

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

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

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

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

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



44110 Ashburn Shopping
Plaza, Suite #166
Ashburn, VA
703-729-1400
LansFamilyDentistry.com



DENTISTRY

Janice Isabella E. Dionisio, DMD, FAGD, DIDIA
MA's Family & Cosmetic Dentistry

Dr. Dionisio was born in Spain, raised in Virginia Beach, and by age sixteen she aspired to be a dentist. She graduated magna cum laude from both Old Dominion University and Temple School of Dentistry. She majored in Biochemistry with a minor in Biology at Old Dominion University and was awarded the prestigious Top Biochemistry Student of the Year for graduating number one in her class. She earned her Doctorate in Dental Medicine at Temple University School of Dentistry in 2007 and was awarded multiple clinical excellence awards. Dr. Dionisio is pleased to be serving the communities of Northern Virginia for over a decade. She is conscientious in helping patients overcome their dental anxiety to achieve optimal oral health in a gentle, caring manner. Her commitment to providing patient-focused, high-quality dentistry spurred her to open her own dental practice, MA's Family & Cosmetic Dentistry, PLC, est. 2010. Dr. Dionisio is recognized as a Diplomat of the International Dental Implant Association, which is the highest recognition achievable in the association. She is also recognized as a Fellow with the Academy of General Dentistry, an honor that is only awarded to dentists who have achieved numerous hours of continuing clinical and didactic education and passing a rigorous exam. Dr. Dionisio provides a wide array of services for her patients including but not limited to dental implants with bone augmentation, sleep apnea appliances, implant-prosthetic options, Invisalign & SureSmile Clear Braces, Snap-on-Smiles, sedation dentistry, root canals, gum contouring, cosmetic veneers, crowns, bridges. She takes the greatest pleasure in seeing beautiful healthy smiles transform patients' lives. Dr. Dionisio places great importance on giving back to the community. Dr. Dionisio provided charitable dental services abroad in the Philippines, Haiti, Santo Domingo, Santiago, and at home at the Northern Virginia dental clinic. She and her husband had volunteered weekly at Bethany House of Northern Virginia for domestic abuse survivors. For leisure, she enjoys spending time in nature, swimming, and most of all being in the company of her husband, daughter, family, and friends.



6831 Sir Viceroy Drive
Suite #200
Alexandria, VA
703-672-0664
MAsFamilyDentistry.com



DENTISTRY

Vikram Chauhan, DMD
Mayberry Dental

Degrees, Training, and Current Practice: Vikram Chauhan, DMD was born and raised in Northern Virginia. Dr. Chauhan completed his undergraduate degree at VCU and earned a Masters of Biomedical Sciences from Rutgers University. He received his Doctor of Medical Dentistry from Tufts University School of Dental Medicine in 2018. After successfully earning a DMD degree, he went on to further his education at Marshall University in the General Practice Residency program. During his residency program, Dr. Chauhan was introduced to implant dentistry and has since not looked back. He has completed the Implant Pathway Continuum and the Doctores Valencia Surgery for Excellence course.

Upon completion of his education Dr. Chauhan knew it was time to return home to continue his growth in the dental profession. Dr. Chauhan feels extremely blessed to have found Dr. Rodney Mayberry who is a retired dentist in Vienna, Virginia ready to sell his practice to Dr. Chauhan. Dr. Mayberry is a Diplomate of the American Board of Oral Implantology and is eager to act as a consultant to Dr. Chauhan in all facets of implant dentistry. Dr. Chauhan is committed to becoming credentialed with the American Academy of Implant Dentistry and American Board of Oral Implantology. Dr. Chauhan was recently awarded Fellow status with the International Congress of Oral Implantology.

Dr. Vikram Chauhan would like to invite you, your family and your friends to come in for a complimentary evaluation. During this visit Dr. Vik (as his staff and patients like to call him) will examine you and offer his qualified no obligation opinion. It will include a 3-Dimensional CT scan x-ray and any other needed X-Rays he might need to give you a proper diagnosis. Dr. Vik and his staff are excited to meet you.

Awarded Fellow of International Congress of Oral Implantology
Member of Academy of General Dentistry and American Association of Implant Dentistry



112 Pleasant Street, NW
Suite H, Vienna, VA
703-281-2111
www.MayberryDental.com



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 Ovations 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 encouraged 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.



8700 Central Avenue
Suite #100
Landover, MD
301-850-5015
www.MySpecialDentist.com



DENTISTRY

Nikta Marvdashti, DMD/CAGS
Stone Springs Dentistry

Dr. Nikta Marvdashti has been a family and cosmetic dentist for over 25 years. She obtained her DDS degree from the Shiraz University of Medical Sciences Dental School in 1991. After practicing dentistry for several years overseas, she migrated to the United States where she completed a residency program, Advanced Education in General Dentistry at the Boston University Goldman School of Dental Medicine (2007-2008). There, she passed the Northeast Regional Board of Examiners (NREB) with one of the highest scores in her class. Dr. Nikta's advanced academic training attained during her residency program, many years of experience, and continuous education qualifies her to provide optimal care for her patients. Her insistence to keep up with the latest dental advancements is derived from her passion for finding the most effective methods to ensure her patients' comfort while delivering the best overall oral health. Her comprehensive approach to dental health addresses issues early-on before they develop into bigger and more costly experiences.

Recently, Dr. Nikta has completed a mini residency in Sleep with American Academy of Dental Sleep Medicine (AADSM) to care more for overall patient's health and community awareness. Dr. Nikta currently is a member of the American Dental Association (ADA), American Academy of Dental Sleep Medicine (AADSM), American Academy of Cosmetic Dentistry (AACD), Virginia Dental Association (VDA), and Northern Virginia Dental Society (NVDS).

Dr. Nikta resides in Fairfax with her husband and two children. She enjoys spending time with her family, exploring nature, and admiring works of art. Her appreciation of the arts has inspired her own creativity in the form of photography, her favorite hobby.



24600 Millstream Drive
Suite #480, Aldie, VA
703-327-7222
www.StoneSpringsDentistry.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



DENTISTRY

Brent C. White, Jr., DDS
Thunderbird Dental Office

Degrees, Training and Certificates:

Graduate of Howard University College of Dentistry in Washington, D.C.
Completed General Practice Residency at Saint Elizabeths Hospital in Washington, D.C.

Served as a Civilian Dentist at Ft. Meade Army Base, Ft. Meade, Maryland
Served as Clinical Director at Oak Hill Juvenile Detention Center, Laurel, Maryland

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!

Hours: Monday thru Thursday 8:00am-2:30pm



6 Post Office Road
Suite #104, Waldorf, MD
301-843-6171
ThunderbirdDentalOffice.com

DENTISTRY

Zina Alathari, DMD
Tysons Dental Corner

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

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

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

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

- Jim R., Leesburg, VA, Designer

21155 Whitfield Place
Sterling, VA
703-444-5553
www.LoudounDentalCare.com

7121 Leesburg Pike
Suite #104, Falls Church, VA
703-237-5600
www.TysonsDentalCorner.com



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. Suzan 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.

VISAGE
Your Healthy Skin Works!
1400 Mercantile Lane
Suite #110, Largo, MD
301-273-1251
www.VisageDerm.com



ENERGY HEALINGS AND YoRiQi

Bonnie Mazaris, RYT-200
Beyond Bonnie's Hands

Bonnie has been involved in healing arts since she was young, starting with her family as a caregiver and coach. She mentored her family and friends before she ever knew what energy work was. Through hard times and emotional times, Bonnie has served as a vessel to all who needed her loving, healing energy. Bonnie has been training in yoga since 1976, Energy and Healing field since 1990 and also has experience in the field of wellness. YoRiQi is a self-healing technique that consists of light exercise and stretching with Kundalini, Korean, Yin, restorative Yoga methods and finding the energy flow with tapping the body to release stagnant energy. This brings in a new fresh flow of energy and enhances the circulation and breath. It includes vibrational dancing and laughter Yoga to take your experience to the next level. You will then relax to a beautiful sound bath meditation, that takes you to an even higher level of completion.

Services: Through the art of healing herself and others she has many other modalities which include long distant healing, acupressure and clearing chakras. She offers Reiki, a form of energy healing. Reiki is also called palm healing or hands-on healing as a form of alternative medicine. Reiki is a spiritual practice developed in 1922 by Japanese Buddhist Mikao Usui.



703-598-5197

www.BeyondYoRiQi.com
bonnie@beyondYoRiQi.com

EXPERT SPINE PHYSICIAN

Deeni Bassam, MD
The Spine Care Center

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



8525 Rolling Road

Suite #200

Manassas, VA

703-705-4471

www.SpineCareVA.com

EXPERT SPINE PHYSICIAN

Usman Zafar, MD
The Spine Care Center

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



8525 Rolling Road

Suite #200

Manassas, VA

703-705-4471

www.SpineCareVA.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



EXPERT SPINE PHYSICIAN

Arjun Ramesh, MD
The Spine Care Center

Arjun Ramesh, MD is trained in both pain management and anesthesiology and joined The Spine Care Center in 2020 after completing his fellowship at the world-renowned Cleveland Clinic!

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

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

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

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



8525 Rolling Road
Suite #200
Manassas, VA
703-705-4471
www.SpineCareVA.com

FAMILY AND COSMETIC DENTISTRY

Mary Thomas, DDS
The Dental Spa

Degrees, Training & Certifications: Dr. Mary Thomas established The Dental Spa in 2002. She graduated from Howard University College of Dentistry with honors and did an internship at Sloan Kettering Cancer Center in Manhattan, NY in Oral Cancer Reconstruction.

Professional Memberships: Fellowship in Sedation Dentistry, The American Dental Association, The Academy of General Dentistry, The Virginia Dental Association, The Northern Virginia Dental Society, The American Orthodontic Society and The Dental Organization of Conscious Sedation.

Dr. Thomas has been on and has sponsored numerous international dental and health missions in Jamaica, Haiti, India, Kenya, and Dominica Republic.

Areas Of Expertise: Invisalign® for Teens & Adults (discreet, removable aligners to straighten teeth & improve your smile!), Bonding, Crowns & Bridgework, Cosmetic Dentistry, Dental Implants, Fillings, Oral Cancer Screenings, Orthodontic Treatment, Periodontal (Gum) Disease Therapy, Porcelain Veneers, Professional Teeth Cleanings, Removable Dentures, Root Canal Treatment, Sealants, Sedation Dentistry, Sleep Apnea, Teeth Whitening, TMJ/TMD Treatment, Tooth Extractions, and more.

Practice Philosophy: The Dental Spa is not only known for its tranquil environment and anti-anxiety atmosphere, but as a state of the art modernized facility. It is where Feng Sui and technology comes together.

We were voted "Best of Prince William" (INSIDE NOVA, 2018)



12351 Dillingham Square
Woodbridge, VA
703-580-8288
www.TheDentalSpaOfVirginia.com
#DentalSpaVA



FAMILY MEDICINE

Taseen Mir, MD
Prosperity Internal Medicine

Dr. Taseen Mir obtained her Bachelor of Science in Physiology from Michigan State University in Lansing and went on to become a resident in family medicine at Wayne State University/Detroit Medical Center in Detroit, Michigan. In 2005, she received the Claire Knighten-Ward Award for Humanism and Excellence. Dr. Mir has been practicing family medicine for the past fifteen years.

AWARDS:

- Northern Virginia Magazine, Top Doctor Award for 2018, 2019, 2020, and 2021
- The Washingtonian Top Doctors Award for 2016, 2017, 2018, 2019, 2021 and 2022
- The Claire Knighten-Ward Award on Humanism and Excellence 2005

Our team's focus is on quality care with a personal touch. In addition to being recognized as top doctors throughout Northern Virginia, they have given interviews to media outlets including CNN, FOX News, Bravo, and MSNBC.



1801 Robert Fulton Drive
Suite #140, Reston, VA
703-876-9300
www.ProsperityMedicine.com



FAMILY MEDICINE

Rajesh Mehra, Medical Director
*Board Certified Medical Review Officer (AAMRO)
Board Certified Family Practice Doctor (AAFP)*

Award Winning Consumer Research Best Family Doctor

Dr. Rajesh N. Mehra is the Medical Director and Principal of the Global Medical Center. Dr. Mehra's tenure with state and federal medical projects span over two decades and have earned him a reputation of being dedicated and thorough, even in the most complicated cases.

- Diplomat of the American Academy of Family Practice (AAFP)
- Board Certification in Family Practice (ABFP)
- Board Certified, American Association of Medical Review Officers (AAMRO)
- Certified Medical Review Officer (MRO)
- George Washington University, Associate Professorship
- UCSIC designated civil surgeon
- Medical Assistant Training Institute, Medical Director
- Medical Society of Northern Virginia, Board Member
- Pfizer Pharmaceuticals (Northern Virginia Region), Board Member
- On Staff at Fair Oaks Hospital, Fairfax Hospital, and Reston Hospital
- Hands-on training on civilian deployment requirements at Fort Benning, Georgia
- Principal Investigator for Quintiles and other pharmaceutical companies



4437 Brookfield Corporate
Drive, Suite #109
Chantilly, VA
703-968-7277
ChantillyFamilyPractice.com



FITNESS AND CONDITIONING

Khalid McLeod, MS, NASM, ACE
KAMLife

With more than two decades of experience, Khalid's footprint in the health and fitness industry has crossed many boundaries, which include working in Central & South America, Europe, Asia and various cities in the US. His achievements have been well documented in the media, as well as fitness magazines & newspapers such as the Washington Post, Baltimore Sun, Chicago Tribune, Arizona Republic, as well as other forums. His lectures and speaking engagements have been on such topics, including: Health vs. Fitness, Adult & Childhood Obesity, Nutrition for Elite Athletes; Periodization programs for collegiate and pro athletes; and guest speaking for national conferences such as the NLERA conference, where he spoke to various Law Enforcement on standardizing fitness compendiums amongst all 50 States. As a current fitness columnist for Your Health Magazine, Khalid dedicates his life's work on educating the public by promoting health & longevity. As a 3-Time All-Conference football athlete, Khalid's holds a dual Masters in exercise physiology and nutrition as well as earning various certifications from numerous organizations in the fitness industry today.

Experience:

- KAM's additional Experience includes working in the Commercial, Clinical, and University Sectors within the fitness Industry.
- National Accredited Educator and CEU Provider for major organizations such as NASM, ACE, NCCPT, and NCSF
- Trainer for Professional athletes who have played in the National Football League (NFL) & Major League Baseball (MLB)
- Has worked with Collegiate athletes & Coaches in all Divisions on a variety of sports including Football, Basketball, Baseball, Soccer, Lacrosse, Volleyball, Track & Field, Field & Ice Hockey.
- Fitness Columnist and Blogger for Your Health Magazine speaking on a variety of issues, including Cardio Health, Alternative Methods of Healthcare, Healthy eating during the Holidays, and Beauty is only Skin Deep.
- Speed and Conditioning trainer, who has experience in pre-post-rehabilitative training and Core Development



Serving the
Virginia Area.

202-853-8884
www.KAMLifeConsulting.com



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

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



Toni's Happy Hour Yoga

6504 Old Branch Avenue
Temple Hills, MD
301-449-8664

HYPNOSIS/YOGA

Toni Nandini Greene, Owner
Happy Hour Yoga

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

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

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

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

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



INTERNAL MEDICINE

Tarique Zahir, MD
Prosperity Internal Medicine

Dr. Tarique Zahir was born and raised in Beckley, West Virginia. He graduated from Wake Forest University in Winston-Salem North Carolina with a Bachelor of Science degree and then went on to obtain his medical degree from Marshall University School of Medicine in Huntington, West Virginia.

In addition to his studies, Dr. Zahir interned at Case Western Reserve University/MetroHealth Medical Center in Cleveland, Ohio.

AWARDS:

- *Northern Virginia Magazine*, Top Doctor Award for 2018, 2019, 2020, and 2021
- *The Washingtonian* Top Doctors Award for 2016, 2017, 2018, 2019, 2020, 2021 and 2022

Our team's focus is on quality care with a personal touch. In addition to being recognized as top doctors throughout Northern Virginia, they have given interviews to media outlets including CNN, FOX News, Bravo, and MSNBC.



1801 Robert Fulton Drive
Suite #140, Reston, VA
703-876-9300
www.ProsperityMedicine.com



IMPLANT DENTISTRY

E. Richard Hughes, DDS

Degrees, Training & Certifications: Dr. Hughes received his Bachelor of Science in Microbiology from the University of Maryland in College Park, MD. He graduated from Meharry Medical College School of Dentistry in Nashville, TN with a degree as a Doctor of Dental Surgery. His Post Doctorate Certificate in Oral Implantology is from Howard University of Dentistry in Washington, DC. Dr. Richard Hughes is a fellow of the American Academy of Implant Dentistry and the American Academy of Implant Prosthodontics, and Board Certified by the American Board of Oral Implantology/Implant Dentistry. He is also a reviewer for the Journal of Oral Implantology, and is on the surgical staff of INOVA Loudoun Hospital in Leesburg, VA. Dr. Hughes, with 21 years of experience in implant dentistry, is a national and international lecturer on numerous topics about implant dentistry, an implant surgical demonstrator and clinical investigator.

Special Interests: Dental Implants, Cosmetic Dentistry, Restorative Dentistry

Professional Memberships & Affiliations: Part One Test Construction Committee, American Board of Oral Implantology/Implant Dentistry; Oral Examiner, American Board of Oral Implantology/Implant Dentistry; Board of Directors, The American Academy of Implant Prosthodontics; Editorial Advisory Board, Journal of Implant and Advanced Clinical Dentistry; Infection Control Committee and Cancer Committee, INOVA Loudoun Hospital, Leesburg, VA; on the Board of Trustees of the American Academy of Implant Dentistry.

Practice Philosophy: You'll love the personal attention we give to your comfort and appearance. And, you'll appreciate our use of the latest materials, modern treatment techniques and our pleasant relaxed environment.

Patient Testimonials: "Dr. Hughes is the Picasso with dental implant and cosmetic procedures. Thank you for my new smile."

"Dr. Hughes, you gave me better health and a new bite out of life."

46440 Benedict Drive
Suite #201, Sterling VA
703-444-1152
www.SterlingImplantDentist.com

KNEE PAIN RELIEF

Rishi R. Sood, MD

Knee Pain From Osteoarthritis?

BREAKING NEWS – Merit Medical Systems has received the FDA's Breakthrough Device designation for its Embosphere Microspheres for use in Genicular Artery Embolization procedures.

GAE reduce pain and disability caused by knee osteoarthritis by reducing blood flow to the knee, minimizing inflammation. Embosphere Microspheres have been used in more than 250,000 procedures and featured in more than 200 clinical articles.

Also Offer Treatments For...

- Prostate Enlargement
- Erectile Dysfunction
- Uterine Fibroid Embolization
- Leg Pain



6915 Laurel Bowie Road
Suite #101, Bowie, MD
Satellite Office:
7610 Carroll Avenue
Suite #360
Takoma Park, MD
301-622-5360



INTEGRATIVE MEDICINE

Mary Babcock, DO, DAPMR
Artius Integrative Medicine

Degrees & Training: Dr. Babcock entered private practice after notable turns as an attending physician at Walter Reed Army Medical Center and teaching faculty at the Uniformed Services University of the Health Sciences in Bethesda, MD.

A veteran of physical medicine and rehabilitation, Dr. Babcock specializes in treating traumatic muscular and neuromuscular injuries and other chronic pain conditions including: Ehlers-Danlos syndrome, arthritis, back, neck and pelvic pain, degenerated or herniated discs, fibromyalgia, headaches, neuromuscular disease, neuropathic pain, plantar fasciitis, sports & muscle injuries.

Specialties: Dr. Babcock is equally accomplished in alternative treatment modalities including: prolotherapy, ozone therapy, osteopathic manual medicine, medical acupuncture, Botox injections for pain as well as Cosmetic Botox, PRP and Stem Cell Therapies.

Hobbies: Believing wellness springs from a balanced life, Dr. Babcock enjoys hiking, painting, playing the ukulele & violin, and spending time with her family and pets. Her years in the military and caring for her mother with chronic pain has enriched Dr. Babcock with unique perspectives in functional medicine, diagnosis and treatment of musculoskeletal conditions and biomechanical instability.

Practice Philosophy: Holistic in her approach, Dr. Babcock believes listening to the patient is paramount to developing an effective treatment plan that restores an individual's health and quality of life as quickly as possible.

We accept Medicare and most insurance plans.



746 Walker Road
Suite #12, Great Falls, VA
844-9ARTIUS
(844-927-8487)
www.ArtiusMedical.com
info@artiusmedical.com



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.



7211 Hanover Parkway
Suite D, Greenbelt, MD
202-689-4585
caressencemassage.com
caressencetm@gmail.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



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

18111 Prince Phillip Drive
Suite #327, Olney, MD
301-774-6136
9715 Medical Center Drive
Suite #221, Rockville, MD
301-279-7510
22616 Gateway Center
Drive, Suite C
Clarksburg, MD
301-685-6300



MEDICAL ONCOLOGY

Frederick Barr, MD

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

Board Certifications: Internal Medicine and Medical Oncology

Awards: 2022 Washingtonian Top Doctor

RCCA
Regional Cancer Care Associates
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 Case, MD
301-657-4588



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

RCCA
Regional Cancer Care Associates
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



9715 Medical Center Drive
Suite #221, Rockville, MD
301-279-7510
18111 Prince Phillip Drive
Suite #327, Olney, MD
301-774-6136
22616 Gateway Center
Drive, Suite C
Clarksburg, MD
301-685-6300

WHEN CANCER HITS HOME, YOU'RE NOT ALONE.



Regional Cancer Care Associates, one of the nation's largest networks of oncology specialists, takes a uniquely personal, community-based approach to cancer care.

The highly trained, capable and experienced oncologists of RCCA provide the highest-quality treatment of solid tumors, blood-based cancers and noncancerous blood disorders.

To schedule an appointment near you,

call 844-346-7222 or visit www.RCCA.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



MASTER ESTHETICIAN

Manju Priya Perera, Owner
Priya Esthetics

Priya Esthetics is a leading permanent cosmetic salon serving Reston, Herndon, Chantilly, Dulles, Great Falls, Wolf Trap, Tysons, Oakton, and beyond. Some of the services that we specialize in include: spa services, microblading, and scalp micropigmentation. We pride ourselves on a team of highly trained and experienced professionals who will do everything it takes to give results that meet and exceed your expectations.

Although we operate in a highly competitive environment, we at Priya Esthetics believe that the uniqueness of our services sets us apart from our competitors. We only offer treatments that have been tested and certified as safe and effective. Besides, we have been in this business for many years, and our experience is unparalleled. Over the years we have served dozens of satisfied clients, and our credibility is above board. You can count on our experience and expertise to get results that you will always be proud of.



102 Elden Street, Suite #16
Herndon, VA

571-313-1265
PriyaEsthetics.com

MENTAL HEALTH

Isabel Kirk, LPC
DC VA Counseling Psychotherapy

Isabel B. Kirk, LPC is the founder and director of DC VA Counseling Psychotherapy, LLC located in the heart of Falls Church, VA. Isabel has been a therapist for 15 years. During her early years of professional development, she noticed how psychology had begun to be kind of stagnant and wasn't always achieving good results. That is how she became more and more interested in process-oriented therapeutic modalities and initiated the practice she runs. We are a Relational & Experiential center. Relational because we utilize the therapeutic relationship as the main element of healing. In the 1980s a shift occurred in the practice of therapy, in that it moved away from simply exploring inner experiences (intrasubjective) and toward greater understanding of the impact of relationships on individual experiences (intersubjective) – combination of nature and nurture. Experiential because we help the client in reprocessing traumatic events experiences in the room with them aiming for a different outcome. It is a brain-wise attachment center where neurobiology and therapy come together. Isabel works with 30 other like-minded professionals. They are trained in brain changing therapeutic approaches based on the latest neuroscience information to rewire your brain and achieve long-term healing and benefits when traditional talk therapy isn't enough: EMDR, IFS, Adult Attachment Therapy, Imago, Somatic Intervention, Intuitive Eating... She enjoys helping people achieve long-term changes, be and love themselves, healthy relationships, and living fulfilling lives, as well as educating future mental health professionals. **Her Mission:** Mental health is not just the absence of mental illness.

200 Little Falls Street
Suite #306
Falls Church, VA
703-231-7991
www.DCVAcounseling-Psychotherapy.com
IsabelKirk@gmail.com



OPHTHALMOLOGY

Jacqueline D. Griffiths, MD
NewView Eye Center

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

Degrees, Training & Certifications:

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

Professional Memberships & Affiliations:

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

"Top Ophthalmologist"
Washingtonian
and Northern Virginia
Magazine

12110 Sunset Hills Road
Suite #50, Reston, VA
703-834-9777
1-800-MY-VISION
www.drjdg.com



OPTOMETRY

Rita Moncayo, ABCO

*Eyeglasses Express Optometrist
Surgeon Division Director
Nuvision One Million Club, CEO
The Vision of Hope Foundation, President*

Eyeglasses Express is committed to providing our community and local residents with the most advanced and quality eyecare service.

From a Free Preventive Routine Eye Screening to detecting vision deficiencies and related visual disorders. Our optometrists have over 30 years experience and will provide exceptional eyecare.

Your vision is vitally important and you deserve quality professional personal care, which you will find at Eyeglasses Express.

Our On-Site Lab can make Eyeglasses in Minutes with the most sophisticated edging technology. We offer you a huge array of fashionable quality Eyewear at an affordable friendly budget.

We are a family run business with over 50 years in the eyeglasses field. We are passionate in what we do, striving for excellence and offering personalized and caring attention.

After Business Hours – our office is open **24/7 by Appointment**.

519 Maple Avenue, West
Vienna, VA
703-470-8274
www.EyeglassesExpress.us



OPTOMETRY

Dawn Devaney Gammon, OD, FAAO
The Eyewear Gallery at Reston Town Center

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

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

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

Reston Town Center
11900 Market Street
Reston, VA
703-709-5400
www.Eyewear-Gallery.com



ORTHODONTICS

Swathi M. Reddy, DMD
All Smiles Orthodontics

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

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

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

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

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

**ALL SMILES
ORTHODONTICS**
9010 Lorton Station
Boulevard, Suite #260
Lorton, VA
703-337-4414
www.AllSmilesBraces.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



Practice Philosophy:
We strive to give each patient a beautiful, healthy smile that will last for a lifetime.



10081 Market Circle
Manassas, VA
703-383-0090
www.SmileworksVA.com

ORTHODONTICS

S. Kalim Hussaini, DDS, MS
Smileworks Orthodontics

Degrees, Training and Certificates: My dedication to providing excellence in patient care started with my education and training necessary to make my patients feel confident in the care they receive. I began my professional studies at Virginia Commonwealth University, where I graduated Summa Cum Laude and received a Bachelor of Science in Biomedical Engineering. I went on to earn my Doctorate of Dental Surgery from the VCU School of Dentistry at the MCV campus where I graduated Magna Cum Laude.

Following dental school, I completed an orthodontic residency program at Columbia University College of Dental Medicine, where I was awarded a Master of Science degree in Orthodontics. I was elected Class President for all three years of residency by my peers and served all duties and responsibilities of a Chief Resident. Through my Ivy League education, I developed a solid foundation in the fundamentals of orthodontics along with training in the most recent orthodontic advancements. Following residency, I reached the pinnacle of academic achievement in my profession by becoming a board-certified orthodontist.

I feel truly blessed to be a part of this wonderful profession. The greatest joy I experience as an orthodontist is watching my patients grow up into happy, confident adults, right before my eyes. On top of it all, I am blessed with the ability to give my patients the smiles they deserve. It is absolutely exhilarating to experience my patients' grateful reactions as they leave my office the day their treatments are completed. I love to see the self-esteem their new smiles bring them in every aspect of their lives!

Memberships: American Board of Orthodontics, American Association of Orthodontists, Virginia Association of Orthodontists, Northern Virginia Orthodontic Study Club, American Dental Association, Virginia Dental Association, Northern Virginia Dental Society



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.



9501 Old Annapolis Road
Suite #305, Ellicott City, MD
443-367-0011
Fax: 443-367-0021
www.MetropolitanSpine.com



2021 K Street, NW, Suite #810
Washington, DC
202-223-3560
6845 Elm Street, Suite #215
McLean, VA
703-356-5601
www.ENTMedical.com

OTOLARYNGOLOGY

Patrick Maiberger, MD
ENT Medical Group of Washington

Dr. Patrick Maiberger is a native of Rockville, MD. He received his Bachelor's Degree in History from the University of Virginia, graduating with distinction. He earned his medical degree at the Medical College of Virginia/Virginia Commonwealth University (MCV/VCU) in Richmond, VA, where he was inducted into the Alpha Omega Alpha Honor Society. He then completed his Otolaryngology/ Head and Neck Surgery Residency at MCV/VCU. During his final year of Residency, he served as Chief Resident.

Dr. Maiberger's interest in Otolaryngology began during a one-year post-baccalaureate fellowship researching cancer pathways at the National Cancer Institute of the National Institutes of Health. During his medical training, he continued research in cochlear implants and has published and presented on non-melanoma skin cancer, the use of imaging technologies in the diagnosis of head and neck cancers, and safety practices among ENT residents. He is board certified in otolaryngology/head and neck surgery with a focus on sinus and allergy. He is a fellow in the American Academy of Otolaryngology-Head and Neck Surgery, the American Academy of Otolaryngic Allergy, and the American College of Surgeons. He was named a "2022 Top Doctor" in Northern Virginia Magazine. He resides in Kensington with his wife and two daughters.



10905 Fort Washington Road, Suite #305
Fort Washington, MD
240-260-3828
12150 Annapolis Road
Suite #209
Glenn Dale (Bowie), MD
240-929-6652
www.SynergySpineMD.com

PAIN MANAGEMENT

Madhavi Chada, MD
Synergy Spine and Pain Center

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

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

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



2021 K Street, NW, Suite #810
Washington, DC
202-223-3560
6845 Elm Street, Suite #215
McLean, VA
703-356-5601
www.ENTMedical.com

OTOLARYNGOLOGY

T. Gordon Vap, MD
ENT Medical Group of Washington

J. Gordon Vap, M.D., is a graduate of the University of California at Davis School of Medicine. He did his Residency in Otolaryngology at the Los Angeles County-University of Southern California Medical Center and was certified by the American Board of Otolaryngology in 1977. Additionally, Dr. Vap completed an Otology Fellowship (diseases and surgery of the ear) through the University of Southern California School of Medicine. A native of Nebraska, Dr. Vap first came to Washington, DC with the Navy in 1977 to serve as a medical staff specialist at the National Naval Medical Center in Bethesda. He is a Fellow in the American College of Surgeons and the American Academy of Otolaryngology-Head and Neck Surgery. He has served as a consultant to the National Institutes of Health, the Walter Reed Army Medical Center, and the Medical Advisory Board of the Treatment and Learning Center. Dr. Vap was named a "2022 Top Doctor" in Northern Virginia Magazine.



14573 Potomac Mills Road
Woodbridge, VA
703-499-9779
www.LifetimeDentalCareVA.com

PEDIATRIC DENTISTRY

April Toyer, DDS, FAAPD
Lifetime Dental Care /Board Certified Pediatric Dentist

Degrees, Training and Certificates: Dr. Toyer attended the University of Virginia and received a degree in Biology and Bioethics in 2003. There she volunteered at the Charlottesville Free Clinic and developed a love for dentistry. Dr. Toyer attended dental school at the University of Maryland and took part in the Pediatric Dentistry Clerkship program. It was there that she met her husband, Dr. Leonard. During her summers off from dental school, Dr. Toyer worked for the Department of Education to be surrounded by young smiles. After graduating from dental school in 2007, she attended Howard University for her Residency in pediatric dentistry, which she completed in 2009.

Professional Memberships: Dr. April became a Diplomat of the American Board of Pediatric Dentistry in 2011, which certifies pediatric dentists based on standards of excellence that lead to high quality oral health care for infants, children, adolescents, and patients with special health care needs. Certification by the ABPD provides assurance to the public that a pediatric dentist has successfully completed accredited training and a voluntary examination process designed to continually validate the knowledge, skills, and experience requisite to the delivery of quality patient care."

Hobbies: In her spare time Dr. Toyer enjoys writing, running, and playing the piano.

Practice Philosophy: Our mission is to provide our patients with the highest quality of pediatric, family, and cosmetic dental care in a warm, relaxing, and fun environment. Our office is a Dental Home that provides services for your family for a lifetime, from age 1 to 101.

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



PEDIATRIC DENTISTRY

Leonard Toyer, Jr., DDS

Lifetime Dental Care /Board Certified Pediatric Dentist

Dr. Leonard grew up traveling as an "army brat." His family finally settled down in Fairfax County, VA in his teenage years. After high school, Dr. Toyer went on to receive his undergraduate degree in biology from Hampton University. Always knowing he wanted to be a dentist, he next attended Virginia Commonwealth University to obtain his Doctorate in Dental Surgery in 2003. Wanting to increase his speed and proficiency in advanced dental techniques, Dr. Toyer then went to the University of Maryland to receive his two year certificate in Advanced General Dentistry, completed in 2005. There he practiced implant placement and restoration, rotary endodontics, hard and soft tissue surgeries, and cosmetic procedures in addition to general dentistry. Since the completion of this program he has been in private practice in Northern Virginia. Dr. Toyer enjoys spending time with his family and he is an active member in the community. He volunteers his time at local clean-up programs and homeless shelters. He also is involved in youth programs, mentoring students, and participating in scholarship drives with the local chapter of his fraternity Alpha Phi Alpha.

Dr. Toyer is committed to advanced education in his field. He has been trained by the Hiossen Advanced Dental Implant Research & Education Center to become proficient in implant placement and restoration.

Practice Philosophy: Our mission is to provide our patients with the highest quality of pediatric, family, and cosmetic dental care in a warm, relaxing, and fun environment. Our office is a Dental Home that provides services for your family for a lifetime, from age 1 to 101.



14573 Potomac Mills Road
Woodbridge, VA

703-499-9779

www.LifetimeDentalCareVA.com

PERIODONTIST

Karl A. Smith, DDS, MS

Periodontal Care can save your life!

Let me help you live healthier than ever before.

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



PEDIATRIC DENTISTRY

Neda Kalantar, DDS

Pediatric Dentistry of Reston

Dr. Kalantar, known by her patients as Dr. Neda, received her Bachelor of Science from the University of Virginia in 1997 and her Doctor of Dental Surgery from Virginia Commonwealth University School of Dentistry in 2001. She completed her Advanced Training in General Dentistry Residency from VCU in 2002. She then went on to specialize in pediatric dentistry, completing her training at Howard University School of Dentistry in 2004 with high distinction.

Recognized for her leadership & community service, Dr Neda is the proud recipient of numerous awards including the Lillian Reynolds Award for her high academic achievement during her post-graduate pediatric dental training & for her volunteer work with Operation Smile. In an effort to give her patients the best treatment options & latest technologies, she has completed many continuing education courses & certifications. She is an active member of the American Academy of Pediatric Dentistry, the Virginia Dental Association and the American Dental Association. She's been repeatedly recognized as one of the top pediatric dentists in the DC-area both by the *Washingtonian*, *Northern Virginia Magazine*, *Virginia Living* and other local publications.

Dr. Neda was born in Chicago and grew up in Virginia Beach, Virginia; she now resides in Washington, DC with her husband and two boys. For as long as she can remember, she has been passionate about working for and with children. She founded Pediatric Dentistry of Reston in 2006 & has worked there since. She has participated in numerous international and local dental/medical missions, including over 13 separate missions to Nicaragua, Vietnam, and Gaza & Jordan. She also helped coordinate the first dental mission with Relief International to Jordan to help Syrian refugees in 2017. She currently serves on the board of Project Turquoise whose mission is to help displaced & underserved communities in need.

She loves to travel, do yoga and spend time with her boys, husband and dog, Zeus, who loves getting his teeth brushed.



1984 Isaac Newton
Square, Suite #200
Reston, VA

703-435-1500

www.KidsDentalSafari.com



PHYSICAL THERAPY

Preeti Matneja
MSPT, CAPP, MTC, CST

Preeti Matneja is a CAPP-Pelvic Certified Physical Therapist who specializes in treating patients with all types of pelvic floor dysfunctions, pregnancy and postpartum issues, orthopedic related pain and dysfunctions, all types of bladder and bowel dysfunctions, sexual dysfunctions, infertility patients, anxiety, depression, chronic pelvic pain as well as breast cancer patients.

Posture, diet, stress, bike riding, weight lifting and musculoskeletal imbalances can all affect both men's and women's Pelvic health. Preeti has more than 15 years of experience in treating a myriad of pelvic floor muscle dysfunctions. Each person is treated with compassion and a special understanding of issues affecting women's and men's health with manual therapy and a total body or holistic approach. She has used her expertise and skills to help a large number of patients suffering from chronic conditions for over 20 years. From manual therapy and dietary education to postural assessment to dry needling and craniosacral therapy. Preeti has created a unique and effective treatment approach for patients with chronic/acute pelvic pain syndromes, colorectal syndromes, bladder syndromes as well as other treatment areas including fibromyalgia, low back pain, sacro-iliac dysfunction, and hip/thigh/groin pain. The sessions are conducted in a private setting with hands on manual therapy sessions for 60-90 minutes which include Myofascial trigger point releases, Dry needling, Biofeedback, Craniosacral therapy, and other therapeutic activities to help alleviate the dysfunction. Preeti is an active member of the women's section of American Physical Therapy association and a medallion member of International Alliance of Health care Educators. Additionally, she is a member of the American Pain Society which empowers women's health by educating them about their spiritual, pelvic and mental well-being. Her article, "Importance of assessing and treating the effects of muscle length changes of the lumbo-pelvic hip complex muscles" was acclaimed by APTA during her case reflection studies.

Annandale Doctors Building
7501 Little River Turnpike
Suite #302, Annandale, VA

703-626-5000

PurePelvic.com



PEDIATRIC DENTISTRY

Rishita Jaju, DMD

Smile Wonders

Dr. Rishita Jaju, a Board Certified Pediatric Dentist, is the founding Dentist of Smile Wonders in Reston, VA. She completed her dental education at Harvard School of Dental Medicine in Boston, MA and continued to receive specialty training in Pediatric Dentistry at Children's National Medical Center in Washington, DC where she was appointed as the Chief Resident. She is the only pediatric dentist in the Mid-Atlantic region who has achieved Advanced Laser Proficiency Certification from the Academy of Laser Dentistry and Breastfeeding Specialist Certification.

Dr. Rishita gives back to her profession and patient community. She is selected on the Council of Clinical Affairs for American Academy of Pediatric Dentistry and Examination Committee of the American Board of Pediatric Dentistry. Each year Smile Wonders participates in Give Kids a Smile initiative by American Dental Association to provide free care for children of Northern Virginia.

Dr. Rishita loves going home to her loving husband, active toddler and 2 adorable maltese doggies - Kaju and Kulfi. She is looking forward to travelling all over the world again and has visited every continent (except Antarctica).



11790 Sunrise Valley Drive
Suite #105, Reston, VA

571-350-3663

www.SmileWonders.com



PLASTIC SURGERY

Stephen R. Kay, MD

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.



5530 Wisconsin Avenue

Suite #1147

Chevy Chase, MD

301-951-5120

KayPlasticSurgery.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



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 Specialists in Podiatry; Podiatric Surgery; Podiatric Orthopedics - American Board of Podiatric Orthopedics and Medicine; Pedorthics American Board of Orthotics, Prosthetics, Custom Orthotic / Brace Fabrication and Shoe Modification

Family: Wife: Karin and Children: Aliza and Talia



14999 Health Center Drive
Suite #112, Bowie, MD

301-464-5900
www.BowieFootandAnkle.com

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.



1111 Spring Street
Suite 214
Silver Spring, MD 20910
301-681-6008
Fax: 301-681-8908



PODIATRY

Edward Pozarny, DPM, FACFAS *Arlington Podiatry Center*

Since 1984, Dr. Edward Pozarny has been working to provide the best podiatric care for patients in Arlington and throughout Northern Virginia. Dr. Pozarny's experience in podiatry and foot care is coupled with his genuine concern and fabulous bedside manner.

Degrees, Training & Certifications: BS Physical Therapy from Boston University, DPM Degree from California College of Podiatric Medicine, Residency at Monsignor Clement Kerri Hospital Michigan. Faculty at Georgetown Medical School. Podiatry Speaker at National Health Explorers Exposition – NIH Bethesda, MD. Board Certified Foot & Ankle Surgeon since 1990.

Professional Memberships & Affiliations: American Board of Foot and Ankle Surgery, American College of Foot & Ankle Surgery, Arlington Host Lions Club, Northern Virginia Podiatric Medical Association, American Podiatric Medical Association

Special Interests & Services: Bunions, Fractures, Ankle Injuries, Corns, Hammertoes, Ingrown Toenails, Heel Pain, Calluses, Warts, Custom Foot Supports, Corrective Surgery, Flat Foot Conditions, Athletic Injuries, Children's Podiatry, Diabetic Feet

Personal Interests & Hobbies: Dr. Pozarny is a jazz guitar and piano musician who performs locally. He enjoys skiing, camping, and other outdoor activities.

Practice Philosophy: Our staff at Arlington Podiatry is dedicated to your foot health as well as your overall health, making sure that you are treated with the best care possible. Our goal is that our patients have healthy feet and ankles and maintain those healthy feet and ankles to ensure that their quality of health is the best that we can provide.



611 S. Carlin Springs Road, Suite #512
Arlington, VA
703-820-1472
www.ArlingtonPodiatry.com



PODIATRY/HOUSE CALLS

Gregory Cardinal, DPM *Podiatrist In Motion*

Degrees, Training & Certifications: Dr. Cardinal is a Midwest native and finished his undergraduate studies at the University of Minnesota. He pursued his doctoral education at Scholl College of Podiatric Medicine in North Chicago, IL and graduated with a dual degree of Doctor of Podiatric Medicine and Master of Science in Healthcare Administration and Management. Dr. Cardinal went on to complete a 3-year medical and surgical residency with the VA Maryland Healthcare System with a focus in wound care, general podiatry and surgery. Dr. Cardinal is board certified by the American Board of Podiatric Medicine and is a fellow of the American College of Foot and Ankle Orthopedics.

Special Interests/Services: Podiatrist in Motion is a unique practice whose primary focus is house calls for foot and ankle concerns. Dr. Cardinal will come to you, to your home or office; meaning no waiting rooms, no traffic and no rushed visits. He treats all ages specializing in many general podiatric concerns such as heel pain, medical pedicures, ingrown nails, warts and pediatric podiatry. He performs biomechanical exams and casting for custom orthotics. Dr. Cardinal also offers cutting-edge treatments such as laser therapy for fungal nails and musculoskeletal pain.

Personal Interests & Hobbies: In his free time, Dr. Cardinal enjoys playing tennis, running, spending time with family and friends and playing the guitar.

Practice Philosophy: Podiatrist in Motion's mission is to bring the foot care clinic to you, in the comfort of your own home, office or wherever you may need care. Private-pay only.



PRIMARY CARE AND AVIATION MEDICINE

Tesfaye Tetemke, MD, FACP *Skyline Medical Center*

Degrees, Training & Certifications: Dr. Tesfaye Tetemke is Board Certified in Internal Medicine by the American Board of Internal Medicine. He has a successful and remarkable professional career with more than 24 years of experience providing medical care.

He is a Federal Aviation Administration designated Aviation Medical Examiner, a Department of Transportation (DOT) Certified Medical Examiner, highly experienced in inpatient care as a hospitalist, and a U.S. Citizenship and Immigration Services Designated Civil Surgeon.

Dr. Tetemke received his Doctor of Medicine (MD) at Addis Ababa University in Ethiopia. He completed his Internal Medicine Residency at Howard University Hospital in Washington, DC. He studied Aerospace Medicine at the GAF Institute of Aviation Medicine in Germany and completed his Physician Pilot Training at Ethiopian Air Force Flying School in Ethiopia.

Professional Memberships & Affiliations: American College of Physicians, Aerospace Medical Association, American Medical Association, International Society of Travel Medicine

Areas of Expertise: Primary Care & Internal Medicine (Preventive Care, Comprehensive Clinical Care), Aviation Medical Examinations & Flight Physicals, DOT Commercial Vehicle Driver Fitness for Duty Medical Exams, Immigration Medical Exams, Immunizations, Travel Health, Disability Medical Exams, School Health Physicals, Workers Compensation Exams, and More!

Practice Philosophy: We are committed to providing our patients with the best healthcare possible, and assisting them in making informed health decisions. We believe that patients should be educated about the major health conditions and leading causes of death so that they can evaluate their risk, seek proper preventative care and get professional advice to help them make informed decisions about their health.



PROSTHETICS

Pete Goller, BS, CP *Custom Made Artificial Limbs Free Office Visits • Free Evaluations*

Education: Davis and Elkins College; BS in Health Education and Exercise Science 1990; Northwestern University Medical School Prosthetic Program 1990

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.

Additional: Transportation problems? Don't worry—home visits, nursing home and hospital visits at no cost.

- ABC Certified Prosthetist
- More Than 32 Years of Experience
- President of Metro Prosthetics, Inc.

Maryland State Licensed to Treat People At Home



Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



7438 Annapolis Road
Landover Hills, MD
301-459-0999
4320 Fitch Avenue
Nottingham, MD
410-870-0365
www.MetroProsthetics.com

PROSTHETICS

Jed Newhardt, BS, CPO

*Custom Made Prosthetics and Orthotics
Free Evaluations*

Education: Bachelor of Science in Prosthetics & Orthotics, University of Washington – Seattle 2012

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.

Additional: Transportation problems?

Don't worry- we are always happy to see you at your home, nursing facility or in the hospital.

*Celebrating
Metro Prosthetics'
46th Anniversary*



PROSTHODONTICS

Garima K. Talwar, DDS, MS

*Board Certified Prosthodontist
Specializing in Reconstructive,
Cosmetic and Implant Dentistry*

Dr. Garima Talwar brings 25 years of experience in Full Mouth Reconstruction and Implant Dentistry to the DC Tristate area.

Her dedication to cosmetic and full mouth reconstructive dentistry has won her many patients and their testimonials are self evident of their life changing experiences. She has been recognized as one of the best Prosthodontists by Top Dentist and *Washingtonian Magazine* and by her peers.

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



METRO
PROSTHETICS

7438 Annapolis Road
Landover Hills, MD
301-459-0999
4320 Fitch Avenue
Nottingham, MD
410-870-0365
www.MetroProsthetics.com

PROSTHETICS

Kyle Wilhelm, BS, CO

*Full line of orthotics for Lower Limb,
Upper Limb, and Spinal, including Diabetic Shoes*

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.

Additional: Transportation problems? Don't worry- we make home visits, nursing home and hospital visits at no cost.

- ABC Certified Prosthetist
- More Than 24 Years of Experience
- Orthotist at Metro Prosthetics, Inc

Maryland State Licensed to Treat People At Home

*Celebrating
Metro Prosthetics'
46th Anniversary*



SHAMANIC HEALING

Beth Shekinah Terrence, MS

**"YOU ARE ALREADY WHOLE;
YOU JUST NEED TO REMEMBER."**

I've been on a spiritual 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 that incorporates modalities such as Bach Flower Remedies, Meditation & Mindfulness, Energy & Bodywork, Yin & Restorative Yoga, Addiction & Mental Health Recovery Coaching, and Feeding Your Demons®.

All sessions and programs are collaborative experiences tailored to you. I'm here to guide and support. I offer tools and practices to facilitate change, and help you to cultivate a deep sense of connection that restores wholeness, resilience, and well-being. Be sure to check out my new virtual Feeding Your Demons® Immersion Experience program! Come explore what's possible!



PROSTHODONTICS

Negar Tehrani, DMD

Aura Dentistry

If you have missing or damaged teeth that need restoration visit Dr. Negar Tehrani, DMD, an expert prosthodontist offering her services at Aura Dentistry in McLean, VA.

Originally from Iran, she grew up in Turkey. She graduated from the Middle East Technical University in Ankara, Turkey, with a degree in biology, then moved to Boston and completed her dental degree at the world-renowned Boston University Goldman School of Medicine. She continued her education at Boston University by obtaining specialized training in prosthodontics. Prosthodontics is a specialty recognized by the American Dental Association that emphasizes full-mouth rehabilitation and treatment of implants, crowns, veneers, dentures, and temporomandibular joint disorder. Dr. Tehrani forms a relationship with each patient and tailors your treatment plan to your specific aesthetic and functional goals and needs.

As a lifelong student, Dr. Tehrani stays on top of new technologies and procedures in her field. She enjoys spending time with her family, traveling, and attending performing arts productions.

SLEEP & TMJ THERAPY
2841 Hartland Road
Suite #301
Falls Church, VA
703-821-1103
SleepandTMJTherapy.com

TMJ AND SLEEP DISORDERS

Jeffrey L. Brown, DDS

Sleep & TMJ Therapy

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

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

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

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



6870 Elm Street
Suite #300, McLean, VA
703-429-0770
www.AuraDentistry.com

Eyeglasses Express

Rx. Eyeglasses in Minutes



The Clarity You Expect. Durability You Need.
Welcome New Patients.

EYEGLASSES EXPRESS

519 Maple Ave West, Vienna VA 22180

703-470-8274 * Open 24/7

www.EyeglassesExpress.us

EYEGLASSES | SUNGLASSES | PRESCRIPTION SUNGLASSES | CONTACT LENSES | REPAIRS

Exfoliation Is the New Cleansing Step

By Margarita Zorkina, Master Aesthetician, Alya Salon & Spa

Begging at puberty, skin's cellular turnover slows down significantly.

During infancy, cells are shed daily; during puberty, once every 10-14 days; and by the age of 30, once every two months. This dead skin buildup clogs

pores and increases the appearance of fine lines, wrinkles and discoloration. Exfoliating improves skin's appearance by unclogging pores to restore flow of natural moisture agents to the surface, ridding the surface of blackheads and debris and reducing potential breakouts, sloughing discolored skin cells to fade dark spots, reducing the appearance of pores and scarring, minimizing fine lines and wrinkles, clearing the surface to better absorb products, and stimulating skin to produce collagen and elastin.

Based on these benefits, exfoliation should be a regular part of every skin care routine and a primary step in every professional treatment.

Types Of Exfoliation

Physical exfoliation manually removes dead skin using a hard matter to disrupt or scrub surface cells while chemical exfoliation utilizes hydroxy acids or enzymes to remove dead skin cells.

Physical Exfoliation – Micro-

granules are ultra-fine particles derived from natural elements like seeds and crystals.

Chemical Exfoliants – Alpha hydroxy acids are derived from fruit, nuts, milk or sugar. Lactic acid and glycolic acid are among the most common.

Mechanical Exfoliants – Microdermabrasion uses a handheld device to sandblast skin with tiny particles and vacuum suction the dead skin away.

Dermplaning is a non-invasive procedure in which a blade removes excess vellus hair, and also exfoliates the epidermis by scraping the surface.

Combined exfoliating techniques

Please see "Exfoliation," page 47



Margarita Zorkina

ALYA SALON SPA

- Color
- Balayage
- Precision Cutting
- Curly Haircut/Style
- Hair Extensions
- Facials
- Massage
- Waxing

(703) 281-2592
139 Park St SE
Vienna, VA 22180

Special Offer
10% off
For new Clients

DID YOU KNOW that Laser Treatment for CANKER SORES and COLD SORES are PAINLESS and work FAST?

DAY 1 | DAY 2 | DAY 3

Feel Much Better

No More Pain!

Hurts!

REMEMBER, NOT ALL DENTAL OFFICES OFFER LASER THERAPY. CALL TODAY FOR PAIN-FREE LASER TREATMENTS IN THE MOUTH!

Call Today 571-261-2600
6468 TRADING SQUARE, HAYMARKET, VA 20169
www.AwesomeSmilesVA.com

Lifestyle
THE 12TH ANNUAL
BEST
IN VIRGINIA

Physical Exfoliation – Micro-

Using Lasers To Treat Canker Sores/ Cold Sores



By Tontra Lowe, DDS
Awesome Smiles Dental Center

Mouth sores can be small, but they can hurt a lot. You know exactly what I mean if you've ever had a canker sore on the inside of your lower lip or the right side of your tongue. Eating grapefruit or drinking a tall glass of orange juice can be excruciating. Or, if you have had one of those annoying cold sores on the outer corners of the lip that show up just in time for a Zoom meeting or celebration to attend, you can totally understand why having a quick solution to get rid of these

painful sores is beneficial.

Canker sores, also known as aphthous ulcers, are small lesions that develop on soft tissues such as the inner lip, tongue, or gum. They are not contagious and usually last 7-10 days. You can buy medicine over the counter to treat them or stay away from acidic liquids and foods to let them heal. But what if you could reduce ten painful days to one or three? Which would you prefer?

Cold sores are herpetic lesions, are viral in nature, and "appear as fluid-filled blisters," according to the American Academy of Dermatology. Although primarily on the lip, they can show up closer to the nose or around the mouth. They are contagious at certain stages and can look unattractive as they dry, form a scab, and eventually go away, only to show up shortly, almost in the same spot. Does only three days of having these visible sores sound better than ten?

Dental lasers can help with the

Please see "Canker Sores," page 47

(703) 288-3130



"Dedicated to our patients. Committed to excellence."

703-451-6111

8136 Old Keene Mill Road
Suite #B300
Springfield, VA 22152

4565 Daisy Reid Avenue
Suite #310
Woodbridge, VA 22192



Edward Parelhoff, MD

Edward S. Parelhoff, MD is a board-certified fellowship trained ophthalmologist with specialized training in pediatric ophthalmology. He specializes in strabismus surgery for children and adults.



Haresh Ailani, MD

Haresh Ailani, MD is a board-certified fellowship trained cornea and anterior segment ophthalmologist specializing in cornea, cataract and refractive surgery. He specializes in refractive/laser cataract surgery with standard and advanced technology intraocular lenses, and in all forms of cornea surgery.



Marissa Albano, MD

Marissa Albano, MD is a board-certified fellowship trained glaucoma specialist and general ophthalmologist. She specializes in the latest glaucoma lasers and surgeries, as well as cataract surgery.



Jennifer Dao, MD

Jennifer Dao, MD is a board-certified fellowship trained ophthalmologist who specializes in pediatric ophthalmology and strabismus. Dr. Dao specializes in amblyopia, pediatric glaucoma, cataracts and performs an adjustable suture technique for adult strabismus.



Leah Fuchs, MD

Leah Fuchs, MD is a board-certified general ophthalmologist. She specializes in comprehensive medical ophthalmology for adults, including medical eye exams, urgent and emergency eye care.



Jessica Van Looveren, MD

Jessica Van Looveren, MD is a board-certified fellowship trained glaucoma specialist and general ophthalmologist. She specializes in the management and treatment of glaucoma, and provides comprehensive medical and emergency eye care.



Hampton Khanna, MD

Hampton Khanna, MD is a board certified fellowship trained ophthalmologist with specialized training in pediatric ophthalmology. She specializes in strabismus surgery for children and adults.



Sumeet Gupta, MD

Sumeet Gupta, MD is a board-certified ophthalmologist specializing in the management and treatment of glaucoma, including laser therapy, glaucoma surgery and cataract surgery, with or without minimally invasive glaucoma surgeries.

Our Services:

- Cataract/Implant Surgery
- Laser Assisted Cataract Surgery
- Advanced Technology IOLs
- Pediatric Ophthalmology & Surgery
- Glaucoma Consultation & Surgery
- Cornea Consultation & Surgery
- Comprehensive Ophthalmology
- Emergency Eye Care

Learn more about us at: www.ecnv.com

Your Immune System



By Lakita Conley-Ware, PhD
Naturopathic Health Consultant

Face the Future

Arcadia: Moderate-to-Severe Eczema Study

If you are 18 years of age or older and have been living with **moderate-to-severe eczema** and itching for at least 2 years, you may be eligible to participate in a clinical study for a potential treatment.

Call our office at **703-641-9666**,
email dermdc@gmail.com
or visit www.arcadiastudy.com



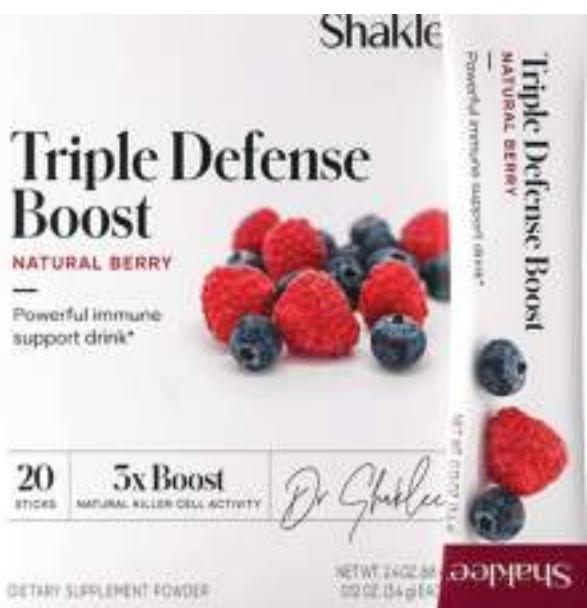
BOOST YOUR IMMUNITY

Immune-Fueling Blends

Power your immune system with a great-tasting berry-flavored drink mix, packed with **vitamins C and D, zinc, and elderberry**.

Also includes botanical blend of yeast beta-glucan, Reishi mushroom, and Panax ginseng, and all to stimulate natural defenses.

Dr. Conley-Ware,
Natural Health Care Consultant
Natural Health Care For Life
To out more and to order contact:
wellnessconsultant1st@gmail.com



contaminants caused by germs.

When the body responds to certain infectious states, the immune system creates antibodies to that state. Everyone has various levels of antibodies. Did you know there are different types of immunity?

- natural,
- active,
- passive
- vaccine-induced immunity

Natural Immunity: When your body fights off a germ that has infected your body. Your immune system reacts by producing antibodies to attack the germ. You might still feel ill during that time, but you recover. The immune system will respond if you are exposed again to that same germ in the future.

How long do antibodies to a germ last? It is hard to determine. However, there are blood tests that provide results on antibody presence. There is also a blood test called a titer level that will provide the level of particular antibodies at a point in time for a given infection. There have been reports of adults having high titers for variations of measles or mumps and their attack of these germs occurred in childhood.

Vaccine Immunity is exactly what it states. Your body is protected by the vaccine. **Active Immunity** is comparable to vaccine immunity.

Passive Immunity is when you receive antibodies from another source outside of your own immune system's production. A natural type of passive immunity is the building of an infant's immune system in the mother's womb.

A healthy person naturally has a stronger immune system than someone that is not. That may seem like common knowledge, but people do not think about that when they have poor eating routines and other poor lifestyle habits.

There are also many food products in nature that can strengthen your immune system. Some are the following:

- **Mushrooms** (shiitake, matsutake, reishi)
- **Garlic and onions**
- **Various Herbs and berries** such as turmeric, ginger, quercetin, elderberry and others have benefits for our immune system. Quercetin is a strong antioxidant found naturally in various vegetables.

You can additionally support

Please see "Immune System," page 47

(703) 288-3130

Is Claustrophobia (Fear Of Confined Spaces) Real?

Submitted By
Washington Open MRI, Inc.

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.

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.

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?



Need An MRI?

- **No claustrophobia!**
- **We're Always Open For You - Watch TV During your Scan**
- **Six locations close to you**
- **“The Better MRI at Any Angle”™**



The world's most advanced positional MRI, and NEW Digital Motion X-Ray technology, only available at

WASHINGTON OPENMRI

Rockville • Oxon Hill • Chevy Chase
Clinton • Greenbelt • Owings Mills

Call us today 1-866-674-2727

WashingtonOpenMRI.com

NEW! Digital Motion X-Rays – For Whiplash and Neck Injuries

When people are hurt in motion, diagnostic tests must be done in motion to properly detect the full extent of the problem. This is especially helpful if you have more pain when you move which is the case for most patients after a crash. For example if your neck or upper back pain increases when you look down, it is helpful to visualize your spine while looking down with the DMX. Traditional X-rays and MRIs often miss Whiplash and other neck ligament injuries because they are designed to take a picture of a patient standing still.

Great Smiles Start Here



9010 Lorton Station Blvd., Suite 260, Lorton, VA 22079

WE OFFER COMPLIMENTARY CONSULTATIONS

Specializing in treatments for adults and children. Our office offers a wide range of appliances including traditional braces, clear braces and Invisalign. We are equipped with state of the art technology to ensure our patients receive the best treatment.

Call Today! **703.337.4414** Or Visit AllSmilesBraces.com

Don't Walk In Pain Anymore!

Relief Is Now More Convenient Than Ever Before!



Dr. Edward S. Pozarny

Diplomate, American Board of Foot and Ankle Surgery
Certified in Foot and Ankle Surgery



Schedule Your Appointment Today!

703-820-1472

www.ArlingtonPodiatry.com

Most Insurance Accepted! Sé Habla Español!

611 S. Carlin Springs Road, Suite #512 • Arlington, VA 22204
(Office next to Urgent Care Facility)

OPEN
All Precautions
are being taken
to ensure your
safety & protection
from COVID-19



Providing Home Care Straight From the Heart.

Our Services Include:

- Skilled Nursing Care
- General Health Monitoring
- Medication Reminders
- Meal Preparation
- Transportation/Errands
- Home Health Aides
- Laundry
- Live In/Live Out
- Light Housekeeping
- Personal Hygiene

Serving all of Northern Virginia!

New Era
HOMECARE LLC

On Call
Service
Available
24/7

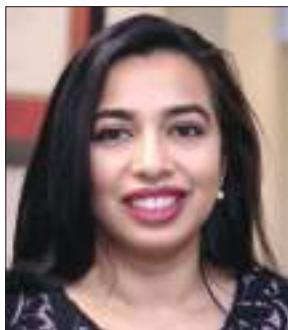


Tel: **703-770-9996**

Cell: 571-239-8769

Email: neweranursingva@gmail.com
www.NewEraHomeCareandTraining.com

Straighter Teeth With Invisalign



By Swathi Reddy, DMD
All Smiles Orthodontics

then, this technology has been widely used as an alternative to traditional braces. Usually the treatment is covered by insurance the same way as traditional orthodontic treatment.

The treatment consists of a series of clear, removable aligners or trays. These aligners need to be worn 20-22 hours per day. The success of Invisalign treatment is largely dependent on patient commitment. Like braces, these aligners put gentle pressure on the teeth to move them into a new position.

Each set is worn for 2-4 weeks before proceeding to the next set. Besides the obvious cosmetic advantage, they are more comfortable than traditional braces and there are no wires or metal to rub against your cheeks.

While eating, trays can be removed and you need not worry about food being stuck between the front teeth. These trays can also be removed for brushing, flossing and special occasions.

Please see "Invisalign," page 46

30-Minute Foot Workout



By Edward S. Pozarny, DPM
Arlington Podiatry Center

Your feet work hard. They support your total body weight. They absorb the shock of your body pounding against the ground and adjust to the many different surfaces you walk or run on. Each foot contains 26 bones, 33 joints, and many different muscles, tendons, and ligaments.

If any of those bones, joints, or soft tissues are out of place or working incorrectly they can cause your foot to have pain. If you have a medical problem such as diabetes, improper foot biomechanics can cause a serious health risk.

There are many different exercises that can help you strengthen the muscles of your feet. The three contained in this article are just an example of how simple stretching and flexing can help.

The Heel-Toe Wiggle

Sit on a chair with feet flat on the floor and shoes removed. With heels remaining on the floor, raise the fore-foot and toes as high as you can and move them to the right. Bring the toes back down to the floor and raise your heels as high as you can. Move them to the right until they are parallel with your toes. Bring your heels back down to the ground. Repeat the process to the left. Do this for approximately ten minutes.

The Foot Loop

Lie on your back. Loop a towel or other long cloth under one foot. Keeping your knee straight, pull your toes toward your head and hold for five seconds. Then push your toes down against the cloth as far as you can and hold for five seconds. Relax your foot and pull the side of the cloth on the outside so that your foot bends sideways out for five

Please see "Foot Workout," page 46

(703) 288-3130



Focusing on your Health **PRESERVING YOUR INDEPENDENCE**

America's Nursing, Inc. is a premier home health care company which is committed to providing superior home care services to clients in Northern Virginia.

We pride ourselves on being able to provide exceptional care for seniors and individuals living with chronic and acute conditions, and to help them maintain their independence and quality of life through dignified, respectful, culturally sensitive and compassionate care. It is our promise that we will only render services according to the highest standards of excellence in home health.

OUR SERVICES

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home Health Aide
- Personal Care
- Companion Care

**ACHC ACCREDITED
MEDICARE CERTIFIED**

PRIVATE DUTY SERVICES

- Personal Care
- Companion Care
- Errands
- Alzheimer's Care
- Dementia Care

MEDICAID CERTIFIED

- Personal Care
- Respite Care

4216 Evergreen Lane, Suites #124 & #134
Annandale, VA 22003

1340 Old Chain Bridge Road, Suite #300-B
McLean, VA 22101
www.AmericasNursing.com



**CALL US
TODAY**

703-998-8900
Annandale

571-620-7778
McLean

SE HABLA ESPANOL



**America's
Nursing, Inc.**

REAL YOU

FROM PAGE 4

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), microneedles, 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.

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-downtime 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.

POST-LAMINECTOMY

FROM PAGE 4

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 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.

INVISALIGN

FROM PAGE 4

To get started, you must first contact an orthodontist or dentist who is a certified Invisalign provider. Upon evaluation, if you are a good candidate, impressions of your teeth are made and sent to Align Technology. A 3-D graphic representation of the doctor's treatment plan (Clin-Check) is created from these impressions.

This allows you to see up front the series of movements your teeth

will go through over the course of treatment. After the orthodontist reviews the treatment plan, a series of custom-made aligners are produced that corresponds to your Clin-Check.

Invisalign may not be the option for everyone. The first step is to contact an orthodontist/dentist who is certified in Invisalign so you can have the beautiful smile you've always wanted.

FOOT WORKOUT

FROM PAGE 44

seconds, then pull the other side of the cloth so that your foot bends sideways in for five seconds. Repeat with the other foot. Do for approximately ten minutes.

The Foot Grabber

Place a dishcloth or towel flat on the floor. Sit in a chair with your feet on one end of the cloth. Curl your toes and pull the cloth under your feet. As you release, point only your toes up

and spread them out as far as you can. Lower them back onto the cloth for the next grab. Repeat the process, spreading the cloth back out as necessary. Do for approximately ten minutes.

By doing these simple exercises for 30 minutes each morning, you can strengthen your feet and toes and lessen the likelihood of developing serious muscular/skeletal problems.

DENTAL HYGIENE

FROM PAGE 16

High-Risk Pregnancy: Studies show that women with periodontal disease are six times more likely to give birth prematurely. Bacteria *Fusobacterium Nucleatum*, which is present in the oral cavity, has been found in amniotic fluid and placenta or preterm birth patients.

Obstructive Sleep Apnea: Teeth grinding is one of the major signs of sleep apnea. Grinding causes cavities and inflamed gums, increasing the risk for infection. Sleep apnea is linked to high blood pressure, heart disease, and headaches.

Respiratory Issues: Bacteria in the mouth can be inhaled into the lungs and travel through the blood stream. Once the bacteria accumulate in the lungs, it causes respiratory infections, bronchitis, pneumonia, COPD, and lung disease.

Cancer: People with poor oral health have a higher risk for developing pancreatic cancer, lung cancer, and blood cancer. In addition, smoking and chewing tobacco increases the risk for oral cancer.

Rheumatoid Arthritis: Studies show that the inflammatory response of joints in patients with rheumatoid arthritis is similar to the inflammatory response in patients' mouths with periodontal disease.

Osteoporosis: Later stages of periodontal disease cause bone loss in the jaw bone. Studies show that periodontal disease affects bones throughout the

IMMUNE SYSTEM

FROM PAGE 42

your immune system by way of supplements that contain some of these natural immune support foods and herbs. Look for supplements that have documented research connected to those supplements regarding im-

body and not just the jawbone and teeth.

Kidney Disease: Poor oral health causes inflammation and infection that will travel through the bloodstream, making it harder for the body to fight off infections.

Prostate/Erectile Dysfunction: Bacteria in the bloodstream causes inflamed blood vessels, blocking blood flow to the genitals. A study shows that men with periodontal disease were three times more likely to experience erectile dysfunction.

Periodontal Disease: Also known as gum disease, periodontal disease results from infections in the mouth when teeth are not adequately cared for. It reduces your ability to fight infection and inflammation and increases your risk of severe health conditions.

Obesity: The cause of obesity can be either genetic or have cultural factors, however maintaining a healthy weight is essential to having proper oral health.

COVID-19: Studies show that patients with periodontitis were three times more likely to experience severe COVID symptoms or death.

Infertility: It can take longer for a woman with poor dental health to conceive than a woman with good oral health. Research has shown that men with poor oral health have lower sperm count and reduced motility.

PERMANENT CURE

FROM PAGE 13

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

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

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

Treatment: The first choice in the treatment of bunion deformities is to discover them early in life so a conservative, mechanical approach may be used. This may include orthotics or a minimally invasive flat-foot 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.

EXFOLIATION

FROM PAGE 40

improve the outcomes greater than stand alone techniques. Here are some general rules of thumb for selecting exfoliators when combining peels with mechanical treatment by skin type:

Combination Skin: Combined chemical and mechanical exfoliation is perfect for this skin type. A glycolic acid chemical peel prior to mechanical exfoliation diminishes oil in the T-zone and removes surface debris, discoloration, and dry skin patches.

Acne: A mechanical exfoliator may be too rough for irritated skin and can potentially spread bacteria, making breakouts worse. Prior to microdermabrasion, a chemical peel with a beta hydroxy and glycolic acid combination can reduce inflammation and kill bacteria without transepidermal water loss or over-drying skin.

Oily Skin: Traditionally, oily skin tolerates exfoliation well, so a peel in advance of mechanical exfoliation will al-

low a deeper penetration and resurfacing.

Dry Skin: Dry skin is less absorbent of moisture-bearing ingredients, therefore, a pre-peel preparation removes dead skin cells on the surface, providing better absorbency and improved penetration. Glycolic acid is preferred because it has a smaller molecular size for penetration into dry skin and does not cause transepidermal water loss.

Sensitive Skin: A combined protocol of pre-peel actually opens up the opportunity for sensitive skin types to be candidates for mechanical exfoliation. By using a light alpha or beta hydroxy acid peel before the procedure, the skin care professional can apply much less pressure and choose the lowest settings for a great outcome.

Photoaged Skin: A chemical peel of glycolic acid will slough off dull, sun damaged skin cells as well as boost collagen production while minimizing dark age spots.

CANKER SORES

FROM PAGE 40

safe, almost pain-free resolution of these lesions in as little as one session. We can use low-level laser therapy to heal tissues quickly, with no downtime or discomfort, and with little chance that the lesions will recur in the exact location. Some patients will require multiple sessions. Imagine you have a celebration or conference to attend, and you feel the undeniable twinge

of a cold sore starting. A quick call to your laser dentistry office could save you pain and embarrassment and reduce recovery time – a complete win, win, win.

Remember, not all dental offices offer laser therapy. Ask if your dentist can help you with pain-free laser treatments for sores in the mouth. You won't regret it.

MODEL LIFT

FROM PAGE 18

(injectables).

Lip Fillers

Whatever your lip enhancement desires are, the results can be achieved with a variety of non-surgical and surgical options. For non-surgical lip enhancement, a variety of fillers are available, including Juvederm® and Restylane®.

OPTILIGHT

FROM PAGE 13

light is the first and only Intense Pulsed Light (IPL) instrument that is FDA-approved for dry eye management. The treatment is safe, gentle, and is backed by more than 20 clinical studies.

OptiLight uses precise pulses of light to reduce the inflammation that is typically associated with dry eye disease, improve tear quality, increase meibomian gland functionality and reduce the amount of demodex mites and bacteria living around your eyes.

The Optilight procedure is quick and convenient and there is no downtime required following treatment.

You don't have to suffer with dry eye discomfort anymore. Dry eye is a complex, multifactorial disease which can require extensive time for proper diagnosis and formulating customized treatment plans. Visit your eye doctor to get an accurate diagnosis and a treatment plan tailored to your needs.

HEALTH DIRECTORY



ACUPUNCTURE

Active Care Chiropractic & Acupuncture, 10680, Main Street, Suite 275, Fairfax VA 22030, 703-539-8822 www.ActiveCareClinic.com

Wholife Chinese Medicine & Acupuncture, 301-526-9898, 416 Hungerford Dr., Rockville www.WholifeHerb.com

AESTHETICS

The Skin Barre – www.TheSkinBarre.com – 703-595-2797 – info@TheSkinBarre.com – 1320 Vincent Place, McLean, VA.

ALLERGY & ASTHMA

Allergy & Asthma Centers 703-339-1660 9010 Lorton Station Blvd, Ste. 210 Lorton www.AllergyAsthmaDoctors.com

BEAUTY & SKIN CARE

Alya Salon & Spa, 139 Park Street SE, Vienna VA 703-281-2592 www.AlyaSalon.com

Healthydermis 571-502-0202 www.MyHealthydermis.com. Locations in Oakton and Gainesville, VA.

COSMETIC SURGERY

Bitar Cosmetic Surgery Institute. George John Bitar, MD, 703-206-0506 (VA, DC, MD)

COUNSELING

Loudoun Counseling & Coaching, LLC, 21155 Whitfield Place, Suite #202, Sterling, VA. 571-375-0668, www.LoudounCounselingCoaching.com

DENTAL CARE

Dental Dynamic Wellness, 703-775-0002, 20755 Williamsport Place, Suite #300, Ashburn, VA 20147. For more information please visit our website today at www.DynamicDentalWellness.com

Karl A Smith, DDS, 2550 N. Van Dorn Street, Suite #128 Alexandria, VA. Call 703-894-4867. Visit www.DrKarlSmith.com

Lifetime Dental Care, April Toyer, DDS, 14573 Potomac Mills Road, Woodbridge, VA 22192. 703-499-9779 www.LifetimeDentalCareVA.com

Richard Hughes, DDS, 703-444-1152, 46440 Benedict Drive Suite 201 Sterling, VA. www.SterlingImplantDentist.com

Awesome Smiles Dental Center – 6468 Trading Square, Haymarket, VA – 571-261-2600 – [AwesomeSmilesVA.com](http://www.AwesomeSmilesVA.com).

Maribel M. Vann, DDS – 703-204-1555 – www.DrMaribelVann.com – 8500 Executive Park Avenue, Suite #408, Fairfax, VA

Ike V. Lans, DDS – 44110 Ashburn Shopping Plaza, Suite #166, Ashburn, VA 20147 – 703-729-1400 – [LansFamilyDentistry.com](http://www.LansFamilyDentistry.com)

National Breath Center® – www.BeatHalitosis.com – 7115 Leesburg Pike, Suite #309, Falls Church, VA 22045 – 703-533-0926

Smile Wonders – 11790 Sunrise Valley Drive, Suite #105, Reston, VA 20191 – 571-350-3663 – www.SmileWonders.com

The Dental Spa – 12351 Dillingham Square Woodbridge, VA 22192 – 703-580-8288 – www.TheDentalSpaOfVirginia.com

DERMATOLOGY

Hema Sundaram, MD. Dermatology, Cosmetic & Laser Surgery Fairfax. 703-641-9666 also in Bethesda/Rockville.

HELP WANTED

Immediate Opening for Medical Receptionist with Experience. Must be able to multi-task, have computer skills, knowledge of insurance processing a plus, be helpful and motivated. Able to speak Spanish a plus. Arlington Podiatry Center, Call 703-820-1472 or email: footdrpoz@comcast.net. 611 S. Carlin Springs Road, Suite #512, Arlington, VA.

INTEGRATIVE HYPERBARIC & WOUND CARE

Holistic Family Health - Thermal Imaging, Herndon, VA. 703-635-6324 For More information visit www.fhtid.com

NEUROLOGY

Loudoun Neurology Associates, PC – 703-729-1900 – 19420 Golf Vista Plaza, Suite #340, Leesburg, VA 20176 – www.loudounneuro.com

OPEN MRI

Washington Open MRI, Inc. – 866-674-2727 – WashingtonOpenMRI.com – Greenbelt, Rockville, Oxon Hills, Chevy Chase, Clinton and Owings Mills.

OPHTHALMOLOGY

NewView Laser Eye Center, Jacqueline D. Griffiths, MD. Reston 703-834-9777 or 800-294-1001 For more information visit us at www.NewViewEye.com

ORAL & FACIAL SURGERY

Northern Virginia Surgical Arts – 703-998-3971, 611 South Carlin Springs Road, Suite #308, Arlington, VA 22204. For more information visit us online at www.NOVASurgicalArts.com

DIRECTORY OF HEALTH PROFESSIONALS ORDERING

Order Information: 3 line listing \$30.00 for 6 months, \$5.00 for each additional line. 10 line listing for 6 months is \$65.00. (Each line approximately 3-4 words)

To Order: Include you NAME, ADDRESS, PHONE, EMAIL AND WHAT HEADING YOU WISH TO BE LISTED UNDER, AND ANY SPECIAL OFFER OR TEXT TO INCLUDE. We will prepare a proof and email to you for approval.

Email your information to: info@yourhealthmagazine.net or Fax to: (301) 805-6808.

Call (703) 288-6805 for assistance.

NORTHERN VIRGINIA EDITION

MARYLAND/WASHINGTON, DC OFFICE

4201 Northview Drive, Suite #401, Bowie, MD 20716

phone: (301) 805-6805 • fax: (301) 805-6808 • email: Info@YourHealthMagazine.net

VIRGINIA OFFICE

phone: (703) 288-3130 • fax: (703) 288-3174 • email: Publish@YourHealthMagazine.net

ORTHODONTICS

All Smiles Orthodontics. 9010 Lorton Station Boulevard, Suite #260, Lorton, VA 22079. www.AllSmilesBraces.com. For more information call us at 703-337-4414

PHYSICAL THERAPY

Alliance Physical Therapy – Alexandria/Arlington – 703-751-1008, Falls Church/Bailey's Crossroads – 703-820-1015, Fairfax – 703-205-1919, Herndon/Reston/Sterling – 703-581-8999, Manassas – 703-366-3626, Mount Vernon – 703-704-5771, Springfield (Backlick Road) – 703-750-1204, Springfield (Bland Street) – 703-451-3494, Tysons/Vienna – 703-356-3470, Woodbridge/Ococoquan – 703-492-5050 and Woodbridge/Smokeytown – 703-670-9935.

PLASTIC SURGERY

Thesiger Plastic Surgery – 301-951-8122 – 5530 Wisconsin Av-

enue, Suite #1235, Chevy Chase, MD 20815 – www.ThesigerPlasticSurgery.com

PODIATRY

Arlington Podiatry Center, Edward S. Pozarny, DPM. Call 703-820-1472. 611 S. Carlin Springs Road, Suite #512, Arlington, VA.

SENIORS

Chevy Chase Home Care. Help at time you need it most. Any Ages. Any situations. Any shifts. MD, DC, VA. 202-374-1240 www.CHCHHomecare.com

SLEEP & TMJ THERAPY

Sleep & TMJ Therapy – 2841 Hartsland Road, Suite #301, Falls Church, VA 22043 – www.Sleepandtmjtherapy.com – 703-821-1103.

SPINAL CARE

The Spine Care Center, 8525 Rolling Road, Suite #200, Manassas, VA. Call 703-257-2266 or visit www.SpineCareVA.com

Subscribe Today!

Your Health Magazine is available at local grocery stores, pharmacies, and convenience stores, including:

Giant • Safeway • Harris Teeter • CVS • 7-11
• and more locations near you!

Now you can get the latest issues delivered directly to your home!

- Health articles and advice
- Doctors near YOU!
- Maryland, Washington, DC & Virginia editions
- [Only \\$24 for a year's subscription \(12 issues\)!](#)

CHECK EDITION (\$24 each edition):

- MARYLAND VIRGINIA
 WASHINGTON, DC

SUBSCRIBING IS EASY:

1) Call **301-805-6805**

with your name,
contact info, and credit card
payment for \$24, or

2) Simply mail this form along
with your check for \$24:

Your Health Magazine

4201 Northview Dr. Suite 102

Bowie, MD • 20716

NAME: _____

STREET: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

20% OFF
on your
tile selection!

When you purchase from
our tile distributors



You Need the
Ceramic Tile Experts



For Your Spring & Summer
Remodeling Projects

Your Kitchen, Your Bath,
and Beyond.

Doing it right from the start
makes all the difference!

Contact our Award-Winning Team for a
FREE ESTIMATE: 703-772-1836

www.aetileva.com • aetileandmarble@gmail.com



In the next edition...

Read About How You + Your Family Can Live Better, Longer and *Healthier!*

In the next edition, articles and information from local providers to help you and your loved ones:

- ♥ Keep Your Heart Healthy
- ♥ Get Your Diet In Check
- ♥ Manage or Prevent Diabetes
- ♥ Quit Smoking
- ♥ Get Fit and Feel Great
- ♥ Prevent Heart Attack/Stroke



Cardio Health, Diabetes, & Exercise Professionals

Your Health Magazine is here to Help People Find the Healthcare They Need!

Every month we publish articles and practice information for local providers in the **Magazine**, on our **Website**, and **Social Media** (*YourHealthDMV*).

It Makes A Difference!



*Be sure to add
@YourHealthDMV
on your favorite social sites!*

HEALTH PROFESSIONALS: Your information can make a difference!

Contact us today to publish your articles and information in the magazine, and online.



Space Is Limited:
301-805-6805 • 703-288-3130
info@yourhealthmagazine.net

Our Care for You Is More Than Skin Deep...

"I will never trust my face to anyone else. You are a true artist!" - NK, patient for 12 years

"Nobody else does fillers like you do" - HJ, patient for 17 years

National Research Center

NOW OFFERING PRP PLATELET RICH PLASMA for HAIR RESTORATION

Discover VBeam Perfecta, GentleMax Pro, CO2RE and CO2RE Intima – our Newest Lasers for Pain-Free Hair Removal, Facial and Leg Veins, Scars, Stretch Marks, Sunspots & Pigmentation and Birthmarks, Facial Aging and Total Body Rejuvenation

Dr. Hema Sundaram, MA, MD, FAAD



Before & After 1st 2 sessions of PRP Hair Restoration

Expert French Cannulas for Safe and Bruise-Free Filler Injections



Before & After Nonsurgical Neck Restoration



Before & After Facial Contouring

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

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.

Se Habla Español • Now Open Saturdays

Rockville/Bethesda

Fairfax

Call: 301-984-DERM or 703-641-9666
(3376)

www.doctorhema.com

Follow us on Instagram: @twicebornbeauty and @drhemasundaram

HEMA A. SUNDARAM, MA, MD, FAAD

BOARD CERTIFIED DERMATOLOGIST

TIFFANY DINH, PA-C, CERTIFIED PHYSICIAN ASSISTANT

Dermatology, Cosmetic & Laser Surgery for Women and Men

Interest-Free Financing Available • FREE PARKING

SEE PAGE 4 FOR MORE INFORMATION

BITAR COSMETIC SURGERY INSTITUTE

FOUNDER & MEDICAL DIRECTOR DR. GEORGE BITAR

BOARD CERTIFIED PLASTIC SURGEON

We are excited to introduce our new state of the art facility and surgery center.

We are following strict sanitation protocols for the well-being of our patients and staff.



MODEL LIFT™ (non surgical)



NOSE SURGERY



HIGH DEF LIPOSUCTION



We also offer the most comprehensive array
of non-surgical treatments in our
adjacent medical spa.



Call 703-206-0506 today for your consultation!



THE BEST
PLASTIC
SURGEONS
IN AMERICA
US AIRWAYS

TOP
DOCTORS
WASHDCN

TOP
DOCTOR
WASHINGTONIAN

FIBROBOT
TOP DOCTORS

LEUKEMIA &
LYMPHOMA SOCIETY
MAN & WOMAN
OF THE YEAR

TOP
U.S. NEWS
DOCTOR