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Northern Virginia Edition | June 2022

Special Focus...

## **PAIN** Management & Rehabilitation

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Featured Professionals



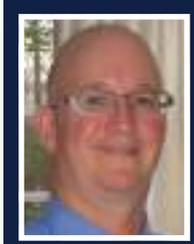
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### HEALTH TECHNOLOGY

Learn about the great tech available at your local doctor's offices - page 28



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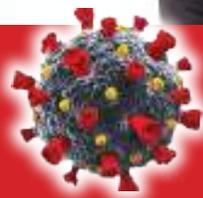
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By Deeni Bassam, MD, DABPM  
The Spine Care Center

# Pervasiveness Of Pain

million; a figure that is approximately half of the total U.S. population.

Acute pain is often an important warning sign that something is wrong. It is almost always a signal of some underlying pathology that may need medical attention. On the other hand, chronic pain (that lasting greater than six months) does not always have an underlying or easily discernible pathology. It can persist long after the offending insult has been removed or cured.

Often, the dysfunction in chronic pain lies in the nervous system itself and cannot be detected on conventional imaging such as MRI. This can lead to a great deal of frustration on the part of the patient, as well as loved ones and healthcare providers.

Most often, successful treatment of chronic pain will employ multiple modalities including pharmacological, physiological, psychological, and interventional in order to address the multiple causes and

effects of daily persistent pain. A balanced approach without over-reliance on any one tool leads to the best outcomes.

The time to talk with your physician about your pain is when that pain consistently interferes with your ability to perform simple daily tasks such as bathing or cooking.

Treatments exist which can lessen your suffering, allowing you to get back to the tasks at hand in daily life.

The International Association for the Study of Pain defines pain as “an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage”.

Webster’s dictionary defines pain as “localized physical suffering associated with bodily disorder (as a disease or an injury); also a basic bodily sensation induced by a noxious stimulus, received by naked nerve endings, characterized by physical discomfort (as pricking, throbbing, or aching), and typically leading to evasive action.”

As one can see, coming up with a sensible definition of pain may be difficult but for the individual patient suffering from chronic pain the definition becomes quite easy.

Pain is the single most common reason for a visit to the doctor. The American Pain Foundation estimates that there are 50 million people suffering from chronic pain each year. The rates of chronic pain in the elderly approach 50%.

*Coming up with a sensible definition of pain may be difficult but for the individual patient suffering from chronic pain the definition becomes quite easy.*

When considering both the direct costs of chronic pain (doctor visits, medications, treatments, hospitalizations, etc.) along with the indirect costs, such as lost productivity, the total cost of chronic pain to society has been estimated to be around \$100 billion per year. When one further considers that each chronic pain patient is likely close with and sometimes dependant on at least two other people then the total number of people affected by chronic pain reaches 150



## 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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## Five Keys To Finding the Right Doctor



subtly. You can look completely natural, without scarring and be able to return to normal activities, while others will be unaware that you've had anything done unless you choose to tell them.

Here are five keys to help you choose the right doctor for your summer events and beyond:

### Credentials

The American Board of Medical Specialties certifies doctors in specialties based on their training, and recognizes only dermatologists, plastic surgeons, facial plastic surgeons, and oculoplastic surgeons as the Core Four aesthetic specialists with appropriate qualifications and expertise to be performing cosmetic procedures.

Always ask if your doctor is board certified, as well as what specialty they are certified in.

*Please see "Beauty," page 47*

By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

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# Are Your Eyes Too Dry To Cry?

By Jacqueline D. Griffiths, MD  
New View Eye Center

Do your eyes feel gritty and burn sometimes? Does the slightest bit of air make your eyes tear excessively? Does smoke make you tear like crazy? Have your eyes become more sensitive to light? Have you become less able to wear your soft contacts as long as you used to? If the answer to these questions is yes, you may have dry eye syndrome.

Dry eye is a condition that affects millions of people every day. It is often a normal part of the aging process. It is estimated that nearly 75% of people over the age of 65 will experience some form of dry eye syndrome. It can be both a seasonal problem or a chronic problem for some. While it occurs in both men and women, it is more common in women who are pregnant or post-menopausal. People who have chronic allergies and contact lens wearers have a greater risk of developing dry eyes. Other causes include exposure to environmental conditions, injuries to the eye, or general health problems. For example, people with arthritis and diabetes are more prone to dry eye. Some other specific causes of dry eye include:

- Sun
- Wind
- Cold
- Dry air
- Indoor heating and air conditioning
- Computer screens
- High altitudes
- Eye surgery

Computer vision syndrome is a recently recognized entity that has evolved with the increasing popularity of computers in businesses, schools

and at home. More and more, we use computers in our daily activities.

Oftentimes, we stare at the screen all day, forgetting to blink, which is the necessary way the eye replenishes the cornea with fluid. The decrease in blinking only causes an increase in dryness, fatigue, light sensitivity, burning, and eyestrain over time. Dry eye syndrome can be the result unless some preventative steps are taken ahead of time.

Dry eye syndrome is literally the eye's inability to lubricate and tear correctly or adequately. Oddly enough, some people who have dry eye syndrome actually tear excessively. Unfortunately, the pH or acidity of their tears is altered so that the eyes still feel dry and itchy, causing them to tear continuously.

The use of certain medications can also alter the eye's ability to lubricate. Some of the most common medications are:

- Antihistamines
- Decongestants
- Blood pressure medication
- Antidepressants
- Anti-anxiety medication

Certain types of diseases can also alter the eyes, these include:

- Thyroid deficiencies
- Sjogrens syndrome
- Rheumatoid arthritis
- Autoimmune disorders (i.e. lupus, HIV)
- Bell's palsy
- Myasthenia gravis

### Treatment

Your doctor may prescribe one or more of the following treatments:

- **Artificial teardrops.** There are many to choose from. Ask your eye doctor for recommendations.

- **Ointments and gels placed in the eyes to lubricate.** These generally last longer than drops. They can blur the vision for a time during the first few minutes after instillation. These are generally needed less often than drops.

- **Temporarily or permanently plugging the tear ducts while manually replacing the tears with drops or ointments.** This is a very effective way to keep your own tears around longer to lubricate the eyes and decrease the number and frequency of artificial tears necessary to treat the dry eye problem.

- **Hormone replacement,** if due to menopause.

- **Change in birth control prescription,** if applicable.

- **Change contact lens to one more appropriate for a person with dry eye syndrome.** Some contact lenses absorb water.

Therefore, if you are not making enough tears in the first place, and you are wearing a contact lens that absorbs a lot of water to itself and away from your eye, you are effectively making your dry eye worse. Ask your eye doctor for details especially if you find that you can't wear your contacts more than a few hours before you have to take them out.

In addition to this, some natural products such as oral flaxseed oil have been shown to be quite useful for patients with dry eye syndrome. Most patients can get this at their local health food store. Normally, doses range from 1000mg to 3000mg orally a day with meals for effective relief of symptoms.



Jacqueline D. Griffiths, MD

Selected as a  
"Super Doctor"

Washington Post Magazine

Voted

"Top Ophthalmologist"

Washingtonian Magazine  
& Northern Virginia Magazine

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

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

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

In addition to offering CustomVue LASIK and EpiLase, NewView offers CK<sup>SM</sup>, 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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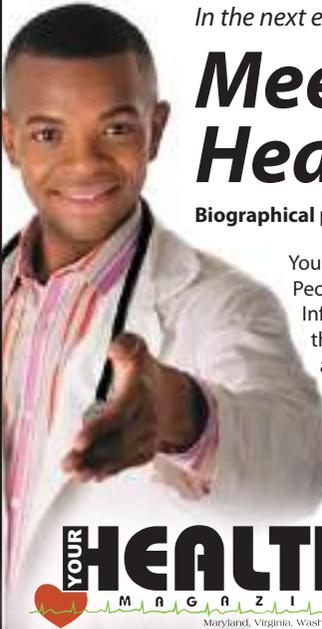
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**Practice Information:** Dr. Dormu is the Managing Provider of the Minimally Invasive Vascular Centers also known as MIVC. At MIVC, we are committed to addressing the vascular questions that are common in our community. Dr. Dormu has performed over 2,000 Vascular/Endovascular surgeries in the past year including Carotid Endarterectomy, Abdominal Aortic Aneurysm Repair, Aortograms, Bypass of blocked arteries, varicose vein removal and more.

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SERVING MARYLAND & VIRGINIA Since 1990

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

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

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

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

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

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

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

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

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By Jay Cho, DC, FIAMA  
Active Care Chiropractic  
& Acupuncture

# What To Do When You Are Involved In an Auto Accident

tients visit their doctor right after an accident even though they were experiencing only mild symptoms, only to have their symptoms get terribly aggravated a few weeks later while they were performing their daily activities. Since they had continuous treatment and established a medical record that supported their accident injuries, they had no problems receiving settlement from the other side's insurance.

We know everybody from your

friends to your co-workers have an opinion when it comes to something like this, such as waiting to get confirmation from the other insurance company before getting treatment; however, it is best that you act immediately when you are involved in an auto accident to protect yourself.

### Here are some suggestions:

- Visit the ER after the accident, or see any doctor as soon as possible.
- Remember that you are the one who

can choose your doctor or clinic, not your insurance or attorney who may send all their clients to the same doctor for their own convenience.

- Remember that you are the one who chooses where you can fix your car after you get an estimate from the insurance company.
- Remember it is possible that your symptoms will get worse later on. Do not hesitate to get a consultation with your doctor.

Ms. Jin, a 40-year-old hair stylist, was experiencing moderate to severe symptoms that had been gradually getting worse since she had an auto accident. She was under chiropractic and acupuncture care for three months. Since the accident was the other driver's fault she received some compensation from the other side, which covered the cost of her care.

Mr. Smith, a 25-year-old UBER driver, visited a chiropractor/acupuncturist after an auto accident, which was also the other driver's fault. He wanted to receive treatment right away, but did not want to pay for his medical care until he received a monetary settlement from the at-fault driver's insurance company. After an initial examination the office had to refuse his care for several reasons:

- Mr. Smith's accident happened three months ago.
- Mr. Smith was experiencing only mild muscular soreness and stiffness, and his symptoms may or may not have been related to the accident.
- Mr. Smith did not see any doctor since his accident, until now.

The first thing you need to do after being involved in any accident is to visit the ER, your primary care provider, or any doctor as soon as possible. This is important to establish an official medical record that you were involved in an auto accident, whether you are injured or not, and painful or not. If there is no medical record related to the accident more than six weeks from the accident date, most insurance companies will deny the case. Past that point there are many ways they can attack you, because there are many possibilities that you did not get injured by the accident.

It is highly possible that you may become painful a few weeks later from the accident; however, you or your doctor cannot easily prove that your symptoms are related to this accident if it has been more than six weeks without any medical record.

There are many cases where pa-



Dr. Jay (Jong Hee) Cho  
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- Digital X-Ray System
- Decompression Therapy For Disc Symptoms



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- You can get care with medical payment on your car insurance even if you are at fault.



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

### Stomach and GI Disorder / Women's Health Care



### We Welcome Yeji Lee, LAc

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# New Solutions For Dentures and Dental Implants

By Karl A. Smith, DDS, MS

Dentures are a good replacement option for patients who are missing all of their teeth, but only if they fit well.

## Why Are My Dentures Loose?

Impact on the bone by continuous hitting and pressure of a denture against the jaw every time you eat can make the bone underneath the denture go away. This causes the denture to become loose and slip. It may create the need for using paste or other means to hold the denture in place. Slipping dentures can make eating certain foods very difficult for patients. This happens most often with lower dentures.

## How Can Dentures Fit Well For a Long Time?

Dental implants can be placed under the denture. Implants have offered the possibility of fully replacing teeth for over 30 years and are very safe and effective. When you make the denture stable by “snapping” it onto dental implants, you can provide a better level of comfort for the denture-wearer, and create new strength for eating the foods patients love.

*Dentures are a good replacement option for patients who are missing all of their teeth, but only if they fit well.*

Dental implants are very much like your natural teeth. They are quite easy to get used to, and they can reduce the amount of stress to the bone and jaw by helping provide an anchor for support. The implant acts as a natural root to help prevent additional bone deterioration and helps to deliver long lasting function.

## Does Every Denture-Wearer Qualify?

This depends on the amount of bone loss that has already taken place. If the denture has been in place for many years and the ridge of bone under it is very thin, you may need to have a special scan done to decide if you are a candidate for the procedure. This scan will also look for any other defects that may be present to make sure you are healthy. Since implants are meant to last for a very long time, your health and wellness are important to the outcome.

## How Long Does a Patient Have To Go Without Teeth?

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## Do Dental Implants Hurt?

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comfort. The surgery is done in one day, typically in just a few hours. There are sedation options available for this procedure for those patients who want to relax through the procedure.

## Is Treatment Expensive?

The cost of treatment varies depending on the number of implants, if a new denture needs to be made, if the patient desires sedation, or if

there needs to be more bone added to have a good result. Costs are variable and should be weighed against factors such as the education of the doctor, the results from other patient experiences, and the quality of the product you are receiving.

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# Skin Cancer: What You Should Know



By Sherry L.H. Maragh, MD, FAAD  
Maragh Dermatology,  
Surgery & Vein Institute

may play a role in the development of squamous cell skin cancers as well.

Radiation from the sun is the main concern linked to the development of melanoma. Factors that increase the risk of developing melanoma include blistering, severe sunburn during childhood or adolescence, fair skin, a large number of moles, a significant number of dysplastic nevi (abnormal moles) or a family and/or personal history of previous melanoma.

## Prevention

Prevention and detection are the

best tools for fighting all forms of skin cancer. When exposing the skin to the sun's rays there is always a risk involved, however there are several ways in which to minimize the risk:

- SPF15 or stronger with repeated applications every two hours
- Protective clothing like sunglasses, shirts, wide-brimmed hats and special SPF clothing
- Seek shade whenever possible
- Avoid exposure during peak hours; 10AM to 2PM

Treatment varies depending on the type of skin cancer contracted, developmental stage, bodily location of the cancer and the patient's best interests. Possible treatments include excision, laser surgery, Mohs surgery, cryosurgery, chemotherapy, radiation therapy and/or biological therapy.

Early detection is the best way to ensure successful treatment. Any change in the skin's appearance, especially pertaining to existing moles, should be brought to a board certified dermatologist's attention.

The largest organ of the human body is the skin. With this in mind, it makes sense that skin cancer is the most prevalent of all types of cancers, affecting approximately one million Americans every year.

## Signs

**Basal Cell Carcinoma (BCC)** appears frequently on the head, neck, and hands as a small, fleshy bump, nodule, or red patch.

Untreated, the cancer may begin to bleed, crust over, heal, and repeat the cycle. BCC can extend below the skin to the bone and nerves, causing considerable local damage.

**Squamous Cell Carcinoma (SCC)** is typically located on the face, lips, ears and mouth. This cancer may appear as a bump, or as a red, scaly patch. SCC can develop into large masses and become invasive. Unlike basal cell carcinoma, SCC can metastasize (spread to other parts of the body).

**Malignant Melanoma** is the most deadly of all skin cancers. Melanoma may appear suddenly or begin in or near a mole, or another dark spot in the skin. It is important to know the location and appearance of the moles on your body to detect changes early.

## Risks

As with many diseases, BCC culminates from a combination of genetic and environmental factors, with the majority of impact occurring during childhood and adolescence. Overexposure to UV radiation from the sun is a major factor and has a cumulative effect. Other contributing factors include therapeutic radiation, chemical toxins and immunosuppressant medications. All of these factors are also linked with the cause of SCC. Research now indicates, however, that an additional factor may contribute to the disease. The human papillomavirus (HPV), which sometimes is a contributing factor to other cancers,

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# Preventing Tooth Injuries During Your Child's Active Summer



By April Toyer, DDS  
Lifetime Dental Care

If you have an extremely active child you may have seen one or two falls in their day. Although it is true that active kids and teens are more prone to dental and other injuries, there are several precautions that can be taken to prevent or manage these occurrences.

## How To Prevent Dental Injuries?

Infants should not run with a bottle, sippy cup or other objects in their mouth. Children should be discouraged from climbing or jumping from high surfaces such as a tabletop or bed in the home and definitely not left unattended.

Getting your baby or toddler to eat can sometimes be a challenge. If food is forced into the mouth with a bottle or spoon it is possible to cause damage to the soft developing oral tissues in the mouth. Foods with pointy surfaces such as chips can also cause injury to these tissues if not chewed carefully.

For older children, mouth guards should be worn while participating in sports. These can be picked up at your local drug store or your dentist can make a custom fit mouth guard.

Kids should wear a helmet during active sports such as football, or high-speed activities such as skateboarding or bike riding.

Children and adults should be careful wearing socks without grips on hardwood floor as these surfaces can often be slippery and lack of traction can cause a possible injury.

## What To Do If Your Child Has a Dental Injury?

Dizziness, vomiting, bleeding from the nose or ears, lapse of memory, disorientation, or signs of fatigue may be an indication that a concussion has occurred. Patients with significant head, neck or facial trauma should be immediately taken to the emergency

room to be evaluated.

If your child has extensive bleeding to the lip, gums or cheek area use gauze or a paper towel to apply pressure until the bleeding stops. A cold compress or ice cubes can be placed on the affected area to reduce swelling and relieve pain in some cases.

If a tooth is fractured, check to see if blood is coming from the inside

of the tooth. This may indicate nerve exposure and you will need to see your dentist as soon as possible. If a permanent tooth is completely knocked out it should be re-implanted within one hour.

If possible rinse off the tooth with clean water or milk and place it back into the socket. Make sure you only touch the crown (visible part)

of the tooth and not the root. If you are unable to re-implant due to pain or blockage store the tooth in milk or cheeks and bring it to the dental office as soon as possible. Your local dentist should evaluate dental injury without significant head or neck trauma. Make sure your child has a dental home that facilitates easy evaluations during a potentially difficult and traumatic time for you and your child.

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Meet the team: Andrea Ristic-Founder and Medical Aesthetician | Sofia Flores-Practice Manager  
Stephanie Okparaeke-Nurse Injector & Aesthetic Provider | Jessica Mapes-Medical Aesthetician  
Judy Chang-Medical Aesthetician | Mars Saddat-Medical Aesthetician | Tania Sevilla-Medical Assistant & Laser Technician



Andrea is The SkinBarre's founder and creator. She is from Caracas, Venezuela, and is fluent in both English and Spanish. She was inspired to pursue skincare health after her mother was diagnosed with a brain tumor. She cared for her mother during this trying time and saw firsthand how her mother's health improved by having someone dedicated by her side.

This caring touch was what laid the foundation for what she did next.

In 2004, Andrea followed her passion by graduating from the Esthetic Institute. Since then she has grown as a Licensed Medical Aesthetician, Medical Assistant, Surgical Tech, and Oncology Aesthetician.

Andrea is always looking for ways to enhance her skill set and grow her team with ongoing education and training. She wants to make a difference with every client she touches and teaches the same to her team.

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# The Management Of TMD Pain

By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

When it comes to managing the pain of temporomandibular disorder (TMD) it can sometimes be quite confusing as to what should be done. For so many patients who suffer from this disorder, many simply take medications to manage their pain. Common

pain medications include ibuprofen or acetaminophen (Advil and Tylenol). Singularly, these drugs work fairly well in managing pain, but did you know that if you took one Tylenol with one Advil, they could have the same effect as a narcotic, and is often more effective than most narcotics in pain management. Because this effect is becoming more well known, you can

even find this combination of drug on many store shelves these days.

The better method is appliance therapy. As a patient gets comfortable to their TMD appliances, their body oftentimes will go through changes, and sometimes these changes can be quite uncomfortable and even painful. Usually the pain is quite manageable,



Jeffrey L. Brown, DDS

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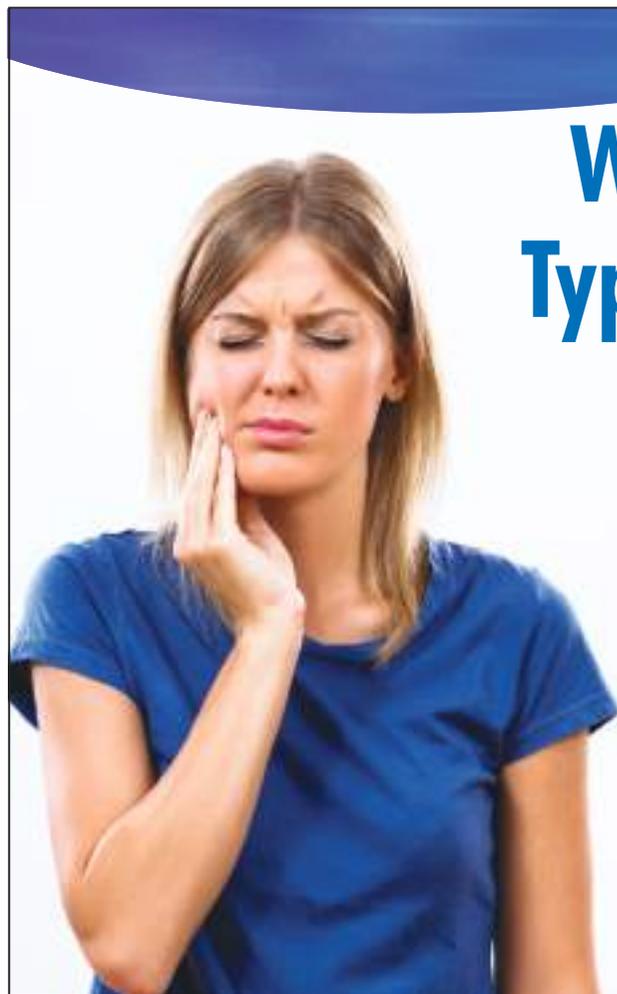
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*"Dr. Brown and his staff are absolutely wonderful. I was diagnosed with Dystonia. I could not turn my head and had a ton of pain. My doctors offered no help and no advice besides Meds and Botox. Since having the appliance I have NO pain and I can 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/repitative 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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but for the more advanced cases it can be difficult to handle. This is why so many patients are co-treated often with the physical therapist or and osteopath. As the patient adapts to their new appliances, the physical therapist or osteopath can work on the head and neck regions of the body to help as their body re-aligns. When wearing TMD appliances, the neck will often begin to re-align and this process can be uncomfortable, especially if the neck has been out of alignment for a very long time. All this is very normal.

Another avenue of pain management involves the use of laser therapy and oftentimes combined with massage treatment as well. The patients who experience this level of treatment often report they are very relaxed and have less pain at the end of their session with the therapist. The laser used for this therapy is a remarkably efficient device that greatly reduces pain in the head and neck region and leaves the patient with a warm feeling for quite some time.

A relative newcomer to the arena of pain management is the Neubie device. This is a DC current electrical stimulation device that gently pulses the muscles of the entire body to create a feeling of wellbeing along with increased range of motion and decreased full body pain. There are many cases of patients who were prepared for surgery such as rotator cuff surgery who ended up not needing this surgery after several Neubie sessions. The device helps to re-train the brain into realizing that a previously remembered painful experience no longer needs to be recognized as painful, which greatly helps to increase range of motion.

Other avenues of pain management include dry needling and acupuncture. The two are somewhat similar and many patients report that the effect lasts for several days after a session. Another pain treatment that is useful but underutilized is something called Chi Kung or Qi Gong. This is an ancient Chinese meditation technique that reduces pain.

There are these and many more techniques to help manage TMD pain.

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# SI Joint Pain and Treatment Options



By Mudit Sharma, MD  
Virginia Spine Specialists

condition that affects 15-25% of patients with lower back pain. Common symptoms of pain in the SI joint include low back pain, pelvis/buttock pain, lower extremity pain, hip/groin pain, and problems sitting, sleeping, or walking.

Causes of SI joint pain include pregnancy, trauma resulting from injury or accident, arthritic conditions, and prior lower back surgery. SI joint degeneration may occur in up to 75% of the time in patients undergoing lumbar fusion at five years after surgery.

SI joint pain must be considered as a possibility in patients who continue to suffer from back, hip, groin, or leg pain even after back or hip/knee surgery. It is typically diagnosed with a physical exam and an injection in the joint to look for relief in symptoms.

Treatment of SI joint pain typically starts with conservative measures such as physical therapy, chiropractic manipulation, specific

*Please see "Joint Pain," page 46*

The sacroiliac joint (also known as the SI joint) is a strong weight bearing joint in the pelvis. There are two in total, one on each side of the pelvis. They connect the base of the spine (sacrum) to the iliac bones on either side of the pelvis. This is not a very mobile joint and its primary purpose is to absorb the stress on the lower back and spine by acting as a shock absorber.

SI joint pain is a challenging

# Advantages Of Dental Implants Over Dentures and Partials



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

when you had teeth

5. In the long run dental implants are easier on your pocketbook. When you compare the day to day cost of dental implant treatment versus sometimes questionable root canals, replacing crowns, replacing bridges and performing periodontal treatment on questionable teeth, it is many times more cost efficient to use dental implants. With implants the buck usually stops there. You do have to take care of your investment with regular dental visits, brushing and flossing.

6. Implants are good for your self-esteem and give you a major change in life style. Youngsters may worry about losing their teeth but adults should not.

*Please see "Dentures," page 47*

**Part II**  
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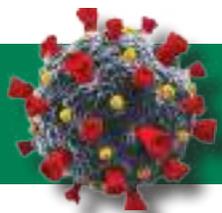
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# COVID-19 Update

## 100 Million New COVID Cases this Fall

Everyone has had COVID by now or knows someone who has and achieved some level of natural immunity. Most people have been vaccinated. People who contract COVID these days are generally not getting very ill or winding up in the hospital. This has led to a nearly normal existence after two years of anything and everything being abnormal.

However, the White House COVID Response Team and many members of Congress are warning of upcoming spikes and variants causing massive infections. According to the White House response spokesperson, Dr. Ashish Jha, we could see 100 million new COVID cases this fall and winter.

The CDC is modeling different scenarios where the omicron variant is more transmissible and has a greater vaccine and immunity evasion rate. Other countries where they are already seeing an exponential increase in cases

makes it seem plausible that we could see the same thing in the US. Both the White House and the CDC are sounding the alarm that we need to be cautious and prepared.

Increases in transmissibility seem almost a certainty as more, if not most, people return to social gatherings and large events without any social distancing or precautions. Further, most of the data on mask-wearing and shutdowns illustrate that these measures did very little to prevent the spread anyway.

One thing you can gather from this discussion is we are not done with COVID, and maybe never will be. The potential for more variants and infections seems a never-ending fear which we all have to respect, at least on some level.

The WH has asked Congress to approve \$22 billion in COVID response preparedness which is another

huge chunk of money in a system where so much has already been spent, at least partly responsible for record high inflation.

Senate lawmakers on Capitol Hill have offered as much as \$10 billion in a bi-partisan compromise, but it is unclear if even that amount would pass the House. Some democrats want to increase the amount spent for other country's response to COVID indicating they think we need to help the whole world battle COVID. A failure to do that may come back to haunt us later. It is unclear what a vote would look like in the House but it seems the Senate will move forward with the 60 votes needed to approve the \$10 billion.

It is prudent to be prepared for whatever we might encounter in the future and if the money isn't spent maybe some of it can be saved for the next crisis. There is the old adage: "Hope for the best, and prepare for

the worst."

Every American can do their part by being vigilant and cautious. If nothing else, COVID has taught us to be responsible for ourselves and our loved ones.



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# Your Retina Is Our Specialty



## Khurram Malik, MD

Dr. Khurram Malik is a vitreoretinal specialist and surgeon. He received his Doctorate in Medicine from the University of Minnesota Medical School, and completed his residency at the University of Minnesota Department of Ophthalmology. Dr. Malik completed a retina and vitreous surgery fellowship at the National Retina Institute.

Dr. Malik's clinical interests include age-related macular degeneration, diabetic retinopathy, and retinal detachment repair.

He is committed to giving our patients hope while treating with compassion and the most advanced technology available.



## Neha Serrano, MD

Dr. Neha Serrano is a board-certified ophthalmologist who specializes in medical diseases of the retina and macula. She is particularly interested in age-related macular degeneration, diabetic retinopathy, retinal vascular diseases, and retinal imaging.

She received her Medical Degree from Georgetown University, where she graduated cum laude, after which she completed her internal medicine internship at the University of Chicago Medical Center. She completed her ophthalmology residency at the Georgetown University/Washington Hospital Center program, and also completed a fellowship in Medical Retina at the Duke Eye Center.



## Sophia S. Wong, MD

Virginia Retina Specialists would like to welcome Dr. Sophia Wong, a board certified ophthalmologist and vitreoretinal surgeon. She earned her medical degree from Rutgers New Jersey Medical School and completed an ophthalmology residency at George Washington University, as well as a vitreoretinal surgery fellowship at University of California, Davis.

Dr. Wong is dedicated to providing her patients with compassionate and expert care in the treatment of various conditions. She looks forward to discussing your retinal health and partnering with you to preserve and improve your vision.

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# HOW CAN ADVANCED TECHNOLOGY IMPROVE YOUR CHILD'S DENTAL VISITS?



Most modern Pediatric Dental offices utilize state of the art technology to make children feel comfortable while receiving top quality and enjoyable dental care. Because of the technology, there is reduced fear and anxiety during dentist visits for kids who haven't had the opportunity to become familiar with their dentist.

Here are a few tech items to ask about when searching for a Pediatric Dentist for your child:



## Laser Dentistry

Laser Dentistry is one of the most advanced dental treatments available today. By utilizing laser energy and water, Pediatric Dentists are able to perform a wide range of dental treatments in a comfortable manner for kids. The Waterlaser is very effective in desensitizing teeth during restorative treatment, reducing the need for needles and local anesthetic.

It is also much more gentle than sharp instruments, such as scissors or scalpels, during soft tissue procedures. The Waterlaser's gentle approach allows for a much easier recovery. Waterlasers help eliminate the fear associated with dental treatment and foster a healthier mindset about oral care.



## Intraoral Digital Cameras

When it comes to helping you understand your child's dental diagnosis or treatment, intraoral digital cameras allow you to see exactly what the Pediatric Dentist sees.

These cameras produce instant images of your little one's teeth. The images can be saved as stills or video. The cameras are designed to be slim and small, so children can easily tolerate having pictures of each tooth taken.



## Digital X-Rays

Diagnostic x-rays have long been invaluable to dentistry. The emergence of digital technology within the past decade have made dental x-rays significantly more safe and comfortable.

Digital technology allows the reduction of radiation exposure to patients by as much as 90% over traditional x-rays. In fact, eating 2 bananas can expose a person to more radiation than what is used for 1 dental x-ray.

In addition to how safe digital X-rays are, they save time as pictures are developed quickly. They also provide sharper images that can be enhanced instantly to show detail. Since the images are captured so quickly, tolerating the sensors is often more comfortable for children rather than traditional film.



## TV/iPad

The best and most child friendly offices have technology that kids and parents are already familiar with, such as TVs or iPad. These help children to feel at ease when entering a dental setting. A play area filled with toys, books, and iPads will excite kids about visiting the office. Child-friendly games and apps can be used to keep kids occupied while they wait for their appointment.

TVs at each operatory chair can be used to play popular TV shows or movies to help distract children from being nervous and bring their attention to something more exciting than a teeth cleaning or filling.



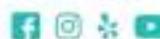
## Paperless Charts

Paperless Charts Our electronic system for storing files allows for fast access to files, improves office efficiency and productivity and ensures that records are never misplaced.

With so many advances in health technology available, be sure to see if your Pediatric Dentist is able to utilize them so your little ones can continue to build happy, healthy oral hygiene habits for life!

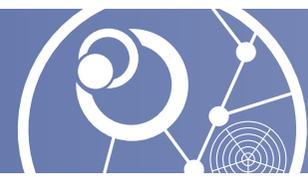


Dr. Rishita Jaju & Dr. Anh Dang  
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# Technology



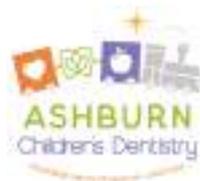
BabyLase™ is the most advanced and gentle treatment available for infant tongue tie and lip tie. This method is easier on both mother and child when compared with more traditional surgical approaches.

**Our pediatric dentists want your child to have a healthy and fulfilling life full of beautiful smiles!**

To get your child started on a journey toward optimal oral health and whole body wellness, please contact our practice to schedule a discovery session!

Babies, and especially newborn infants, should always receive the gentlest, most effective treatment we can provide. For this reason, we have invested in the revolutionary BabyLase system, which offers a non-surgical alternative for releasing oral soft tissues that interfere with proper nursing. This laser-assisted approach is the most sophisticated treatment available for correcting infant tongue tie and lip tie. The mild

warmth of the light produced by BabyLase can help tighten restrictive tissue to soften and relax into a more functional position. Furthermore, treatment with BabyLase technology offers additional benefits including the reduction of discomfort and inflammation, as well as stimulation of natural blood flow and the nervous system—all of which aid in comprehensive whole-health healing and re-integration of the treated tissue.



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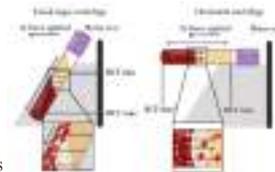
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Local Professionals Empowering and Encouraging People To Live Healthier

## Rishita Jaju, DMD

### Pediatric Dentistry



11790 Sunrise Valley Drive  
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**571-350-3663**



### "Loved By Kids, Trusted By Parents"

Dr. Rishita Jaju, a Board Certified Pediatric Dentist, is the founding Dentist of Smile Wonders in Reston, VA.

#### Degrees, Education & Training

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

#### Experience & Expertise

Dr. Rishita is a well-known expert provider skilled in providing specialized care in Pediatric Laser Dentistry since 2007. She enjoys the trust of her peers and colleagues when they refer their most complex cases to her care. Newborns with Tethered Oral Tissues (Tongue-Tie/Lip-Tie), children with special behavioral or medical needs and extensive dental needs that have a difficult time getting access to care have been the driving force for her to start her private practice. She has helped improve the quality of life of her patients including infants as young as 2 days old, who are struggling with challenges of nursing due to Lip or Tongue-Tie issues.

#### Professional Memberships

Dr. Rishita stays involved with organized dentistry and serves as one of the Board Members of Academy of Laser Dentistry. In the American Academy of Pediatric Dentistry, she has not only been selected as a member of the Council of Clinical Affairs but she is also one of the members of the Examination Committee of the American Board of Pediatric Dentistry. She is also an educator and has provided numerous seminars and trainings for introducing and promoting infant oral health, pediatric dentistry and benefits of laser applications to general dentists, pediatricians, lactation consultants, speech pathologists as well as the providers of the Infant Toddler Connection programs.

#### In the Community

Her passion for community service led her to become a volunteer team dentist for Operation Smile Missions to Vietnam and India and help with care for children born with cleft lip and palate.

#### Personal Interests

Dr. Rishita loves going home to her husband, son and 2 maltese puppies - Kaju and Kulfi. She enjoys travelling all over the world and has visited every continent (except Antarctica).

### Smile Wonders (Pediatric Dentistry in Reston, VA)

Whether you're preparing for your child's first visit to our office or looking forward to your child's routine checkup, our top priority is helping children achieve and maintain a healthy, beautiful smile into adulthood. To schedule your child's appointment, call us today at (571) 350-3663. To learn more about the services we offer, please visit our website: [www.SmileWonders.com](http://www.SmileWonders.com).

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## Mudit Sharma, MD

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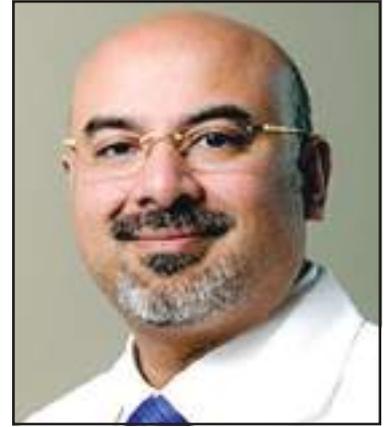


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### Meet Mudit Sharma:

Dr. Sharma, a Board Certified Neurosurgeon, specializes in minimally invasive surgery of the spine for low back and neck problems. He was one of the first Neurosurgeons in Prince William and Fauquier counties to offer artificial spinal disc replacement and has continued to offer state of the art surgical treatment for spinal problems to thousands of patients for more than a decade.

#### Professional Memberships

Dr. Sharma is a Fellow of the American College of Surgeons and a Fellow of the American Association of Neurological Surgeons.

#### Clinical Interests

**Conditions We Treat:** Neck pain - Arm pain and/or Numbness, Back Pain - Leg pain and/or Numbness, Herniated Disc(s) - Lumbar & Cervical, Sacroiliac Joint (SI) Pain, Slipped Disc (Spondylolisthesis)

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## Chirag Sanghvi, MD

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### Meet Chirag Sanghvi:

Dr. Chirag Sanghvi is Board Certified in Anesthesiology and Pain Management. Dr. Sanghvi completed his fellowship in Pain Management at the Cleveland Clinic in Cleveland, Ohio, after fulfilling his residency at Loma Linda University, in Loma Linda, California, where he served as an anesthesia and trauma clinical research specialist.

Dr. Sanghvi obtained his Masters of Public Health at the University of North Texas Health Science Center in Fort Worth, Texas, and recently served as a member of Rainer Anesthesia Associates at Good Samaritan Hospital in Puyallup, Washington. He is an active member of the American Society of Anesthesiologists and a Diplomat of the American Pain Society.

Dr. Sanghvi predominantly sees patients in Frederick and Leesburg.

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## Andrew Stynchula, DC

**Chiropractic**



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### Meet Andrew Stynchula:

Dr. Andrew Stynchula was born and raised in Northern Virginia and completed his undergraduate studies at The University of Virginia, Charlottesville before earning his Doctorate degree in Chiropractic from National College of Chiropractic (now NUHS), in Lombard, IL in 1994. He founded Mosaic Spine & Knee, LLC in 1995 with the help of his wife, Leanne (RN).

*"It's all about helping families improve quality of life and getting people back into the games of their choosing."*

Constantly striving to give his patients the most up-to-date care possible, Dr. Andy continues to devote countless hours to continuing education and is a Certified Posture Specialist. He attends seminars on nutrition, rehabilitation, whiplash, sports injuries and the latest treatment advances like cold laser, vibrational therapy wave and spinal decompression.

Dr. Stynchula is a member of the Virginia Association, the Foundation for Wellness Foundation for Wellness Professionals and worked with the Washington Commanders during the 2001 season.

#### Discovering His Chiropractic Calling

Dr. Andy was inspired by his family and his own experience to become a chiropractor. His father suffered injuries to his knees and back after 9 years in the National Football League and upon retiring, was constantly coping with pain and decreased mobility. He recalls his dad getting adjusted by one of his uncles, also a chiropractor, and his dad would have immediate and lasting relief. He often attributed being a competitive golfer to chiropractic.

Later, when Dr. Andy experienced his own issue, a chiropractor pointed out where an old big fall, compounded by core imbalance from lifting heavy weights caused a weakened area in his spine. Dr. Andy made the decision to invest in a corrective program and the rest is history.

#### Healing the Whole Community

Dr. Andy sees chiropractic as vital to people of all ages, as we all have spines and nerves to protect. In children, it's important to detect and correct small problems before they get bigger. As our bodies age, it is important to keep moving and enjoying the fruits of our labor. Dr. Andy has also worked on athletes of all levels, improving performance and reducing injury and recovery times and is often a featured speaker on a variety of health-care topics

### Meet The Team



Leanne Stynchula, RN  
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## Jeffrey L. Brown, DDS

### TMJ & Sleep Apnea Treatment



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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 Gnathological 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](http://www.SleepandTMJTherapy.com)

## Rifhat Khan, DDS

### Healthy Mouth One Smile At a Time

12351 Dillingham Square  
Woodbridge, VA

**703-580-8288**



#### Meet Rifhat Khan:

Introducing Dr. Rifhat Khan. Dr. Khan completed her undergraduate studies at George Mason University, earning a B.S. in Biology with honors. Later, she earned a Doctorate in Dental Surgery from Howard University, College of Dentistry, where she was the recipient of the Fixed Prosthodontists Award along with many other accolades. Following dental school, Dr. Khan received advanced studies through the completion of a General Practice Residency at Morristown Hospital in Morristown, New Jersey. Dr. Khan's immense love of dentistry allows her to enjoy work everyday. At the Dental Spa, she enjoys the pampering while restoring smiles and function environment. She says... *"our patients are more relaxed therefore are easier for the dentist to render optimal dentistry!"*

For leisure, Dr. Khan enjoys spending time with her family, traveling, photography, and watching sports. She loves adventures and might be on a spontaneous trip anywhere in the U.S. on her days off. She is married with two beautiful children.

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### Meet Deeni Bassam, MD – Expert Spine Physician:

**Board Certified, American Board of Anesthesiology,  
Certificate of Added Qualification, Pain Management**

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.

Dr. Bassam currently resides in Manassas and works at The Spine Care Center, which he founded. He is a native of northern Virginia and he 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.

After completing his residency, Dr. Bassam sought out advanced fellowship training in pain management. He completed his fellowship at Texas Tech Health Science Center, one of the most respected interventional pain management programs in the nation. Leading experts in pain management taught him how to safely and effectively relieve pain and improve each patient's life.

After his fellowship was complete, he served as Director of Pain Management for a teaching hospital in New York City. He created a new, hospital-based pain practice, giving thousands of patients new access to treatments they needed.

In 2005, Dr. Bassam returned home to northern Virginia and founded The Spine Care Center in Manassas. His training and experience set him apart. As a board-certified anesthesiologist and pain management physician, Dr. Bassam can provide a more comfortable patient experience for spinal procedures. He provides in-office sedation to help patients avoid pain or anxiety during epidural steroid injections, spinal cord stimulator placements, radiofrequency ablations, and many other minimally invasive spinal procedures.

Dr. Bassam's extensive experience and skill allows him to use the most effective approaches to care and deliver medicine directly to the sources of pain. He was the first doctor in Virginia to perform the mild® procedure for lumbar spinal stenosis (narrowing of the spine). He has also implanted many spinal cord stimulators and is one of the only physicians in the area who implants intrathecal pain pumps. His high-quality care has earned him repeated recognition as a Top Doctor in both *Washingtonian* magazine and *Northern Virginia* magazine.

Dr. Bassam is committed to his patients and supporting the Manassas community. He and his wife are raising their four kids in the area and have extended family throughout northern Virginia. In his free time, he enjoys horseback riding, reading, and scuba diving.



**SpineCareVA.com**

### Meet Usman Zafar, MD – Expert Spine Physician:

**Board Certified, American Board of Anesthesiology,  
Certificate of Added Qualification, Pain Management**

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, Pennsylvania, 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.



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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Arjun Ramesh, MD



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### Meet Arjun Ramesh, MD – Expert Spine Physician:

**Board Certified, American Board of Anesthesiology,  
Certificate of Added Qualification, Pain Management**

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

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

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

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

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



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## Chè Young, cMT

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### Meet Chè Young:

Chè Young has been practicing massage therapy for 16 years. She combines her accumulated training and experience to give each client the best massage for them that day. Whether you need deep tissue to increase joint mobility or a soothing, nurturing experience, you're in good hands with Chè. Her ability to treat a variety of clients and symptoms has gotten her voted as one of the top massage therapists in the DC region by the *Washington Blade* (2014, 2015). Chè has always had a passion for deep tissue massage and is a favorite therapist among the athletic population. She enjoys treating neck pain, headaches and TMJ issues as well as low back and hip problems.

Chè is a graduate of Temple University and the Northern Arizona Massage Therapy Institute in Sedona. She is a member of the Association of Massage and Bodywork Professionals (ABMP) and is a certified Medical Massage Practitioner. Chè has worked in a variety of settings, including a physical therapy and chiropractic offices and high end spas. Throughout her career she's had the opportunity to work with politicians, professional athletes, weekend warriors, overworked parents and so many more clients who have benefited from her strong and soothing touch. Chè is thrilled to call Alexandria Massage Therapy home.

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We don't charge extra for your therapist's knowledge. Deep tissue, stretching, myofascial release, cranial sacral therapy, Swedish massage, and other types of massage cost the same amount. Our Signature Massage takes away the guesswork of reading the menu and trying to figure out what's best for you and allows you to make an educated decision with the help of your therapist.

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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

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## Gaurav Bhatia, MD



46090 Lake Center Plaza  
Suite 102, Sterling, VA 20165

**703-719-8583**



### Meet Gaurav Bhatia:

My main areas of expertise are non-surgical treatment and management of spine related disorders such as acute and chronic neck and low back pain. I also specialize in acute and chronic musculoskeletal conditions such as hip pain, knee pain, shoulder pain, complex regional pain syndrome, etc.

My goals are to utilize both interventional and non-invasive options to design a treatment plan based on an evidence-based, multi-modal therapy approach.

I am proficient in performing several advanced, minimally invasive, non-surgical interventional techniques, including epidural steroid injections, image-guided peripheral joint injections, radiofrequency ablation treatments, sympathetic nerve blocks, and Platelet Rich Plasma (PRP) therapy injections.

**Board Certifications:** Dual Board Certified in the field of Pain Medicine (Harvard/MGH) and Anesthesiology (UPenn) by the American Board of Anesthesiology.

**Education:** I obtained my Doctor of Medicine (M.D.) from The Medical College of Virginia/Virginia Commonwealth University School of Medicine in Richmond after earning a Bachelor of Science in Biology with a minor in Chemistry at Virginia Tech. I completed my internship and residency in Anesthesiology and Critical Care Medicine at the University of Pennsylvania in Philadelphia. I completed my subspecialty training in Pain Medicine at Massachusetts General Hospital, affiliated with Harvard Medical School in Boston.

**Work Experience:** I was practicing Interventional Pain Medicine for the past 6.5 years at a distinguished Orthopedic practice in Reston and Centreville, Virginia. I have served as chair of the Pain Committee at UVA Culpeper Medical Center from 2014-2016.

**Awards:** Northern Virginia Top Doctor 2018, 2019, 2020, 2021

**Research and Publications:** My clinical research has been published in leading medical journals such as JAMA, the American College of Obstetricians and Gynecologists, and Hindawi.

I have also authored chapters in Pain Medicine textbooks.

**Diagnostic Consultation for Acute and Chronic Pain**

**Non-Surgical Management of Painful Spinal Conditions**

**Minimally Invasive Image-Guided Injections for Pain Management**

**Regenerative Medicine: Platelet Rich Plasma (PRP) Therapy**

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# What Causes Pain?



By Lyn Lubic  
The Essential Home Healer, LLC

neurons. The discomfort signals actual or potential injury to the body. However, pain is more than a sensation, or the physical awareness of pain; it also includes subjective interpretation of the discomfort. Perception gives information on the pain's location, intensity, and something about its nature. The various conscious and unconscious responses to both sensation and perception, including the emotional response, add further definition to the overall concept of pain.

Pain arises from any number of situations. Injury is a major cause, but pain may also arise from an illness. It may accompany a psychological condition, such as depression, or may even occur in the absence of a recognizable trigger.

Inflammation is the body's biological response to anything the body considers harmful, including pathogens, irritants, infection, allergens, injury, and pain. There are two types

Please see "Pain," page 46

Pain is a significant problem in our society. It's estimated that up to 80% of adults experience persistent symptoms of pain at some point in their lives. Whether that's due to a weak muscle, nerve pain, inflammation, or some other cause – it's not surprising that pain is considered the single leading cause of disability.

Pain is an unpleasant feeling that is conveyed to the brain by sensory

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By Shari Salartash, DDS, MAGD  
Dynamic Dental Wellness

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One of the main advantages of PRF is that it is obtained from the patient's body and it's almost impossible to have an allergic reaction or an immune rejection. In PRF therapy, the patient's own blood is drawn out and spun rapidly, using very specific speeds and time protocols in a horizontal centrifuge which results in a very high concentration of platelets. When this heavily concentrated portion of the blood is isolated, it contains three to five times the number of

Please see "Fibrin," page 46

PRF is an effective and cutting-edge treatment in dental and medical field. PRF or Platelet Rich Fibrin is concentrated blood plasma that contains various growth factors and stem cells which stimulate healing and regeneration in the human body. Our blood contains plasma and millions of platelets rich in growth factors with the ability to regenerate and repair tissue. PRF therapy offers a technique for expedited healing that is simple, cost-effective, and reliable.

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By LaSondra Gray  
CLA, CQA, MBA  
Reflections Image Center

# Latest Technology: Laser Skin Tightening

lagen below the skin, causing collagen production and the skin to look firmer.

## Benefits Of Laser Skin Tightening

The different types of benefits of Laser Skin Tightening are given below:

- Non-Surgical
- Non-Invasive
- Non-Painful

A person who has concerns about skin issues (sagging skin or textural irregularities) can benefit

from laser skin tightening. There are now modalities that can address skin concerns anywhere mainly from your forehead to your toes.

## How To Prepare For Laser Skin Tightening?

It is important to prepare for laser skin tightening. Your dermatologist or skin specialist will guide you. Avoid the sun and heat before and after any laser treatment. There are a few other points to keep in mind when it comes to laser skin tightening.

• A lot of people don't realize that you should make sure your skin is in a good place when you get laser skin tightening treatment.

• Make sure your skin is ready. Keep in mind that you don't want outbreaks before lasering. Lasers can reactivate cold sores as well.

• Before the laser tightening skin treatment, you just need to make sure that you keep your skin as moisturized as possible, and use some gentle skincare products.

We are living in an age of modern technology where it interferes in every aspect of our daily lives in one way or another. But technology interference is not only limited to smartphones, GPS locators, smart-watches, etc.

Technology has spread not only to make our lives easier but also to affect our physical fitness. Beauty has become an important factor nowadays. Everyone wants to adopt these technologies and wants to become more beautiful and fresh.

If you are worried about your skin appearance – stop. No need to be worried, there is a great technique for your skin. Laser skin tightening is the latest and greatest technique used to improve the appearance of the skin. Laser skin tightening is a non-surgical technique to firm skin on the body. This technique works on all skin tones and skin types. Although this treatment can be done anywhere on the different parts of the body, some popular areas include the stomach, neck, face, and jawline.

The laser usually gets very hot, though it remains tolerable on the skin, and it stimulates the skin to make more elastin and collagen, resulting in firm skin, and less crepey skin that looks tighter.

This treatment works well for people between the ages of thirty and sixty-five, although people who do not yet have noticeable wrinkling may find the treatment preventative. Keep in mind that, if your skin is very lax then surgery may be a better option for your skin.

## How Does Laser Skin Tightening Work?

Laser Skin Tightening is a highly popular technique because it shows immediate results. It can be applied to usually any area of the face or body for various skin-related problems.

This technique is done by using an infrared light laser to penetrate below the skin. The laser is usually hot, about the same temperature as a hot stone massage. It heats the col-

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# Swollen Toe Or Ankle? It Could Be a Gout Attack

By Edward S. Pozarny, DPM  
Arlington Podiatry Center

## What Is Gout?

Have you ever been awakened at night by a hot, painful feeling in your big toe or ankle? Did the painful joint appear swollen and red (inflamed)? These can be symptoms of a gout attack. Gout is a disease that affects

the joints. Left untreated, it can lead to painful foot deformities and even kidney problems.

Gout is caused from excess uric acid, a waste product made by the body. The uric acid forms crystals that collect in the joints, bringing on a gout attack. If you have many gout attacks, crystals may form large deposits called tophi.

The good news is that by treating gout early, you can relieve the pain and help prevent future problems. Gout can usually be treated with medication and proper diet. In severe cases, surgery may be needed.

## Treating Gout Attacks

The first step is having a doctor physically examine you. Your doctor will want to know where and how often you feel pain, about your diet, other medications you are taking and how much alcohol you drink.

X-rays may be taken to check for tophi or changes in your bones. Your doctor may take some fluid from your joint to check for uric acid crystals. A blood sample may also be taken.

A daily long-term control medication can reduce levels of uric acid. This may help prevent gout attacks. Other medications can help relieve pain and swelling during an attack.



Edward S. Pozarny, DPM

Medication may reduce pain and prevent attacks in the future. There are also some things you can do at home to relieve symptoms, such as resting and elevating the painful joint.

## Who Is At Risk For Gout?

Men are more likely to have gout than women. But women can also be affected, mostly after menopause. Some health problems, such as obesity and high cholesterol make gout more likely.

Medications, such as diuretics (water pills), alcohol consumption and

Please see "Gout," page 47

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# Medical Insurance To Buy Clear Aligners/Braces



By Tontra Lowe, DDS  
Awesome Smiles Dental Care

tic treatment:

1. Remember, your mouth is part of your body. Treatment due to defective upper or lower jaws that cause cross-bite, deep-bite, or a narrow roof of the mouth is based upon a medical condition. The teeth go wherever the jaws take them. Use medical insurance to help cover your portion of the treatment with or without dental insurance.

2. Children as they grow may need phased orthodontic treatment that may include braces or other appliances like a palatal expander, headgear or herbst. With technology today, clear aligners can have the same impact and act as an alternative to braces for some teens and adults. Dental insurance usually has a lifetime benefit for braces, but medical does not. Try to use your medical insurance to cover your patient responsibility.

3. Not all medical insurance will cover treatment if it is not a covered benefit no matter what's wrong. Additionally, not all dentists or orthodontists know how to access medical benefits to help pay for your treatment. Discuss

Please see "Insurance," page 46

It is estimated that roughly four million children under the age of 18 are undergoing some form of orthodontic treatment. This can range from braces or clear aligners used to guide jaw growth and development, or to treatment to the jaw, teeth, and mouth due to trauma. There are an additional two million adults seeking treatment as well for various reasons. Ever thought about using medical insurance to help cover out-of-pocket costs if eligible?

Here are three things to consider when trying to access medical benefits to help cover costs for your orthodon-

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By Toni Greene, Owner  
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# The Pain Of Smoking

## Stop Smoking Today!

in your mouth. You will be aware of the foods you eat. Foods that causes excess weight gain or foods to help maintain a healthy weight.

Now is the time, to control your conscious thoughts, to quit any habit, especially the habit of self-sabotage, and for you to be your healthiest self.

Smoking can cause lung cancer, emphysema, rotten teeth, throat cancer, brain fog, dried up skin, lines around the mouth that helps you to look older than you are and fatigued.

Aren't you glad you have made the decision to call a hypnotist today that will help you be your best, healthi-

est self?

You are a non-smoker, you use to smoke, and now you have kicked the unhealthy habit. Now you have self-control. You have control over the way you think, feel, and act.

**YOU ARE A NON-SMOKER!**

Smoking causes mental pain. Thinking of smoking, or not smoking when you want to quit and don't, causes mental pain. The pain of having to think of your next cigarette, where to go, where to smoke to avoid others from the toxic chemicals that not only goes into your throat and lungs but in the environment as well.

Smoking is not only a physical addiction but mental as well. The pains of having your clothes, hair, breath, stained teeth or even missing teeth, skin, and the smell of stale smoke causes anguish. Thinking about what others are thinking about when you enter a room reeking of stale, cigarette smoke causes mental pain to you and those in your immediate environment.

The pain of wanting to stop but thinking that you can't, causes mental pain because you have tried many times before.

Smoking is habitual. You give your conscious mind many excuses to have a smoke.

Boredom, anxiety, nervousness or constantly putting something in your mouth, fear, lonely, needing to do something with your hands, these are some of the reasons we tell ourselves to continue to sabotage our health.

However, you can, and you will alleviate yourself of the pains associated with smoking when you make the conscious decision to stop. You will then see that smoking is a state of mind. You will see with the help of hypnosis you can possibly quit smoking in a day regardless of how many years you have smoked. For some it could take a few more days, even weeks, but usually not.

Think about, imagine, make believe that you have already quit. Think about how good you will feel after taking control of your life. Imagine how healthy your skin will look, and how bright your smile has become because you took control of the reasons you have been telling yourself to smoke. Think about your sweet kisses and fresh mouth.

Also, know that when you stop smoking, you will not necessarily gain weight. You will learn how to make conscious choices of what you put

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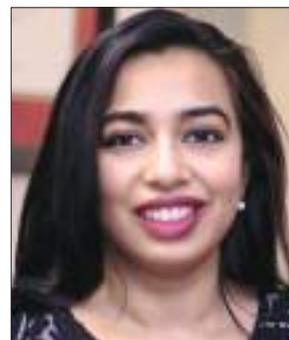
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# What Is “Two-Phase” Orthodontic Treatment?



Swathi Reddy, DMD

By Swathi Reddy, DMD  
All Smiles Orthodontics

Orthodontic treatments can be done in a single full-length treatment or broken into two separate treatment phases, with a resting period between the two.

Two-phase treatment is comprised of two separate times when a

child receives orthodontic treatment. The first phase is done when a child is still growing and has most of their baby teeth. The second phase takes place when all of the permanent teeth have erupted.

The first phase of treatment is done around the age of 7-10 years. This is usually when all four of the permanent first molars and incisors

have erupted. Children sometimes exhibit signs of jaw problems as they grow and develop. The goal of the first phase is to take advantage of the early growth spurts. This will help develop the jaw growth to gain space for permanent teeth, and to relate the upper and lower jaws to each other.

The first phase of treatment may use growth modification devices such as an expander, habit appliances (to stop thumb or finger sucking) or functional appliances (to reduce overbite). Braces may or may not be used during this phase of treatment. Phase one usually lasts from 6-18 months. Early correction may prevent later removal of permanent teeth to correct crowding and/or surgical procedures to align the upper and lower jaws.

After phase one the patient enters the recall phase. During this phase 6-month recall appointments are scheduled for observation. Periodic x-rays may also be done to monitor growth and development.

Phase two of treatment most

commonly occurs at the age of 11 or 12 years, but may vary depending on the child’s development. This phase involves the placement of full braces on all the permanent teeth, which gives maximum control over tooth movement. The goal of phase two is to achieve ideal alignment and occlusion of all permanent teeth. Treatment time can range anywhere from 15-24 months.

Phase two helps to optimize treatment time when the child is growing to obtain best possible results. It also could prevent the need for extractions and/or corrective jaw surgery in the future.

To check if your child will need this type of treatment contact your orthodontist to schedule a complimentary consultation.

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# What Happened To Hot Girl Summer...Hair?

By Reagan Yosifov  
Creative Stylist  
Alya Salon & Spa

Let's face it – these past two years have been stressful. A pandemic, a country divided politically, wars... these things can wreak havoc on your

hair.

Many people feel their hair is thinning. They feel the solution is to cut their hair short and/or stop coloring it. It does not have to be that way.



By Reagan Yosifov

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*Many people feel their hair is thinning.*

If you have lost a bit more hair than usual, due to stress or other factors, once your hair has completed its shedding cycle you may be eligible for extensions. Many people think they are not eligible for this service because they don't necessarily want longer hair. That's okay! Extensions are extremely versatile. Maybe you had a larger than normal amount of shedding due to stress, having a baby, surgery, or a health issue and you just want your

old hair back. Extensions can be used to make your hair full again.

Extensions are the answer to more hair problems than you would think. Have you always wanted to try balayage highlights but you are worried about the commitment and/or damage to your hair? Extensions. Have you wanted to try some of that mermaid/unicorn/rainbow hair? Extensions. Are you in an awkward stage of growing out a short haircut? Extensions!

While it is true that extensions are not for everyone, they are for more people than you would think. You probably already know someone who has them. Maybe they are right for you too!

Why continue to stress about your hair when you don't have to? Get a consultation today.

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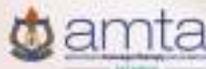
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By Sheilah A. Lynch, MD

# When Diet and Exercise Are Not Enough

excess skin, muscle weakness and fatty “adipose” tissue in the mid and lower abdominal wall. Many of life’s changes including weight loss or multiple pregnancies may leave you feeling frustrated with excess hanging skin or a low abdominal pouch that is many times resistant to diet and exercise.

weight gain or pregnancy also weakens the abdominal musculature and allows laxity to persist even after the weight has been lost. Because the muscle and tissues may have been stretched beyond their ability to recover naturally, attempts at muscle tightening with sit-ups may be futile.

An abdominoplasty is performed under general anesthesia so the muscle is relaxed and can be tightened by special suturing techniques. Excess skin and fat are removed and the resulting scar is hidden in the low abdomen and around a more youthful appearing belly button.

Abdominoplasty, or “Tummy Tuck,” is a commonly performed surgical procedure that addresses

Increased abdominal girth from

## About the Procedure

The procedure takes 2-3 hours and is usually performed as an outpatient procedure, meaning you go home the same day. The recovery is approximately two weeks, but many patients return to work as quickly as five days.

### Lipo360 and Brazilian Butt Lift (BBL)

If you don’t have excess skin or weak abdominal muscles and want to improve your waistline, a 360 degree approach with liposuction may restore your hourglass figure. Circumferential liposuction of the abdomen, flanks and low back can dramatically change the contour of your midsection. The surgery is performed as an outpatient and the recovery is less than a week.

BBL or Brazilian butt lift is an additional surgical procedure to consider along with Lipo360. This procedure transfers the fat removed by liposuction to the buttocks to enhance the shape and give a firmer, more lifted appearance. This procedure is completely natural using your own fat for the enhancement.

To find out if a tummy tuck, Lipo360 or BBL are right for you contact a board certified plastic surgeon.



**LPS** Sheilah A. Lynch, M.D.  
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### WHEN DIET AND EXERCISE ARE NOT ENOUGH

If you currently suffer from loose skin and stubborn fat areas, combining a Tummy Tuck (Abdominoplasty) with LIPO 360 (Circumference Liposuction) can be a great solution. Tummy tuck surgery involves removal of excess skin and fat from the abdomen, often with tightening of abdominal wall muscles, combined with LIPO 360, removing fat from back, love handles and abdomen to achieve a beautiful hourglass shape.



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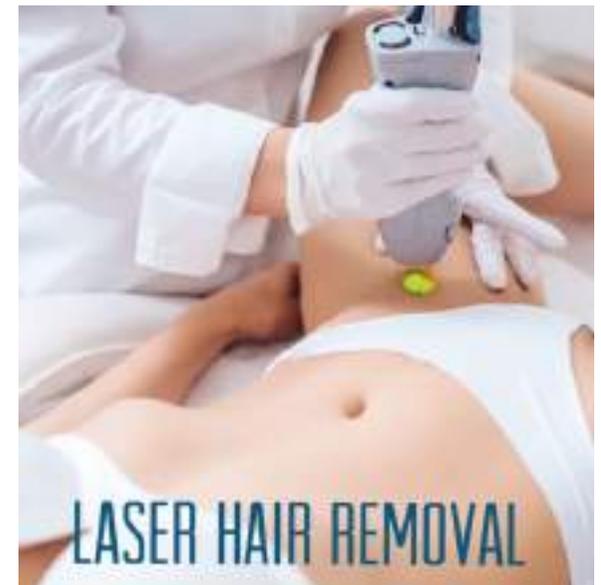
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# Monkeypox In the US, Western Hemisphere

Submitted by  
Your Health Magazine

The US and other western countries are monitoring new cases of monkeypox, which is a virus not commonly found in the west. Monkeypox is a viral zoonosis (a virus transmitted to humans from animals) with symptoms very similar to those seen in the past in smallpox patients, although it is clinically less severe. It is caused by the monkeypox virus which belongs to the orthopoxvirus genus of the Poxviridae family.

Over the past 20 years there have been cases showing up in the US and Canada tracing back to animals from Nigeria, Ghana and other African countries.

There have been outbreaks in the past as well. Tracing the virus to its origin allows officials to contain the virus and prevent the spread. It does not transmit well between humans but there are cases where prolonged

contact can transmit the disease.

Generally the disease is not that severe if proper medical care and hygiene is achieved. Symptoms usually don't appear until a few weeks after infection. Skin lesions and flu-like symptoms are the most common indicators you may have moneypox. The CDC and WHO are cautioning people to observe flu symptoms associated with an unusual skin rash or pustules that may look like blisters.

The CDC and health departments of Massachusetts and Maryland are coordinating efforts to identify cases and restrict or stop the spread of monkeypox. As usual in most healthcare, it's important to catch these things early before they get out of hand, like COVID did in 2020.

Reports indicate that the cases trace back to animals in Nigeria and other African countries. People traveling from those places should be aware of the risks and outbreak of the monkeypox virus.

## FIBRIN

FROM PAGE 36

growth factors and stem cells found in normal blood! PRF therapy allows patients to take advantage of the body's natural healing at a tremendously enhanced rate.

Platelet-rich fibrin (or PRF therapy) is widely used to accelerate healing and has proven valuable when used in conjunction with dental implant procedures, tooth extraction, and bone grafts. PRF therapy is used to reduce post-operative pain, promote tissue repair, reduce healing times, and contribute to faster tissue and bone regeneration.

By applying PRF therapy we achieve the following:

- Faster healing
- Bone and tissue regrowth due to presence of concentrated stem cells from patient's own blood.
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- Reduced risk of infection
- Reduced swelling
- Reduced post-operative discomfort

If you have questions and want to know more about how PRF therapy can help you, please ask a dentist with PRF training.

## JOINT PAIN

FROM PAGE 21

exercise programs, and sacroiliac belts. Additionally, oral medications may be used as well as therapeutic injections that may provide some patients with a temporary relief of pain.

Surgical intervention may be considered after non-surgical interventions have failed to provide a significant amount of patient symptom relief. Sacroiliac joint fusion provides stabilization of the joint and eliminates motion in the joint, typically providing long-term pain relief for patients.

There is exciting new technology for SI fusion. One procedure called, "Si Join" consists of three allograft (bone) implants placed at opposing angles to increase SI joint stability. The procedure is performed through three small incisions in the lower back, resulting in lower surgical trauma, reduced blood loss, shorter surgery times, faster recovery, and lower risk of injury to nerves.

SI joint pain is important to recognize because there are now very effective treatments available for this condition.

# The "Root" Of Your Tooth Pain

By Rifhat Khan, DDS  
The Dental Spa

Endodontics is the dental specialty that deals with tissues and structures located inside the tooth. One of the most common endodontic treatments is root canal therapy, a procedure which effectively eases the pain associated with a bacterial infection deep within the pulp of the tooth. Of course, root canal treatment doesn't just relieve pain – it also stops the infection by removing dead and dying tissue from the tooth's pulp. Plus, it helps to save the tooth, which is in danger of being lost if left untreated.

What's inside your teeth? Behind the tough, shiny enamel of the tooth's visible crown lies the sturdy inner tissue called dentin. Dentin is also found behind the cementum that forms the outer layer of the tooth's roots – in fact, it makes up the bulk of the tooth's structure. Similar in many ways to bone tissue, dentin is composed of many tiny tubules, which can transmit sensations to nerve cells when it is stimulated.

At the core of the tooth, inside small, branching chambers called the root canals, we find the soft pulp tissue. This consists of nerves, connective tissues and blood vessels, which extend into the center of the tooth and exit through canals near the apex (tip) of

the tooth's roots. When problems (such as infection and inflammation) develop in the pulp tissue, your first indication of trouble may be tooth sensitivity – or intense pain. In time, as the nerves die, the pain may go away...but the problem won't. In fact, if left untreated, the end result may be tooth loss.

What could cause the pulp tissue to become diseased and lead to root canal problems? One potential source of infection is untreated tooth decay, which can allow bacteria from the tooth's surface to work its way deep inside. A crack or fracture in a tooth could offer another pathway for microorganisms to infect the pulp.

Dental trauma – from a sports injury, for example – may also damage dentin or pulp, or expose it to infection. Extensive dental procedures (such as multiple fillings or restorations on the same tooth) may cause trouble; occasionally, even routine procedures like orthodontics may eventually lead to root canal problems.

The old gag line "I'd rather have a root canal" may still get a laugh – but root canal problems are no joke. It's important to remember that root canal treatment doesn't cause pain; it relieves pain. A typical root canal procedure is performed with local anesthetics, and doesn't cause any more discomfort than having a filling.

## PAIN

FROM PAGE 36

of pain and inflammation.

**Acute pain** usually goes away as the injury heals or the cause of the pain (stimulus) is removed. Nerve cells, or neurons, perform many functions in the body. Certain types of neurons can transmit a pain signal to the brain. Nerve cell endings, or receptors, are at the front end of pain sensation. This response prompts cells in the injured area to release chemicals that not only trigger an immune response, but also influence the intensity and duration of the pain.

**Chronic and abnormal pain** refers to pain that persists after an injury

heals, cancer pain, is pain related to a persistent or degenerative disease, and long-term pain from an unidentifiable cause. It is estimated that one in three people in the United States will experience chronic pain at some point in their lives; approximately 50 million are either partially or completely disabled. Chronic pain may be caused by the body's response to acute pain. One of the frustrating aspects of chronic pain is that the stimulus may be unknown.

Both physical and psychological aspects of pain can be dealt with through many ways. Both traditional and alternative methods are available.

## INSURANCE

FROM PAGE 38

with your provider what options you may have and encourage them to undergo training to learn how to access medical benefits on your behalf.

Make sure to ask your dentist or orthodontist if your braces or clear trays qualify for medical billing. Ac-

cidents that cause trauma to the mouth and require braces may qualify too. Malocclusion secondary to jaw defects may be covered under your medical plan and reduce your costs. Remember, the teeth can only go where the jaws lead them. It's worth a try, right?

## Select an Expert

When practically everyone who performs cosmetic procedures states that they're an expert, how can we find out who really is? Expert dermatologists and plastic surgeons are very involved in the field and have extensive experience and qualifications. Ask if your doctor is invited to teach as a Professor by universities, and at dermatology and plastic surgery academy conferences. You can also ask whether they serve as Principal Investigator for FDA clinical trials and other research that brings the newest cosmetic surgery technologies to our country. You can put their name and PUBMED into a Google Search to find out whether they are publishing scientific papers in high-level dermatology and plastic surgery journals. Expert clinics are typically well-equipped with the latest equipment and offer the most advanced techniques.

## Look For Choices

True cosmetic surgery specialists offer many different treatment options, so that your action plan can be customized to address your own unique pattern of aging. Depending on your needs,

your cosmetic surgeon should be able to offer you a wide range of possible plans and solutions, and the reasons for your recommended action plan.

## Look For the Latest Technology and Techniques

New technologies should be used by a cosmetic surgeon who understands skin of all ages, different genders and ethnicities and cultures, to safely and effectively rejuvenate women and men at any age and from all backgrounds.

## What About Social Media?

Social media can be useful to find a dermatologist or plastic surgeon whose work you like. However, it's not a substitute for proper qualifications and training. Look carefully at what content is being posted – is it just before and after results, or is there also good educational information and indications that your doctor is a scientist, teacher and leader in the field?

If you follow these five key steps, you can select the right doctor to balance how you look with how you feel and project youth, energy, and vitality at any age – not only for the summer, but for a whole lifetime.

# DENTURES

You can go out in public, eat a steak, bite into an apple, sing, and have a regular life. I have had patients tell me that they felt embarrassed because their grandchildren laughed at their teeth or they avoided dating or the simple pleasure of kissing or seeking a job promotion because of their teeth or dentures. This can change – and for the better.

7. Implants are used to replace many parts of the human body and they are accepted because they are made of biocompatible materials, which mean friendly to the body. I have been placing and restoring dental implants for 21 years and have rarely seen any implant related health problems. The problems, if any, are related to how the patient maintains the implants.

In summary, implants offer these major health advantages: they enable you to chew your food properly and have a healthy digestion and nutrition; they can even help you live longer; they prevent further bone and gum shrinkage; and implants also eliminate the psychological issues associated with wearing dentures and partials.

However, I will state this, the Mayo Clinic did a study some time ago and found that people without teeth, live on the average, 5 years less than those with teeth. Dental implants are also used to support remaining natural teeth and bridges and anchor dentures. These are some of the advantages of dental implants. So, can you imagine a life without dentures?

# GOUT

certain foods can trigger gout attacks.

Foods to avoid if you have gout include:

- Alcohol (beer, red wine)
- Certain meats (red meat, processed meat, turkey)
- Organ meats (kidney, liver, sweetbread)
- Shellfish (lobster, crab, shrimp, scallop, mussel)
- Certain fish (anchovy, sardine, herring, mackerel)

## Prevention

Here are some things you can do to prevent gout attacks:

- Avoid alcohol and foods that trigger gout.
- Take any long-term control medications prescribed by your doctor.
- Lose weight if you need to.
- Control blood pressure and cholesterol.
- Drink plenty of water to help flush uric acid from your body.



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*Dr. Hema Sundaram, MA, MD, FAAD*

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

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

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

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

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

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