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**NON-SURGICAL
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Health Professionals**
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By Deeni Bassam, MD, DABPM
The Spine Care Center

Future Trends In Spine Research

Already, many options for “minimally invasive” fusion of the spine are available allowing for a more speedy recovery, with shorter hospitalizations and blood loss. Nerve and spinal cord stimulators used in the treatment of refractory neuropathic pain will shrink in size as they grow in stimulation options.

A surgical option for painful degenerative disc disease which is safe and effective will one day materialize. Disc replacement surgery is being performed in very select individuals at this time and this will likely grow as surgical techniques improve. Look for improvements in accurate diagnosis of painful conditions of the spine to guide practitioners treatment options. The

trend is towards a multi-disciplinary approach to treatment of spine disorders, particularly patients afflicted with chronically painful conditions.

These and other innovations will ultimately benefit all of humanity and will most certainly continue to be a source of growth for the United States for generations to come.

The United States is the world leader in medical innovation by far. Over the past 10 years more medical drug discoveries have occurred in the United States than in Japan, the UK, Germany, and Canada combined. Some of the most significant discoveries in medicine in our lifetime have come from the great engine of innovation that is the United States including MRI, CT scans, and cholesterol lowering “statin” drugs to name a few.

Plus, our understanding of normal and pathological processes of the spine has grown exponentially during the modern era. The future holds great promise for patients who suffer from painful and debilitating conditions of the spine and patients in the US will continue to enjoy first access to these cutting edge technologies.

Our understanding of the basic science of spine anatomy at the cellular level in both normal and pathological states will certainly expand in the next decade. Already we are learning more about the role of inflammatory mediators in the propagation of pain signals in acute back pain and how microscopic disruptions of our aging discs are associated with these painful episodes.

Understanding these inflammatory cascades offers greater opportunity to intervene medically to lessen the painful symptoms. Although we are a long way off from truly reversing the effects of time on our bodies we can at least offer treatments to reduce the pain and productive time lost when we are affected by these painful episodes. Look for medications to be more and more specific in their targets to intervene in the inflammatory process allowing for improved pain control with a reduction in side effects.

Surgery will continue to play an important role in the treatment of some severe conditions of the spine. The objectives will continue to be stabilization and decompression but the means to those ends will surely continue to evolve.

Back Pain? Back and neck pain *can* be treated.



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

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Botox Myths and Facts



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

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

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

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

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

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

Please see "Botox," page 8



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PRP Injections Treat a Variety Of Pain



By Madhavi Chada, MD
Synergy Spine and Pain Center

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

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

Risks and Side Effects

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

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

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



High Blood Pressure Can Affect Your Vision

By Jacqueline D. Griffiths, MD
New View Eye Center

Most people know high blood pressure and other vascular diseases pose risks to overall health, but many may not know that high blood pressure can affect vision by damaging veins in the eye. High blood pressure is the most common condition associated with branch retinal vein occlusion (BRVO) and central retinal vein occlusion (CRVO). About 10 to 12 percent of the people who have BRVO also have glaucoma (high pressure in the eye).

Branch Retinal Vein Occlusion (BRVO)

Branch retinal vein occlusion blocks small veins in the retina, the layer of light-sensing cells at the back of the eye. If the blocked retinal veins are the ones that nourish the macula, the part of the retina responsible for straight-ahead vision, some central vision is lost. During the course of vein occlusion, 60% of patients or greater will have swelling of the central macular vision area. In about one third of people, this macular edema will remain for over one

year.

BRVO causes a painless decrease in vision, resulting in misty or distorted vision. If the veins cover a large area, new abnormal vessels may grow on the retinal surface, which can bleed into the eye and cause blurred vision.

There is no cure for BRVO. Finding out what caused the blockage is the first step in treatment. Your ophthalmologist may recommend a period of observation, since hemorrhages and excess fluid may subside on their own. Depending on how damaged the veins are, laser surgery may help reduce the swelling and improve vision. Laser surgery may also shrink the abnormal new blood vessels that are at risk of bleeding.

If you have had a branch retinal vein occlusion, regular visits to your ophthalmologist are essential to protect vision.

Central Retinal Vein Occlusion (CRVO)

Central retinal vein occlusion blocks the main vein in the retina, affecting the light-sensitive nerve layer at the back of the eye. The blockage causes the walls of the vein to leak

blood and excess fluid into the retina. When this fluid collects in the macula, the area of the retina responsible for central vision, vision becomes blurry.

Floaters in your vision are another symptom of CRVO. When retinal blood vessels are not working properly, the retina grows new fragile vessels that leak blood into the vitreous, the fluid that fills the center of the eye. Blood in the vitreous clumps and is seen as tiny dark spots, or floaters, in the field of vision.

In severe cases of CRVO, the blocked vein causes painful pressure in the eye. Retinal vein occlusions commonly occur with glaucoma, diabetes, age-related vascular disease, high blood pressure, and blood disorders.

The first step is finding what is causing the vein blockage. There is no cure for CRVO. Your ophthalmologist may recommend a period of observation, since hemorrhages and excess fluid often subside on their own. Laser surgery may be effective in preventing further bleeding into the vitreous, or for treating glaucoma, but it cannot remove a hemorrhage or cure glaucoma once it is present.



Jacqueline D. Griffiths, MD

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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 CKSM, 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.



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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Sleep-Mouth Issues and Your Baby



By Lynda Dean-Duru, DDS
Ashburn Children's Dentistry

Did You Know That Breastfeeding Affects How Well Your Child's Face and Jaws Grow, and Sets Them Up For Good Sleep?

You waited nine months for the arrival of your precious baby. But what happens if you find out you are experiencing excruciating pain during breastfeeding? After all, this powerful instinct is meant to help create the bond between mother and child. Mothers in this situation either power through, supplement with bottle feeding, or they give up altogether, only to suffer from mom guilt.

Many babies have restrictions that make it difficult, sometimes impossible, to breastfeed. Typically, these situations involve anatomic, functional, and sometimes neurological issues with the baby.

When babies are not able to easily breastfeed, this impacts the growth of their face and jaws. The tongue acts as a natural pump while breastfeeding and drives the development of the face, jaws, and airway. When tongue function is compromised, breastfeeding, breathing, sleep, and the growth of the face and jaws are adversely affected.

We are born as obligate nose breathers, which means that nature intended that our tongues lay on the roof of our mouth and that we breathe exclusively through our nose. Open mouth posture and subsequent mouth breathing, noisy breathing, snoring, frequent nose congestion, teeth grinding, allergies and sometimes asthma-like symptoms can occur in the absence of good nasal breathing and often lead to breathing-related sleep disorders.

As the baby grows, non-restorative sleep generally shows as restlessness, lack of focus, attention issues, anxiety, sensory issues, and other behavioral issues seen in many toddlers and young children. Often many of these children are misdiagnosed as having ADHD.

Other symptoms include:

- Development of a narrow or long face
- Gummy smile
- Crooked teeth and misaligned jaws
- Difficult toothbrushing and gagging

BOTOX

FROM PAGE 4

The key to natural-looking results is to consult an expert. The most expert doctors are national and international teachers at dermatology and plastic surgery academies and researchers for the clinical trials that bring new treatments to our country. Here are some important points that are useful for anyone considering Botox:

1. Understand the Science

As we age, some of our facial muscles become unbalanced. The wrinkles that result can send signals that we don't intend. Frown lines between the eyebrows make us look angry, lines across our forehead communicate worry, and a sagging mouth or neck can look sad. With expert technique, tiny amounts of Botox, Dysport or other wrinkle relaxers are precisely placed just beneath the skin to give a smoother, more harmonious appearance. This must be done with

an exact understanding of your facial anatomy and structure. When expertly performed, you will barely feel the injections, and will have little or no bruising. Patients can return immediately to regular activities with no sign of having had treatment. On average, it takes 5-7 days to see the results.

2. See the Whole Picture

When you receive advanced Botox from a true expert, they aren't just smoothing individual lines or wrinkles, but understand how to go beyond this to reshape your whole face and restore youthful contours, tighter pores and a beautiful skin glow. You will still look like yourself, just more like you did when you were years or even decades younger.

For instance, if your eyebrows

Please see "Botox," page 41

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

Sleep apnea is a serious sleep disorder that affects millions of people around the world. It is a condition where breathing repeatedly stops

and starts during sleep, causing interrupted sleep and other serious health problems. If you suspect that you may have sleep apnea, it is important to seek medical attention to receive a proper diagnosis and treatment. In this article, we will discuss the signs that you may have sleep apnea.

Snoring

Snoring is a common symptom of sleep apnea. People with sleep apnea

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

Daytime Fatigue

People with sleep apnea often experience excessive daytime fatigue, even after a full night's sleep. This can cause difficulty staying awake during the day, poor concentration, and irri-

tability. If you find yourself struggling to stay awake or feeling excessively tired during the day, it could be a sign of sleep apnea.

Insomnia

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

Headaches

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

High Blood Pressure

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

Dry Mouth or Sore Throat

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

Restless Sleep

Sleep apnea can cause restless sleep, leading to tossing and turning and waking up frequently during the night. If you wake up frequently during the night or cannot get comfortable, it could be a sign of sleep apnea.

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

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

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

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Laser Dentistry Can Provide Amazing Benefits



By Karl A. Smith, DDS, MS

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

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

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

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

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

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

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

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

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

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

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

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

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By Tontra Lowe, DDS
Awesome Smiles Dental Center

Cancer Patients Can Use Medical Insurance For Treatment In the Mouth

Certain cancer patients needing treatment in the mouth before or af-

ter their cancer treatment may benefit from medical benefits. However, for those with a recent or current cancer diagnosis, a simple procedure in the mouth could wreak havoc on their overall health and recovery, regardless of the type of cancer. The den-

tal insurance and medical insurance don't work alike at all. Understand how accessing medical benefits can reduce costs and stress.

Managing medical and dental aspects before and after treatment is critical to living well. Be intentional

and proactive versus reactive. People on your wellness team must sometimes weigh life against the quality of life, and to do that well, you must have your family dentist and sometimes an oral surgeon be a part of the conversation. You must include your dentist in the battle plan for your treatment to improve outcomes for an extended quality of life. Remember, the mouth is a part of the body.

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Certain cancer patients needing treatment in the mouth before or after their cancer treatment may benefit from medical benefits.

Here are three points to remember if dealing with a cancer diagnosis and seeking payment from your medical carrier:

1. Patients undergoing treatment for **any** cancer can develop mouth sores, dry mouth, and crumbling teeth. This is even more prevalent with radiation treatment for oral or throat cancer.
2. Request the oncologist consult your dentist and get them involved in your care regardless of cancer type. Remove any hopeless teeth and treat any cavities or gum disease BEFORE starting cancer treatment, if time allows. Ask your physicians to provide an actual referral to your dentist.
3. Use medical insurance to help cover fees for treatment in the mouth if possible (excludes most medical HMO, EPO, Medicare, or Medicaid plans).

Oral complications secondary to cancer diagnosis and treatment are common and can wreak havoc on other organs and in the mouth. Ensure to include your dentist in your care to improve your quality of life. Most PPO medical insurance plans will help pay fees for treatment in the mouth to get you back to swallowing and eating as usual. People pay hefty premiums for medical insurance—why not maximize any benefits?



By Yeji Lee, LAC
Active Care Chiropractic
& Acupuncture

How To Get Rid Of Gas Pain In the Stomach

remedies are not effective, it is time to seek medical treatment.

Treatment

First, patients need to identify the trigger and the reason for the gas pain, so they can manage their diet by eliminating or reducing the trigger food. At the same time, they should see healthcare providers for treatment. If there are some mechanical problems, patients should consider seeking a surgeon for profes-

sional feedback. If not, they can choose to see a GI specialist who can prescribe medicine and provide nutrition and exercise advice. Additionally, alternative medicines can help reduce the symptoms more quickly, and they may be able to treat the gas pain without taking any medicine. For example, acupuncture can treat gas pain and other digestive problems, such as constipation, diarrhea, and acid reflux. Patients usually

feel relaxed during treatment and usually have positive feedback after a few sessions. Cupping or ear acupuncture is often combined with body acupuncture to provide more relief.

In summary, seeking help from healthcare providers for gas pain can lead to a better quality of life. Patients should pay attention to their warning symptoms, try self-care methods, and seek professional treatment if necessary.

Gas in the digestive system is a normal condition. The body usually gets rid of excess gas by burping or passing flatus. These bodily reactions are normal, even though they may sometimes be embarrassing. However, excess gas can sometimes cause pain. This gas pain may occur if the gas is not moving well or gets stuck. As a result, the body feels uncomfortable during its normal reactions, which can cause more gas and more pain.

Warning Symptoms

Many people choose not to see healthcare providers for mild gas pain. However, in some cases, you should go to the hospital as soon as possible, even if you do not have severe gas pain or stomach pain. For example, blood in stool, changes in the frequency of bowel movements, or significant weight loss without any apparent reason may be signs of serious illness. On the other hand, if you have mild gas pain without the above warning symptoms, you can try self-care first, such as eating or drinking slowly, consuming less sugar, and eating without talking too much. This is because gas in the stomach is usually the result of swallowing air while eating or drinking.

Reason

Gluten in wheat products or lactose in dairy products often lead to excess gas, which may cause pain. This is what we call food intolerance or food sensitivity. If you try a certain diet, such as a lactose-free or gluten-free diet, that makes you feel better, it probably means you are sensitive or allergic to certain foods. Therefore, read food labels carefully and consume less or eliminate certain ingredients. This is also one of the self-treatments for gas pain. Additionally, some digestive disorders such as Crohn's disease or gastritis can cause gas pain. If this is the case, patients need to receive treatment from healthcare providers to relieve the symptoms.

Exercise is always a good home remedy for pain relief. Certain yoga postures are good ways to relieve excess gas and move trapped gas because they help with the movement of the digestive system. If these home



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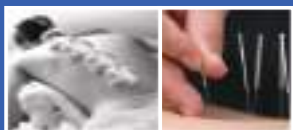
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How To Integrate TMJ Disorder Into Total Healthcare

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It would be really great if your PCP (primary care physician) would recognize that in the process of doing the yearly exam for a patient, they should consider looking at the TMJ (temporomandibular joint). It really

would only take a few seconds to see how big the person can open their mouth and to palpate the jaw joints for any popping or clicking. If the patient does not open very big, and the jaw joints sound like Jiffy Pop popcorn on the stovetop, then there is likely a TMJ problem that should be dealt with.

Another part of TMJ screening is

to just ask the patient if they are having any headaches, neck or back pain, and perhaps sleep issues. All these problems potentially come from slipped discs in the jaw joints. A simple MRI would help diagnose what is going on. The problem is that a good MRI may not be that easy to come by. Unfortunately, a proper MRI of the jaw joints has been somewhat elusive for some reason. Too



Jeffrey L. Brown, DDS

many times the dentist or MD gets a report back saying the discs all look fine and there is no displacement, yet this does not correlate well with their symptoms of pain. Perhaps the MRI center just does not do these types of studies all that often, so they are not familiar with positioning the patient in the machine or how to read the results.

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

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

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



Jeffrey L. Brown, DDS

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



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Another part of TMJ screening is to just ask the patient if they are having any headaches, neck or back pain, and perhaps sleep issues.

As you can well imagine, getting the right imaging is not all that easy. This is probably why most MDs do not order this imaging when a patient reports head and neck pain. Did you know that if the jaw joint discs are out of place, then this can cause severe pain in the head/neck region? It most certainly can. This may be the reason why it will mostly be the dentist who can identify the TMJ problem, but from there finding the right specialist to diagnose the problem can get a little tricky. Even if the regular dentist orders an MRI due to the suspicion of a TMJ problem, if that MRI is not done just right, the diagnosis can be easily missed.

What we really need is more awareness of the problems that the TM joint can cause and make more MDs and dentists aware of the need for proper diagnostic tools. You can't just order an MRI and hope they find the problem. The doctor – whether dentist or MD – really needs to know a little about what TMJ disorder is all about, but then have a go-to person who can really dive into the details and figure out the problem.

This "awareness" is slowly happening in the professions, albeit a bit too slowly. The physicians are becoming more aware of the TMJ specialist, and the dentist are figuring out that it really is not as easy as they thought and the specialist is the way to go.

The O-Shot – An Innovative Solution For Women’s Age-Related Symptoms

Orgasms, Vaginal Dryness, Incontinence, Painful Sex, Lichen Sclerosis, and More



By Michelle Fisher, Owner
Loudoun Medical Aesthetics

As women age, many experience a range of symptoms including vaginal dryness, urinary incontinence, and painful sex. These symptoms can have a significant impact on their quality of life and sexual well-being. However, the good news is that there is an innovative and effective solution - the O-Shot.

The O-Shot is a non-invasive and safe procedure that uses the patient’s own blood to create a concentrated solution of platelet-rich plasma (PRP). The PRP is then injected into the clitoris and vaginal walls to stimulate tissue growth and improve the health of the sexual organs. The process is quick, simple, and painless, with patients experiencing little to no discomfort.

The benefits of the O-Shot are vast and include the enhancement of libido, heightened vaginal and clitoral sensitivity, decreased urinary incontinence, improved vaginal lubrication, reduced pain during intercourse, and increased ability to experience a G-spot orgasm. The O-Shot has also been proven to be effective in treating lichen sclerosis, a condition where the skin on the vulva can itch and lead to atrophy.

The treatment is performed by drawing a small amount of blood from the patient, which is then processed using a centrifuge to separate the PRP from the rest of the blood components. The PRP is then injected into the clitoris and vaginal walls using a small needle, and the patient experiences little to no discomfort during the procedure.

The effects of the O-Shot are usually noticeable within days of the treatment and can last for anywhere between 1 to 4 years. If the initial results are not as pronounced as expected, a doctor may suggest undergoing re-treatment.

While the O-Shot is a safe and non-invasive procedure. The PRP solution must be processed in a sterile environment to avoid contamination, and it is essential to ensure that the office has experience and expertise in performing the O-Shot procedure.

The procedure can be a game-changer for many women dealing

with incontinence, vaginal dryness, painful sex, and lichen sclerosis. Patients have reported significant improvements in their sexual function and well-being after the treatment.

The O-Shot is an innovative and effective solution for women dealing with age-related symptoms. With its ability to stimulate tissue growth and

improve the health of the sexual organs, it has the potential to enhance sexual pleasure and improve quality of life. It is a safe and non-invasive procedure that is changing the lives of many women. If you are dealing with any of the symptoms mentioned, it may be worth considering the O-Shot as a potential solution.



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Don't let age-related symptoms impact your quality of life and sexual well-being. Consider the O-Shot® as a potential solution to rediscover your sexual pleasure. Contact a licensed and trusted doctor today to learn more about the O-Shot® and how it can help you.



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By April Toyer, DDS, FAAPD
Lifetime Dental Care

Flossing and Your Health

floss hasn't been used in weeks. There are significant benefits to flossing your teeth every day that you're missing out on. After reading these four benefits to flossing, you may reconsider waiting "just another day" to floss.

Flossing Is An Effective Defense Against Gingivitis

Inflammation can occur in gum tissue that contains bacteria, plaque, and tartar build-up. Gums that are swollen and bleed when they're brushed are a natural result of improper dental hygiene. Adding flossing

to your regimen ensures that the debris from between your teeth, as well as any hidden bacteria, plaque, or tartar, is cleared away. Having eliminated the bacteria, your teeth become protected from gingivitis.

Stop Halitosis With Regular Flossing

Food particles hidden in between your teeth can allow bacteria to build up, adding to your bad breath. Tartar, in particular, contributes heavily to halitosis and often can be found hiding between your teeth. Brushing,

mouthwash, and flossing every day will go a long way towards protecting your teeth.

Flossing Helps Control Diabetes

This comes as a significant surprise to most dental patients. Research has shown that making brushing a regular part of your daily hygiene practices can actually have a huge positive impact on your battle with diabetes. Oral bacteria have been shown to elevate the level of glucose in your blood, making stabilization difficult. Flossing, brushing, and mouthwash combined eliminate bacteria and reduced their effect on your glucose levels.



Restrict Respiratory Disease With Flossing

Your mouth and oral tissues are a direct pathway to many of the organs in your body, including your lungs. This can cause a serious problem when oral bacteria transfer into your lungs. Once seated in your lungs, they can begin causing health concerns related to breathing as you develop respiratory disease.

By making brushing, flossing, and the use of mouthwash a regular part of your daily routine, you're protecting yourself from a host of issues. If you want to learn more about how flossing can help you preserve your good health, contact your dental provider and get on the road to battling gingivitis, bad breath, and even heart disease.

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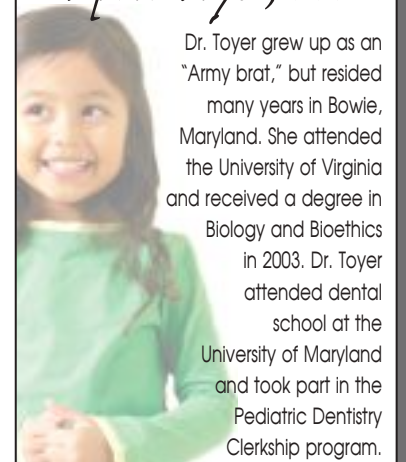
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April Toyer, DDS



Dr. Toyer grew up as an "Army brat," but resided many years in Bowie, Maryland. She attended the University of Virginia and received a degree in Biology and Bioethics in 2003. Dr. Toyer attended dental school at the University of Maryland and took part in the Pediatric Dentistry Clerkship program.



By Christopher Rosenthal and Devin Rosenthal, Owners/Technicians, Sanctuary Hair Extensions & Hair Solutions

Whether you are in a long-term relationship such as a marriage, dating somebody or are still on the market, sex is a very important part of your relationship. We have been told that when having a great hair day, it doesn't matter if anything else is working – if your hair looks good you feel attractive. This applies to both women and men. How does this apply to your sex life? When the reflection in the mirror makes you feel happy and you look sexy, your sex life will be better. You will feel confident. You are your own worst critic, so if you like what you see so will others. Confidence in appearance = confidence in bed = better sex.

Hair is a very important aspect of how we both see and feel about ourselves. When you look in the mirror what do you see? Is the image reflecting back what you want to see? Do you feel attractive, sexy, healthy, powerful? Is the reflection what you want others to see when they look at you? Hopefully the answer is yes but what if it is no? And what if the reason is because of your hair? I think the goal in life is to have as many smiles as possible. If this reflection is diminishing your amount of smiles, what can you do about it?

There are choices when it comes to fixing your hair. Depending on your degree of hair loss, this helps determine what methods you should choose. In the beginning stages, you might try topicals, vitamin therapy and light therapy along with a healthy lifestyle, which includes exercise, hydration, proper nutrition and proper sleep. That might be enough to at least slow down the process or hold it steady. In more advanced stages this might help but may not be enough to give you back the look you desire. So maybe adding hair could help. This could be hair extensions, non-surgical hair restoration or surgical hair restoration.

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Hair Loss: How Is It Affecting Your “Sex Life”?

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My name is Chris, my wife is Devin and we can help. We first act as your advocate, providing you with information and answering questions. We don't believe in pressure. The first step in your journey is someone on

your side to listen to your story and give you answers, that's it. If and when you choose to move forward we will help you make the correct choice for you. So start your journey, message us. We're excited to hear from you.

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Is Your Morning Breath Really All-Day Bad Breath?

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

Many people complain about “morning breath” as if it was different than bad breath. “Morning” breath is simply bad breath in the morning. And even if it “goes away” after brushing your teeth or eating, it is still a harbinger

of bad breath later in the day. You just don’t know it.

Despite the myths that bad breath comes from the stomach, the sinuses, or a “dirty mouth”, research has shown that almost 95% of all bad breath comes from the bacteria in our mouth (the other 5% comes from end-stage disease like kidney or liver failure). And

especially in the morning, when the bacteria have had the undisturbed ability to grow, multiply, and spew out their odors, bad breath is noticeable. Most of the time it starts out with a noticeable taste that goes away by brushing your teeth with flavored toothpaste or eating.

So, how do you know if you really have bad breath all day long (halitosis)?



Richard A. Miller, DDS

If you see people rubbing under their nose, coughing or sneezing, turning slightly to the side, or taking out a tissue when you get close, these are signs that your bad breath is still there. Why?

The bacteria of bad breath live in a coating (biofilm) on the tongue that can be over ¼” thick. This biofilm literally grabs onto the tongue and protects the underlying bacteria from all oral hygiene techniques including tongue cleaners and scrapers and even mouthwashes. In addition, the biofilm also changes taste, which is especially noticeable first thing in the morning.

Chronic bad breath, an insidious condition that is brushed aside by the medical and dental communities, causes untold anguish in personal and professional lives. Remarks behind their back, people turning away, rubbing under the nose, or even walking away when they get near, are just some of the insults these sufferers must endure. In fact, most bad breath sufferers report that their first encounter with breath odor was a bad taste or even seeing other people’s reactions – like rubbing under the nose.

At the National Breath Center, we have been diagnosing morning breath and chronic bad breath, and eliminating it for 30 years. Our proprietary process, Original Tongue Rejuvenation® eliminates bad breath at its source and with proper home care techniques, you can keep it from coming back – for good.

What can you do to eliminate your morning bad breath? You may be successful at covering it up with gums and mints or professional strength mouthwash. And, tongue cleaners can be a big help. But be on the lookout for people’s reactions later, because if they don’t change, what you are doing isn’t working.

If you are concerned that bad breath in the morning is really bad breath all-day long (halitosis), you can now find out. And if you do have it, it can be eliminated easily. At the National Breath Center, we can diagnose when your “morning” breath is really bad breath and save you the embarrassment of halitosis. Bad breath no longer needs to worry you.

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By Dr. Henry N. Jenkins Jr.
DC, CCEP
Disc Centers of America

Chronic pain can be a debilitating condition that can make it hard to enjoy life to the fullest. Fortunately, modern chiropractic treatments offer

several noninvasive solutions to help manage pain without surgery. One such treatment that has gained popularity in recent years is the Matrix electroanalgesia system.

Electroanalgesia is a chiropractic treatment that uses electrical pulses to alleviate pain by stimulating the peripheral nerves. By doing so, the nerves' ability to send pain signals

to the brain is disrupted, which leads to reduced discomfort. Additionally, electroanalgesia promotes blood flow to the affected area, which aids in the healing process.

Electroanalgesia can help with various types of chronic pain, including peripheral neuropathy, which results from damage to peripheral nerves due to injury, infection, met-

abolic issues, or other causes. It is also effective for orthopedic pains that can occur in the back, shoulder, knees, and hip, and is often suggested as an alternative to surgery.

During an electroanalgesia treatment, small electrodes will be attached to the specific areas of your body where you are experiencing pain. The electrodes are then used to deliver electrical impulses to the affected nerves. A single session usually takes between 15 to 25 minutes, and most patients experience immediate relief after the treatment.

*Chronic pain can be
a debilitating
condition that can
make it hard to enjoy
life to the fullest.*

Typically, multiple sessions are required to manage chronic pain effectively. The number of sessions needed depends on the kind of pain being treated and its severity. Most patients receive between 5 to 15 treatments, with each session spaced out by several days.

Electroanalgesia is a safe and noninvasive alternative to traditional pain management techniques. It does not require anesthesia or surgery and does not have any major side effects. However, it is not suitable for everyone, and your chiropractor will assess your medical history to determine if it is appropriate for you.

Electroanalgesia is a modern chiropractic treatment that can help manage chronic pain by stimulating the peripheral nerves using electrical impulses. It is effective for various types of pain, including peripheral neuropathy and orthopedic aches and pains, and is often recommended as an alternative to surgery. It is a safe and noninvasive treatment that does not have any major side effects. If you are experiencing chronic pain, consult with your chiropractor to determine if electroanalgesia is a suitable treatment for you.



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By Michael Rogers, DDS
Fairlington Dental

Cosmetic Dentistry Know ALL Your Options

completed in just a few visits, making them perfect for patients wanting “immediate gratification.”

Invisalign®

If you don't mind waiting some months for your new smile, orthodontics may be a much better option than porcelain veneers. For patients with nice looking natural teeth, just crooked or gapped, orthodontics is a

more natural and cost-effective approach. Invisalign is a series of clear plastic trays which gently move your teeth to their new, straight position. At an average treatment time of only 11 months, Invisalign is quicker and easier than traditional braces, plus there are no diet restrictions and no issues brushing and flossing.

The Comprehensive Approach

The comprehensive approach utilizes all of the above options and more by combining two or more treatment modalities. It starts with identifying the patient's desired result, budget, lifestyle issues and time frame. All of these factors can influence a patient's decision about treatment and should be taken into consideration by the dentist.

Various surveys report that when you meet someone for the first time, you notice their smile more than any other feature. This fact is why so many people are interested in cosmetic dentistry. Cosmetic dentistry can include whitening, porcelain veneers, orthodontics (braces), dental implants, oral surgery, gum lifts, tooth-colored fillings or even a fresh set of dentures. And depending which type of dentist you go to, you may be offered only one or two of these options, whereas a combination of several treatments may be more appropriate. Since there are so many options to choose from, this article will help you make an informed and intelligent decision about which options are best for you.

Whitening

Tooth whitening uses various forms of hydrogen peroxide, which has been shown to be not only safe for teeth but also beneficial to the gums. The major drawbacks to whitening are sensitivity and unpredictability. Various “whitening strips” can be purchased over the counter and work well for light staining on otherwise normal teeth. Custom bleaching trays provided by a dentist provide even better results, if you are willing to wear them for at least 15 minutes a day for a few weeks. In-office bleaching in a dental office does the same job very quickly and any sensitivity is short lived. Finally, “Kor Whitening” is a special system developed to treat tetracycline staining which combines in-office treatments and take home trays to get the best results with the least sensitivity.

Porcelain Veneers

Porcelain veneers are thin facings that are bonded to the front of your teeth to restore your smile. They can completely cover stains, as well as even out crooked teeth and make chipped teeth look like new. The results can be dramatic and immediate, and the veneers can last for decades. The drawbacks are high cost, sensitivity, and the need to replace them periodically. But for certain cases the advantages far outweigh the disadvantages. The veneers can usually be

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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.

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Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

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

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

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

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

Volunteers Being Sought

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

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

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

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

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

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

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

Volunteers Being Sought

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

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

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



Re:Cognition Health
Brain and Mind Experts

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
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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
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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 Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

The Mighty Egg

The human egg (aka oocyte) is the largest cell in the human body. It has the largest cytoplasmic content yet only half the DNA of a regular (somatic) cell. It is about 100 microns or 0.1mm, roughly the diameter of a hair strand. For comparison the human red blood cell is 6-8 microns. Compared to the human sperm, the egg is 10 times larger. Have you ever wondered why

the egg has to be so large?

The human egg is derived from approximately 1,000 precursor cells found in the hind gut of the human embryo.

These initial cells develop into the primary egg cell that are rapidly multiplied to 6-7 million egg cells by the time the embryo is five months old. The fascinating part about the human



egg is that the vast majority of eggs die before a child is born.

Have you ever wondered why the egg has to be so large?

It is the grandmother of all cells. It is like an acorn that yields the mighty oak tree! It acquires its gigantic size during its stage of quiescence after a child is born and before puberty.


The human egg (aka oocyte) is the largest cell in the human body.


During this stage it builds up and acquires all the necessary ingredients as well as a store house of mitochondria aka the nuclear power house that provides the burst of energy necessary for cell division.

The genetic content of the human egg is responsible for directing the path of development after the egg has been fertilized by the human sperm. This fertilized egg has to undergo a process of rapid cell division within the space of only a few days. The energy required for this process is enormous. This process is fueled by the store house of energy accumulated in the egg.


As a matter of fact, the entire orchestra of events that occurs before the human zygote's own DNA can take over the process of division, is regulated by the RNA contained in the human egg.

*Originally published
on Medium.com*







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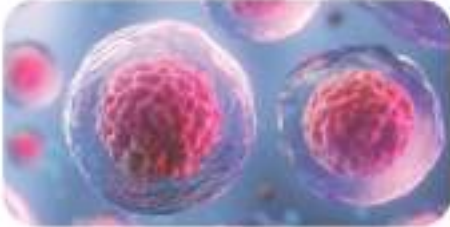
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Advantages Of Dental Implants Over Dentures and Partial



By E. Richard Hughes, DDS

Part I

During this age of the internet, space travel, medical miracles, GPS, and yes, smart phones, people still suffer with dentures and partial dentures. Other than the materials, the methods to make dentures have not changed since Wellington defeated Napoleon at Waterloo. Complete dentures are not your teeth.

During this age of the internet, space travel, medical miracles, GPS, and yes, smart phones, people still suffer with dentures and partial dentures.

They are a prosthesis made for appearance and very limited function. Complete dentures, at best, have no less than 30% mobility for the upper and the lower is worse and lifts up from the lower jaw by as much as 10 millimeters during eating. Partial dentures function a bit better, but they too move.

This movement acts to abrade teeth, slowly extract teeth and cause an increased rate of dental decay, due to the clasps acting as plaque traps. Both complete dentures and partial dentures destroy supporting bone. As for function, they are like wearing a pair of flip-flops in a foot race. They are basically for show and not for go.

Dental implants offer a superior solution to the above mentioned problems. The following will compare dental implants to dentures and partial dentures.

Dentures require a training period, implants do not. During the implant insertion appointment, you may receive a temporary bridge that will not come loose. When you get your permanent bridge, you will be able to eat, laugh, and talk just like normal.

Implants will not make your face look sunken in or change the shape of your face. In other words, you will not have the denture look. There is no such thing as an implant look. Many times, implants can improve the appearance over one's own natural teeth. They can improve the shape, color, gaps and crookedness often looking much better than ever. Denture wearers and those with partially missing teeth usually have an improvement of their

facial appearance, much better than any plastic surgery.

Dental implants usually improve ones speech, because you do not have the movement or slippage that you get with dentures. So you don't get the lisping, clicking or sucking sounds that you have with dentures.

Save this article, as it leads into part two in your next *Your Health Magazine* issue.

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- 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?



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!

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Richard Hughes, DDS - General Dentist
Diplomate, American Board of Oral Implantology/Implant Dentistry
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The Model Lift



By Dr. 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

Please see "Model Lift," page 47

Sleep Apnea and Dental Appliances



By Dr. Joongseo Kim, DDS, MS
Dental Excellence

There are two main types of dental appliances for sleep apnea: mandibular advancement devices (MADs) and tongue retaining devices (TRDs).

Mandibular Advancement Devices (MADs)

MADs are the most commonly used dental appliance for treating sleep apnea. They are designed to move the lower jaw forward, which opens up the airway and reduces snoring and other sleep apnea symptoms. MADs are typically made of a hard plastic material and fit over the upper and lower teeth. Some MADs can be adjusted to gradually move the jaw forward as the patient becomes more comfortable with the appliance.

Tongue Retaining Devices (TRDs)

TRDs are less commonly used than MADs, but they can be an effective option for some people with sleep apnea. These devices work by holding the tongue in a forward posi-

Sleep apnea is a condition where a person's breathing repeatedly stops and starts during sleep. It can cause loud snoring, daytime sleepiness, and other health issues.

Dental appliances, also known as oral appliances, are a common treatment option for sleep apnea. These appliances are custom-made by a dentist or orthodontist and are designed to be worn in the mouth during sleep.

Please see "Sleep Apnea," page 46

Are You Tired Of Not Feeling Well?

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Is Integrative Medicine Right For You?



By Anca Sisu, MD
Restore Balance
Integrative Medicine

nal pain, gas and bloating, or back and neck pain cause you to miss out on the enjoyable things in life? Suffering from a variety of daily symptoms keep you sitting on the sidelines while life moves on around you.

There are root causes of your chronic conditions, and very often visiting a variety of medical specialists and undergoing endless clinical testing yields no answers. The human body is complex and must be treated as a whole rather than being seen as a bunch of separate systems. Mind-body health is more than lab work and diagnostics; it requires a comprehensive treatment modality that encompasses all systems working together.

Integrative and functional medicine practitioners can help, by seeing you, the whole person, rather than a collection of symptoms. We partner with you on your journey to wellness

Complete wellness is much more than simply the absence of disease. It is about balance – the balance of body, mind and spirit. And having that balance restores your vitality, promotes wellness, prevents disease and helps you live your life to its fullest potential.

Are you tired of being tired? Do chronic issues like headaches, abdomi-

Please see "Right For You," page 46

GUM HEALTH IS IMPORTANT FOR CHILDREN

At Smile Wonders, we want your children to be successful in their oral and gum health care, so we'll be glad to teach you—and them—the proper way to care for their oral health. Beginning at age one, we'll start working on healthy dental habits that will last your children a lifetime.

How young should gum health begin?

You should begin caring for your children's oral health as soon as their first tooth appears—about 6 months of age. At around six years old, your child should be able to brush their teeth on their own. The best way to teach is to demonstrate on yourself the proper brushing methods. Then have your child practice while you are watching. Around two minutes is the recommended length of time to brush.

Insert fun into the brushing routine with a kid-friendly electric toothbrush and a flavored toothpaste. Electric toothbrushes have been shown to remove up to 21% more plaque than manual brushing and can help mitigate the instinct to scrub. They can also come with a built-in timer that turns the toothbrush off automatically after the two-minute optimal brushing time.

Good Gum Health Practices Can Help Prevent Gum Diseases

Almost half of all adults in the United States have periodontal, or gum, disease, a condition that if allowed to progress, can result in tooth loss. Even when gum disease is in its early stages it can cause problems like discomfort and pain, bad breath, or bleeding gums.

There are a number of causes for gum disease. Dental plaque is one of them. Plaque is a sticky film that forms on your teeth's surface. It starts as a clear film, then becomes visible within 12 hours. If not removed, it can harden and become tartar both on the teeth and under the gumline.



The best plan of action is to teach your children about proper gum care and gum health. Children (and adults) should brush their teeth twice a day (morning and evening) with a soft-bristled toothbrush, and floss once a day. Twice yearly, they need to visit their pediatric dentist for a professional cleaning and examination.

Children should be taught not to "scrub" their teeth or gums. Overzealous brushing can irritate the gums, causing them to become inflamed and damaged, or even wear away the gums, thus exposing the roots and allowing harmful bacteria and gum disease to take hold. Receding gums do not grow back, so it is important to start good habits now.

Signs of gum disease can include:

- Swollen or red gums
- Bleeding gums when you brush or floss
- Gum tenderness
- Receding gums along the gumline
- Pus in the gums
- Loose tooth or teeth

Be sure to schedule your child's dental visit with a local pediatric dentist. We at Smile Wonders do our very best to make sure your child has the most positive dental experience possible!



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Lynda Dean-Duru, DDS

Ashburn Children's Dentistry

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703-723-8440

info@kidzsmile.com



About Lynda Dean-Duru

Dr. Lynda Dean-Duru pursues pediatric dentistry with a passion rooted in her fascinating personal story.

For Doctor Lynda, the pathway to dentistry started during her own childhood experience with a dentist's impact 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.

As a result of this transformative experience, young Lynda determined to extend that kind of care to others as her life's calling. She went on to earn 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, Board Certification from the American Board of Pediatric Dentistry, and her Fellowship Laser Certification from the Academy of Laser Dentistry.

Doctor Lynda has undertaken much continuing education in Orthodontic training and is a fellow of the United States Dental Institute and a member of the prestigious Gnathos education group in Atlanta, Georgia. She holds a certification in Oral Myology from the International Association of Oral Myology (IAOM). She has completed levels 1 and 2 of the Advanced Light force functionals (ALF) therapy, ALF Interface Academy Foundations, Genesis, and other courses.

Doctor Lynda is part of an Integrative team of healthcare providers seeking to deliver optimal health to our pediatric population by education, awareness, and collaborative care. She also has a special interest in treatment that focuses on infants' breastfeeding and prevention of sleep apnea in children.

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.



www.KidzSmile.com

Krystle Dean-Duru, DDS

Ashburn Children's Dentistry

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About Krystle Dean-Duru

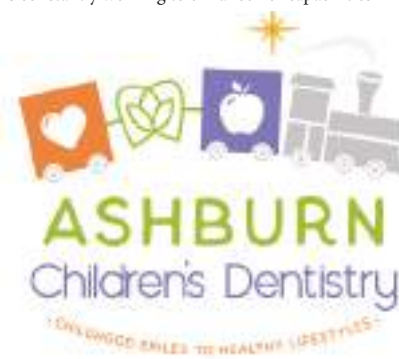
Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn 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 the power of proactive preventive dental health for children, I chose a career specializing in pediatric dentistry.

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

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

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

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



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Sheri Salartash, DDS, MAGD, AIAOMT, FICOI, FAAIP

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Dr. Sheri wants to make sure that the office and her team always deliver the best dental care to their patients as they can. Dr. Sheri Salartash is a **whole health focused mouth doctor** as she seeks to help patients with not just dentistry, but overall healthy body lifestyles. She focuses on the dental contributions to medical symptoms and natural wellness.

Dr. Sheri has years of experience in **Advanced Lightwire Functionals (ALF)**, Orthodontics, **Neuro-Muscular** Orthodontics Appliance Therapy, **Sleep Apnea** treatments, Functional Cosmetics and Aesthetics, for all aged groups. She never stops enhancing her professional skills and thriving to pursue the highest knowledge about dental care for her patients.

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Jennifer Phung



10130 Colvin Run Road
Suite C, Great Falls, VA

301-346-3098

Jennifer@MyTouchOfBeauty.com

Meet Jennifer Phung:

Education:

University of Maryland College Park, MD (Go Terps!)

Graduated with a BS in Microbiology.

Training/Certifications:

- Graduated from Effortless Beauty School of Permanent Cosmetics Riverside, CA
- PhiBrows Eyebrow Microblading Certified Washington, DC
- Completed the Xtreme Lashes Training Workshop and Certificate Process
- Completed the M.Ivani Advanced Hairstroke Eyebrow Training (Nanobrows)
- Xtreme Lashes Certified Lash Stylist
- Xtreme Lashes Advanced Lash Certified Lash Stylist
- Xtreme Lashes Advanced Lash Certified Lash Volumation Stylist
- Xtreme Lashes Advanced Lash Certified Stylist in Omnivolume

Professional Summary:

Jennifer has been in patient and personal care for over fifteen years and knows how to make a patient feel comfortable and at ease even in the most nerve-racking moments. She is a fun-loving and a caring person. Jennifer has worked side by side with many surgeons in the operating room and has been trained in sterile techniques. She has a way with people and always has a smile on her face. She believes in helping others to improve themselves. Her clients will receive the best service and personal attention that anyone could ask for. Featured in *Who's Who Millenium Magazine* (2023) and *The National Digest Magazine*. Best Lash extensions in NOVA 2017, 2018 for *Northern Virginia Magazine* as well as Best Eyebrows in 2019 for *Northern Virginia Magazine*.

Hobbies/Interest:

Jennifer loves music and the arts. She plays the piano and the violin. She enjoys spending time with her family and friends and also enjoys many outdoor activities such as volleyball, skiing and Taekwondo.

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Deeni Bassam, MD

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*.

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

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

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

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



Usman Zafar, MD

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

Originally from Pottsville, PA, he began his academic career in the city of Philadelphia. In 2003 he gained acceptance to the accelerated seven year dual degree program at Drexel University and graduated Cum Laude in 2006 with a B.S. degree in Biology before completing his Medical Degree in 2010. After medical school he spent one year at Hahnemann University

Hospital in Philadelphia, completing his medical internship prior to his Residency. Dr. Zafar then furthered his medical education at Tufts Medical Center in Boston where he spent three years completing an Anesthesiology Residency. It was during these years that he first gained experience treating patients with acute and chronic pain conditions. This experience ultimately led him to pursue a Fellowship in Interventional Pain Management.

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

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

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

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



Arjun Ramesh, MD

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 Uni-

versity 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.



Faisal A. Siddiqui, MD

Faisal Siddiqui, MD, FACS, is a Board Certified and highly-skilled Spine Surgeon with more than 15 years of experience performing minimally invasive spine surgeries. He has helped thousands of patients find relief from back pain with safe, effective surgical treatments. He currently works at The Spine Care Center in Manassas, where he uses his expertise to help patients find relief for their back pain.

Originally from Ohio, Dr. Siddiqui earned his medical degree from Vanderbilt Medical School, where he graduated with honors. He completed a residency in orthopedic surgery at Strong Memorial Hospital at the University of Rochester Medical Center, where he was recognized as Resident of the Year and given the Alfred P. Sloan Foundation humanitarian award.

After residency, Dr. Siddiqui sought out additional specialty training in spine surgery. He completed his fellowship training at the Charlotte Spine Center at Carolinas Medical Center. During his fellowship, he learned how to treat back pain and injuries by using the most minimally invasive surgical procedures possible.

In 2007, Dr. Siddiqui joined The Spine Care Center in Manassas. He and Dr. Bassam imbued the practice with the principle that surgery should only be used for patients who have no other choices for meaningful pain relief. Before deciding to operate on a patient, Dr. Siddiqui ensures they are a good candidate for surgery and that the surgery can be performed safely with minimal risk. Patients are more likely to experience lasting pain relief, less risk of infection and blood loss, and faster recovery times as a result of his minimally invasive techniques. His careful approach to spinal care helps all of his patients receive the most effective and least invasive treatment for their painful condition.

Dr. Siddiqui's specialized training has also allowed him to bring new procedures to the Washington, DC area. He was one of the first surgeons in northern Virginia to perform the minimally invasive TransS1* and extreme lateral interbody fusion (XLIF) spinal fusion procedures using computer-assisted navigation. During his career, he has performed thousands of procedures, ranging from complex 10-hour surgeries for traumatic spine injuries to 45-minute minimally invasive endoscopic procedures. He is dedicated to a lifetime of learning and continues to undergo additional training to give his patients access to the latest, groundbreaking surgeries.

Dr. Siddiqui is a recognized expert in spine surgery and has been repeatedly awarded Top Doctor distinctions from both *Washingtonian* magazine and *Northern Virginia* magazine. Throughout his career, he has had original orthopedic and spine surgery research published in numerous peer-reviewed medical journals. He also routinely gives lectures to other physicians and medical professionals on minimally invasive spine surgery and has trained multiple physicians in the D.C. area to perform the latest procedures in the field.

In his free time, Dr. Siddiqui enjoys being with his wife and two children. His hobbies include golfing and skiing.

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Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



2841 Hartland Road
Suite #301
Falls Church, VA

703-821-1103



Meet Jeffrey L. Brown:

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

Do you have TMD or Sleep Apnea?

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

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

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

www.SleepandTMJTherapy.com

Joongseo Kim, DDS, MS

Integrative Dentistry



703-745-5496



Meet Joongseo Kim:

Dr. Kim has practiced in Virginia since 1995 & is thrilled to serve the vibrant northern Virginia & Alexandria community. He is dedicated to leadership in dentistry & preventive dentistry, as well as implantology & orthodontics for adults, is his personal passion. One of his goals for Franconia Dental Care is to be convenient & comfortable for the whole family while offering a variety of services with top-notch equipment & technology.

His favorite quote is by Albert Schweitzer: "Every patient carries his or her own doctor inside. They come to us not knowing that truth. We are at our best when we give the doctor who resides within each patient a chance to go to work."

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Dr. Kim trained at an ADA-accredited postgraduate prosthodontics program at the University of Maryland School of Dentistry to become a prosthodontist in 1997. He also has a master's degree in oral biology & has completed extensive training in implantology & orthodontics since 1988.

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Patti Lee, BSN,FNP,MSN



5631 Burke Centre
Parkway, Suite C
Burke, VA 22015

571-464-3142

Support@mhwnova.com



TREATS ERECTILE DYSFUNCTION

Patti Lee, FNP-C, MSN, MEd, brings a wealth of knowledge and experience in Erectile Dysfunction and Men's Health. She is an expert in Sexual Medicine and male rejuvenation and is certified in Gainswave, P-Shot, and is the only P-Long provider in Virginia. Patti has trained with Dr. Charles Runels with the Cellular Medicine Association and and Dr. Judson Brandeis of P-Long and Gainswave, two of the most renowned physicians in Men's Health and Sexual Medicine along with Family Medicine MD's from Stanford, UCLA, and Harvard. She is a member of the Cellular Medicine Association. Patti also serves as adjunct nursing faculty for the University of West Florida in Pensacola, FL. Patti welcomes anyone in search of Men's Health.

Studies show that 52% of men suffer from ED. Inadequate blood supply to the penis is a common underlying cause of ED. **Gainswave** utilizes the technology of low-intensity shock wave therapy (SWT) for erectile dysfunction. A non-surgical treatment, GAINSWave is the only non-invasive procedure that treats the root cause of erectile dysfunction by increasing blood flow, releasing growth factors in the tissue forming new blood vessels, and breaking down micro-plaque in the penis. There is strong emerging literature to support the use of shock wave therapy.

The P-SHOT® is a revolutionary FDA-approved treatment for erectile dysfunction (ED). The P-SHOT® can create new blood vessels to the penis by enriching the tissue with growth factors. Using your own platelet rich plasma, your blood stimulates the healing process in your penis. Many patients report an increase in firmness, penis length, girth, sensitivity and longer erections. Priapus Shot® | P-Shot® | <https://www.priapusshot.com/>.

P-Long® is the first and only clinically proven protocol to naturally increase the size of your manhood without surgery, cosmetic fillers, or the risk of negative side effects. The P-Long® Protocol is a combination therapy created by board-certified urologist, Dr. Judson Brandeis. The protocol itself utilizes:

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- AFFIRM Nitric Oxide Booster
- RestoreX Traction Device
- Dr. Joel Kaplan Vacuum Device

Based on the six-month results of the P-Long Study, healthy men gained almost a full inch of erect penile length (on average) and almost half an inch in girth. Results will vary based on a number of factors.

Testosterone Replacement – In addition, if you are a man over the age of 30, you may have the beginning of low testosterone. Testosterone decreases with aging and has an effect on the vascular system. Low testosterone may increase cardiovascular issues such as heart attacks and stroke. Symptoms of low testosterone can include depression, irritability, erectile dysfunction, less of a sex drive, loss of body hair, breast growth, needing to shave less often, a drop in muscle size and strength, slow recovery after a gym work out. Testosterone replacement can help to improve sexual desire, erectile function and overall health and bring back the enjoyment of life through hormone optimization.

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Nathaniel Saint-Preux, MD

550 Hospital Drive
Warrenton, VA

540-347-2805

7915 Lake Manassas Drive
Gainesville, VA

571-261-2782

1100 Sunset Lane
Culpeper, VA

540-812-2937



Meet Nathaniel Saint-Preux:

Dr. Nathaniel Saint-Preux joined Fauquier Health's Northern Virginia Surgical Specialists in January of 2023. According to Dr. Saint-Preux, *"I strive every day to develop a deeper understanding of the interaction between health, social, cultural, and environmental issues in our communities. I enjoy working with my patients to ensure they feel educated about the issues they may be facing, what options they have, and what their future path of wellness could look like."*

Dr. Saint-Preux is trained in Minimally-Invasive Robotic Surgery and has particular interests in hernia repair, colonoscopy and upper endoscopy, colorectal, gall bladder surgery, mediport insertion, skin lesions/lipomas, thyroid disease, breast procedures, and more.

Dr. Saint-Preux completed his Doctor of Medicine at Howard University College of Medicine in Washington, D.C. He then completed his Residency at the Detroit Medical Center/Wayne State University in Detroit, Michigan.

Giving back to the community and providing cross-cultural care is a passion of Dr. Saint-Preux. He has conducted multiple service trips, including outreach in Haiti to provide health care to underserved populations.

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Rami Makhoul, MD

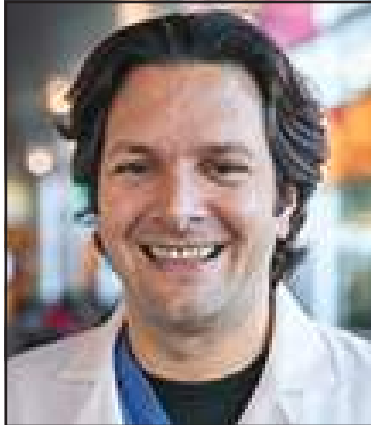
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Meet Dr. Rami Makhoul:

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

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

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

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

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

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

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Matthew Skancke, MD

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Meet Dr. Matthew Skancke:

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

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

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

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Garima K. Talwar, DDS, MS

Esthetique Dentistry

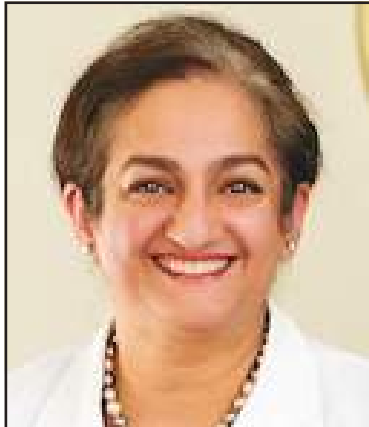
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Advanced Dental Care

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Meet Garima K. Talwar:

**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, MD. She maintains her private practices in Virginia – Ashburn and Leesburg.



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Rajesh Mehra, Medical Director



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Meet Rajesh Mehra:

**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.

- Diplomate 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 Ford Benning, Georgia Principal Investigator for Quintiles and other pharmaceutical companies



ChantillyFamilyPractice.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Sleep Apnea Treatment How Oral Devices Can Help Improve Your Sleep



By Jaklin Bezik, DDS, MDS
Metro Dental Health

Sleep apnea is a common condition that affects millions of people around the world. It is a disorder that occurs when an individual's breathing is repeatedly interrupted during sleep. This can lead to various health problems such as high blood pressure, heart disease, and stroke.

As a dentist, one of the treatments that can be prescribed for sleep apnea is the use of oral devices. Oral devices are mouthguards that are custom-made to fit an individual's mouth. They are designed to keep the airway open by shifting the lower jaw and tongue forward, thereby preventing snoring and sleep apnea.

There are different types of oral devices that can be used to treat sleep apnea. The most common type is the mandibular advancement device.

This device is worn over the

teeth and works by repositioning the lower jaw forward. This helps to keep the airway open and prevent snoring and sleep apnea.

Another type of oral device is the tongue retaining device. This device is designed to hold the tongue in place to prevent it from blocking the airway during sleep.

Using oral devices to treat sleep apnea has several advantages. They are non-invasive and do not require surgery. They are also easy to use and can be custom-made to fit an individual's mouth. Additionally, they can be more comfortable to wear than other types of treatments such as continuous positive airway pressure (CPAP) machines.

It is important to note that oral devices should only be used under the guidance of a qualified healthcare professional. A dentist or sleep specialist can help determine the most appropriate type of oral device for an individual's needs. They can also provide instructions on how to properly use and care for the device.

Oral devices such as mouthguards can be an effective treatment for sleep apnea. They are non-invasive, easy to use, and can be custom-made to fit an individual's mouth. If you are experiencing symptoms of sleep apnea, it is important to seek the advice of a healthcare professional to determine the most appropriate treatment for your needs.



Jaklin Bezik, DDS, MDS

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Suite #301
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Meet Jaklin Bezik:

Degrees, Training & Certifications: Dr. Bezik has over 32 years of experience in different aspects of dentistry. After practicing as a general dentist for nine years, she chose to specialize in periodontics. Dr. Bezik completed her post-graduate program in periodontics between 1999-2002 at the University of Pittsburgh and completed The Misch Implant Institute surgical courses in 2001. She is continuing her education to keep up-to-date with the latest improvements in periodontal and implant-related updates.

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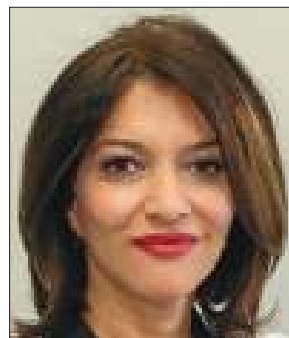
Dr. Zina Alathari is a graduate of Tufts University School of Dental medicine. In addition to her general dentistry training, Dr. Alathari takes continuing education each year in advanced clinical procedures and technologies. Her wide range of service to the public has given her experience to understand each patients individual needs.

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What Is CEREC Dentistry?



By Zina Alathari, DMD
Tysons Dental Corner



CEREC stands for “chairside economical restoration of esthetic ceramics” and is a computer-aided design and manufacturing system for dentists. CEREC combines a camera, computer, and milling instrument into one machine allowing tooth restorations to be created in the dentist office, all within a single visit.

In 1985 Serona launched CEREC, which marked the beginning of digitalization in dentistry.

CEREC crowns are more efficient

and technologically advanced and have become the preferred option. While it can take weeks to receive a traditional dental crown, a CEREC crown uses computer-aided design (CAD) and computer-aided manufac-

Please see “CEREC,” page 46

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By Sereda Fowlkes, CWHC
HealthyJourneyForWellness.com

ensure that your diet contains a variety of nutrient-rich foods to maintain optimal health.

One of the primary benefits of proper nutrition is improved overall health. A diet rich in fruits, vegetables, and lean proteins has been shown to reduce the risk of chronic diseases such as heart disease, diabetes, and obesity. Consuming a diet high in saturated and trans fats, added sugars, and salt, on the other hand, increases the risk of these and other chronic diseases.

March is National Nutrition Month. Proper nutrition is vital for leading a healthy and fulfilling life. The human body requires a balanced intake of nutrients, including carbohydrates, proteins, fats, vitamins, and minerals, to function optimally. These nutrients provide energy, build and repair tissues, and regulate bodily processes. Therefore, it is crucial to

Research is showing proper nutrition has an impact to boost mental health and cognitive function. The brain requires a consistent supply of nutrients to function correctly, and deficiencies in certain nutrients, such as omega-3 fatty acids and B vitamins, have been linked to depression and cognitive decline. Adequate hydration is also essential for physical perfor-

Please see “Nutrition,” page 46

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Orthotics A Biomechanical Approach To Foot Pain



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 these 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.

As you walk your heel shifts very slightly from side to side. When your foot hits the ground, the shifting stops and your foot begins to flatten. This effect is called pronation. The opposite movement, or supination, happens as your heel lifts off the ground during propulsion and your foot regains its arch.

If your heel shifts too far when you walk, your foot may overpronate, or flatten too much. This incorrect movement stresses and weakens parts of your foot. Over time, symptoms such as changes in the shape of your foot, fatigue, or pain when you walk may develop.

Some shoe types, such as high heels, or strenuous sports activities, such as running may also stress the bones and soft tissues of your foot. A hip or leg problem can cause the foot

Please see "Orthotics," page 46

When Should My Child See an Orthodontist?



By Swathi Reddy, DMD
All Smiles Orthodontics

and/or incoming permanent teeth.

As orthodontic treatment not only involves the teeth but also the surrounding bony structures, it is highly recommended to start treatment before the face and jaws have finished growing.

By age seven, the six-year molars (adult first molars) and incisors have usually erupted. After the first molars erupt the space available for the front teeth does not increase as a child grows. To the contrary, in most people after the permanent molars erupt, the space available for the front teeth decreases with age.

Early treatment can also regulate the width of the dental arches, gain space for permanent teeth, avoid the need for permanent tooth extractions, reduce the likelihood of impacted permanent teeth or the need for surgical procedures to realign the jaw.

A majority of children will not require orthodontic procedures until

Please see "Orthodontist," page 47

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Car Crashes Can Be a Real 'Pain In the Neck'

Submitted By
Washington Open MRI, Inc.

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

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

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

*It is well-
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of all accidents.*

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

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

This injury can have a significant impact on a person's quality of life. It can interfere with daily activities and make it difficult to work or participate

in recreational activities. It can also cause financial strain due to the cost of medical care and lost wages. For these reasons, it is important to seek medical attention immediately after an auto accident to ensure that any potential whiplash injuries are properly diagnosed and treated.

You are not alone!

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

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

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



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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.



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- June** ***PAIN MANAGEMENT and REHABILITATION*** – Professionals to help you and your family with chronic pain. Chronic pain is debilitating with significant consequences for the sufferer, their loved ones and their employers. Educating people about pain and where they can get help. **Will include Profiles from your Local Pain Management Health Professionals.**
- July** ***MEET YOUR LOCAL HEALTH PROFESSIONALS*** – Biographical profiles of a wide variety of local health professionals (Primary Care, Specialists, Integrative, Fitness, and more), highlighting their credentials, expertise, education, practice philosophy, areas of interest, and more!
- August** ***WOMEN'S HEALTHCARE and WOMEN IN HEALTHCARE*** – All the information women need about health, plus profiles to highlight the important women involved in all areas of healthcare – from physicians and nurses to pharmacists and office support staff. **Will include Profiles from your Local Women Healthcare Professionals.**

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When Physical Therapy Is Not Enough

Integrative Pain Relief With Prolotherapy



By Mary Babcock, DO, DAPMR
Artius Integrative Medicine

Many people suffer from chronic pain but do not know the forms of treatment to aid this issue. Doctors who specialize in treating neck pain, knee pain, knee meniscal tears, wrist pain, osteoarthritis, shoulder

pain including rotator cuff tears, elbow pain, foot pain, and other musculoskeletal pains or injuries are now treating these conditions using prolotherapy injections.

Prolotherapy, also known as non-surgical ligament and tendon reconstruction and regenerative joint reconstruction, is an orthopedic procedure that stimulates the body's healing process in order to both strengthen and repair an injured ligament or tendon in the connective tissues. This form of injection therapy directly addresses the cause of instability and repairs a weakened site in order to produce new collagen tissues that results in permanent stabilization of the joint and reduce pain completely.

Please see "Prolotherapy," page 46

BOTOX

FROM PAGE 8

The key to natural-looking results is to consult an expert. The most expert doctors are national and international teachers at dermatology and plastic surgery academies and researchers for the clinical trials that bring new treatments to our country. Here are some important points that are useful for anyone considering Botox:

1. Understand the Science

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

2. See the Whole Picture

When you receive advanced Botox from a true expert, they aren't just smoothing individual lines or wrinkles, but understand how to go beyond this to reshape your whole face and restore youthful contours, tighter pores and a beautiful skin glow. You will still look like yourself, just more like you did when you were years or even decades younger.

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

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

3. The Power Of Combination

A key strategy is combining Botox with natural fillers such as

Please see "Botox," page 47

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

This may sound too good to be true and may seem like just having teeth taken out and being provided with dentures, but that is not the case.

The truth is that it is now possible to have those painful, broken down teeth taken out and dental implants placed immediately with fixed teeth onto the dental implants, all in one day!

Who is a candidate for teeth in a day?

1. Someone with advanced periodontitis (gum disease), whose teeth are loose or badly broken down due to decay
2. Someone who has recently been provided with dentures
3. Someone who has been wearing dentures for many years

So, how do you start?

1. A consultation appointment
2. A special x-ray – a cone beam scan is performed which allows the practitioner to identify the quality and quantity of bone in 3 dimensions.
3. Procedures and steps are explained to the patient along with the fees for



About Dr. Sreenivasan:

Dr. Sreeni put himself through dental school in India and also at Boston University and Oral and Maxillofacial Surgery Residency in India and also at University of Medicine and Dentistry of New Jersey.

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

Full Mouth Makeover In a Day?

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the procedures, which includes the surgery and the fixed bridges (both temporary and permanent).

4. Next, the patient will see the restorative dentist to have impressions or scans (digital workflow) made and teeth fabricated prior to the surgery appointment.
5. On the day of the surgery any teeth remaining are carefully extracted, implants are placed and the previously

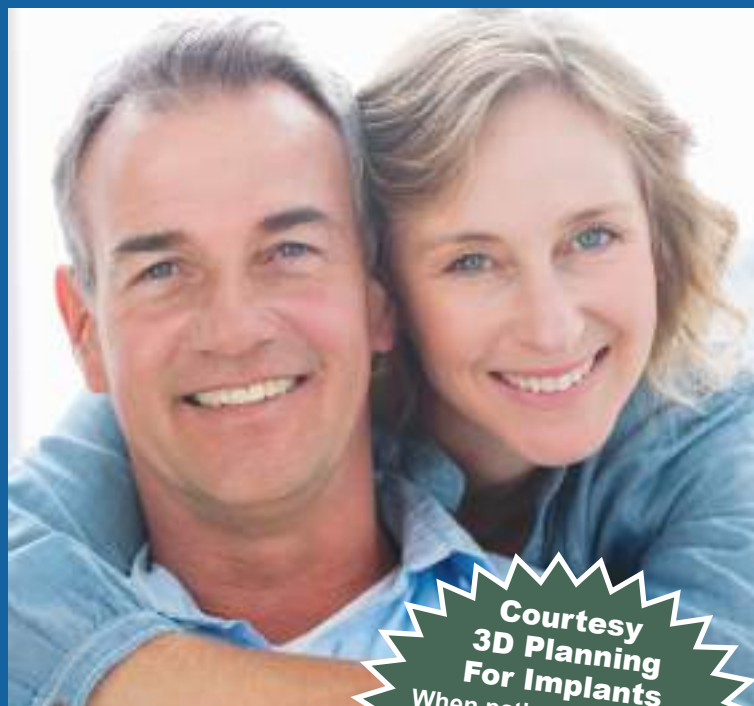
fabricated teeth are modified to sit on top of the implants and fixed to them.

Most patients prefer to be sedated for this procedure and are pleasantly surprised to awaken and realize that the surgery is over and their fixed temporary bridges are in place. The good news is that there is minimal pain from the procedure as the teeth sit on top of the implants and therefore do not put any pressure on the gums. The method

of providing teeth in a day has been in use clinically for a number of years and has withstood the test of time.

Studies have clearly shown that when implants are splinted together with teeth, they can withstand minimal forces of chewing and the success is comparable to the traditional approach of burying the implants and then uncovering them 4-6 months later. Our experience makes the whole process almost painless.

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SLEEP APNEA

FROM PAGE 26

tion to prevent it from blocking the airway during sleep. TRDs are typically made of a soft, flexible material and fit around the tongue.

In addition to MADs and TRDs, there are other types of functional appliances that can be used to treat sleep apnea. These include:

Herbst appliance: This appliance is designed to move the lower jaw forward and keep it in position during sleep. It is a more complex appliance that may require some adjustment over time.

TAP appliance: The Thornton Adjustable Positioner (TAP) is a two-piece device that fits over the upper and lower teeth and can be adjusted to gradually move the jaw forward.

SomnoDent appliance: This is a custom-made device that fits over the upper and lower teeth and can be adjusted to move the jaw forward.

It's important to note that not all dental appliances are suitable

for everyone with sleep apnea. Your dentist or sleep specialist can help determine which appliance is right for you based on your individual needs and preferences.

In addition to these dental options, there are several other integrative health approaches that can be helpful for improving sleep quality and treating sleep disorders. These include mind-body practices, such as meditation and yoga; acupuncture; herbal medicine, herbs such as valerian root and chamomile; and lifestyle changes, such as avoiding caffeine and alcohol before bed.

Overall, a holistic approach that combines dental health options, integrative health practices, and lifestyle changes can be effective in improving sleep quality and treating sleep disorders. If you are struggling with sleep issues, it is important to talk to your healthcare provider to determine the best treatment options for your specific needs.

CEREC

FROM PAGE 36

turing (CAM) to create crowns in a single appointment. Not only that, but they allow for a better bite and more natural teeth for patients.

CEREC crowns fit perfectly. They look and feel like a real tooth thanks to computer-aided technology.

At your appointment, your dentist will use a small camera to create a 3D digital impression of your mouth. A milling unit is then utilized to create the ceramic crown. The dentist will then paint and glaze each tooth to match the rest of your mouth. Once this is complete, the dentist can bond the tooth into your

mouth in a matter of minutes. It's that quick and easy.

The entire process should only take about two hours. The CEREC crowns are created with advanced accuracy and precision, look and feel like a real tooth, and every step of the process is much more comfortable for the patient.

You won't need to wear a temporary crown or have uncomfortable impressions of your mouth taken. Plus, you will experience much less post-operative sensitivity. And don't forget, you only need to schedule a single appointment.

RIGHT FOR YOU

FROM PAGE 26

and balance so that you can take an active role in your treatment. We integrate functional and traditional medicine with treatments like acupuncture and osteopathic manipulative therapy to dig down deep to those root causes to restore your health and wellness and help you live your best life.

Functional medicine is how we get beneath those symptoms to discover the true underlying causes. We look for the relationships between your chronic symptoms and examine your lifestyle choices, genetic history and the environment you live in to address every factor possible. If you are tired of not getting any definitive

answers and being told that all of your diagnostic testing is "normal," then functional medicine is for you.

Conditions commonly treated with integrative or functional medicine include:

- Digestive issues
- Chronic fatigue
- Thyroid diseases
- Headaches
- Back and neck pain
- Muscle and joint pain

Begin your journey to wellness and balance today, by scheduling a consultation with an integrative medicine practitioner in your area.

ORTHOTICS

FROM PAGE 38

to overpronate as you try to compensate for the problem. This incorrect movement sometimes causes your hip or knees to hurt as well as your feet. Some diseases damage the nerves of your feet. This can cause you to be unable to feel a cut or sore on your feet, leading to serious infections and threatening your entire health.

Orthotics are devices made to wear in shoes in an attempt to align the foot in a more neutral/efficient position. Orthotics control movement and stop the strain on your foot by limiting the shifting of your heel and controlling the amount your foot flattens. The stress of bearing your body weight is better distributed throughout the foot. Existing bone or tissue changes may not disappear, but the pain associated with them is reduced or eliminated.

Sometimes, even your hip or knee pain is dissipated. Since the orthotic is custom made from a cast of your foot, your podiatrist can customize it to relieve the symptoms you have.

Modern technology has influenced the making of orthotics. Computer models, space age materials, and skilled technicians combine to create a pair of orthotics that will last for years to come.

Your foot problem took time to develop, so don't expect the symptoms to disappear overnight. But by wearing your orthotics as instructed, your symptoms will lessen over time. Most importantly, your orthotics will work only if you remember to wear them. And as always, make regular visits to your podiatrist.

PROLOTHERAPY

FROM PAGE 41

Prolotherapy injections naturally stimulate the body's healing mechanisms in order to create a new foundation of tissues in the weakened area. This treatment is done through an injection directly to a given site, which tricks the body to repair itself again. After the injection therapy is completed, a mild inflammatory response occurs because the injection encourages growth of new, normal ligaments that result in the tightening of the weakened area.

This injection therapy is comprised of natural substances that help stimulate the healing response in one's body in combination with local anesthetics to aid the pain of the injection. The formulas for this treatment are comprised of ingredients such as dextrose, saline, sarapin, procaine, or lidocaine. Recently, Platelet Rich Plasma (PRP) and adult stem cells sources that are taken from the same person's bone marrow or

fat tissue (adipose) are also used in conjunction to the other medications.

The course of treatment with prolotherapy varies per person and the severity of the areas being treated. Traditional intervals for this treatment are every 3-6 weeks with an average interval of once per month for a total of 4-6 treatments. This number can increase depending on the nature of the issue.

Though this treatment depends on specific variables such as a patient's ability to heal and medical history, prolotherapy has proven to be extremely effective with patients living with conditions such as low back pain, as there have been studies that show a 95% rate of improvement from this injection therapy. That is why prolotherapy injections are the best course of treatment for such chronic pain conditions as it targets and assists in getting you back to your normal daily activities.

NUTRITION

FROM PAGE 36

mance and cognitive function. Are you taking these nutrients?

Proper nutrition is also essential for maintaining a healthy weight. Consuming a diet high in fiber and protein, which can be found in fruits, vegetables and lean proteins, can help promote feelings of fullness and reduce overall calorie intake. In contrast, consuming a diet high in processed foods and added sugars can contribute to weight gain. Say no to sodas.

Nutrition can be targeted and is essential for physical performance and recovery. Consuming a diet rich

in carbohydrates, proteins, and healthy fats can provide the necessary energy to fuel physical activity and support muscle growth and repair.

Good nutrition is essential for overall health and wellbeing. Studies show that a diet rich in nutrient-dense foods can reduce the risk of chronic diseases, boost mental health and cognitive function, maintain a healthy weight, and enhance physical performance and recovery. By making small but sustainable changes to our diet, we can improve our health and quality of life.

Climate Change Vs. Your Hair

By Jady Rodocker
Alya Salon & Spa

Spring is just around the corner, but it sure doesn't feel like it. It can be a little confusing when it's 36 degrees one day and then nearly 80 the next! We are all feeling the effects of climate

BOTOX

FROM PAGE 41

Juvederm, Restylane, Voluma and Sculptra, and state-of-the-art lasers for lifting and tightening like Ulthera, Fraxel or Exilis Ultra. This can achieve a scar-free, more natural-looking, non-surgical rejuvenation that prevents you from ever having to go under the knife.

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

4. Looking Good In the Long Term

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

change, especially what it means for our hair. Luckily, there are some easy ways to combat both hair health and being a little more eco-friendly in our day-to-day.

Professionals recommend trusted products, including Aluram and Kevin

them from deepening.

A doctor with a European-style approach may be especially focused on giving you results that look as natural and undetectable as possible.

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

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

ORTHODONTIST

FROM PAGE 38

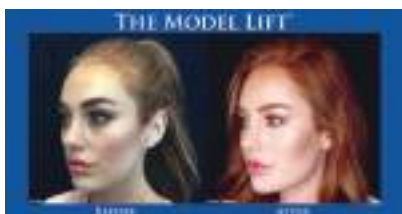
their teenage years, however an early exam allows the orthodontist to monitor the child's growth and development and if indicated begin treatment at the most appropriate time.

If your child is nearing his or her seventh birthday, schedule an orthodontic consultation appointment. You don't need to have a referral to see an orthodontist.

Many pro-actively schedule a

MODEL LIFT

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 not for everyone. Some people prefer

not to have surgery for a variety of reasons. If that is the case, a non-surgical rhinoplasty could help address the patient's concerns. It could be a bump on the nose, an indentation, a scar, an irregularity from a previous nose surgery, or a flattened tip. All these conditions can be improved with a non-surgical rhinoplasty with fillers (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®.

Murphy. Kevin Murphy carries a product for everyone: dry brittle hair? Hydrate Me Wash and Rinse. Products too heavy for your fine hair? Angel hair line. Curls? Killer Curls. Not only does this mean you can trust all hair types to look exactly how you want throughout the day, but these companies do everything they can in order to limit their effect on the planet, bringing years of healthy hair with them.

Many daily rinse-off products (i.e. shampoo, conditioner) contain parabens, chemicals used as preservatives. Once these are washed down your drain and inevitably reach our oceans, these chemicals are known to destroy coral. You may think that your water gets filtered and sent back into your homes, but parabens even react with chlorinated water (tap water) to create a number of byproducts with effects to the human body that are unknown at this time, that's concerning.



Jady Rodocker

Quite a few products also include sulfates, which strip necessary moisture, leading to brittle, dry hair and skin. Sulfates contribute to acidification of surface water and soil, and contribute to acid rain and fog that damage ecosystems, forests and plants. Aluram and Kevin Murphy products pride themselves on being free of these harsh chemicals.

Next time you're in the salon be sure to ask for more information on these products to find what is right for you and keep you and the planet clean and healthy.



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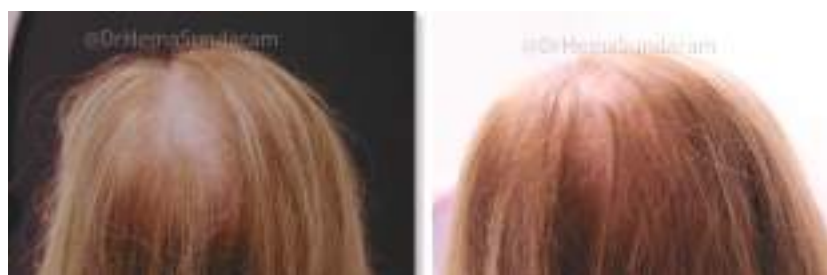
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My mission in my North American and global research is to elucidate the scientific basis of new and emerging technologies, and how this science can be applied to achieve the best and safest procedural outcomes. As a Principal Investigator for studies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

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

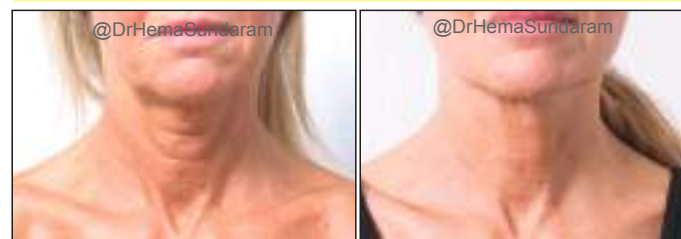
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- North American Chairperson of the Global Aesthetics Alliance and Global Aesthetics Consensus Group for Procedural Safety.
- Author of book chapters and scientific papers in plastic surgery and dermatology academy journals.
- Author of "Face Value: The Truth About Beauty and a Guilt-Free Guide To Finding It" - selected for the National Press Club Authors' Night.
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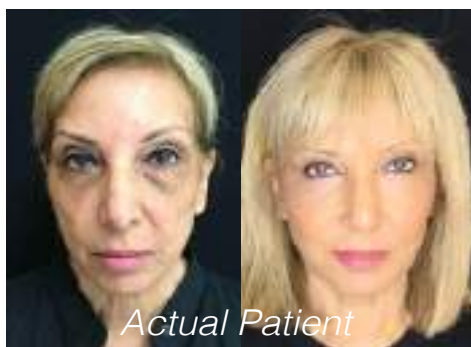
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