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# YOUR HEALTH

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August 2022

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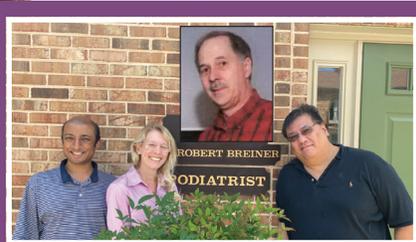
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Seddigheh Feisee, MD  
Internal Medicine

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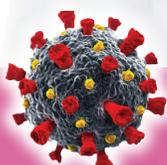


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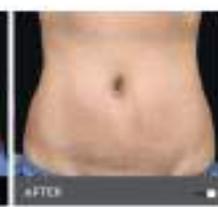
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# Diabetic Peripheral Neuropathy – Oh, My Burning Feet

By Deeni Bassam, MD, DABPM  
The Spine Care Center

Diabetes is an unfortunate affliction, which plagues the lives of millions of Americans. Most of us are already familiar with the basic understanding of diabetes as a problem in the regulation of glucose (sugar) in our bloodstreams. This simple problem of too much sugar, over time, leads to a cascade of secondary effects ultimately wreaking havoc on organ systems across the body.

It would be an overreach to attempt to discuss, or even to list, all of the end organ effects of diabetes in such a humble article so, instead, we focus on only one such complication of diabetes known as painful diabetic peripheral neuropathy (PDPN).

Although several theories for the origin of PDPN exist there is significant evidence that PDPN is the consequence of dysfunctional nerve endings in our feet, which in turn is the consequence of damage to the most delicate of arteries which supply nourishment to these nerve endings. Relentless hyperglycemia in poorly controlled diabetics leads to the destruction of the micro-vascular system and an asphyxiated peripheral nervous system responds with signals of distress we know all too well as pain.

Over time, a pattern of constant burning pain in the feet develops along with loss of sensations and even changes in the overlying skin. The pain can become severe enough to interfere with simple activities of daily living and is described as “suffering” by many. In severe cases, progression of the blood flow limitation leads to dead and gangrenous tissues necessitating around two thirds of the amputations done in our country.

Thankfully, treatments do exist for both the primary causes and secondary effects of PDPN. The single greatest way to prevent the development of PDPN is tight control of blood sugar.

Your primary physician can help you with the tools to manage your diabetes effectively and evaluate you for one of several new FDA approved medications for the symptoms of

PDPN. These medications have been shown to make a positive difference in pain levels, sleep quality, and functional capacity. It is unclear at this time if these medications will have an effect on the natural progression of PDPN.

For more advanced cases of PDPN, which do not respond to trials of readily available medications, referral to a pain specialist could be

considered to review other treatment options. In Europe, there is extensive experience with implantation of small devices in the body, which electrically stimulate certain nerve fibers, which in turn cause a significant improvement in blood flow to the feet.

This treats primarily the pain of PDPN and does so presumably by improving the blood flow and nutri-

tional state of the nerve endings. In many European countries this is used in lieu of amputation.

If you are a diabetic you should work closely with your physician in managing all that comes with this chronic condition. Remember that the best way to prevent the development of PDPN and its complications is tight control of your blood glucose level.



## 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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# Healthy Skin At Any Age

## New Lasers and the Latest No-Downtime Procedures



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

How do you view midlife? If you're like most, you probably have every expectation that this stage of life and beyond will be active, fulfilling and productive.

Our skin is the largest organ in our body and the mirror of everything inside. It's natural to want our skin to reflect externally the youthful vigor

and vitality we strive for internally. This life philosophy is redefining midlife, and revolutionizing skin health and cosmetic dermatology. We are especially inspired by our patients in their 80s and 90s who are living life to its fullest, and typically taken for being 20-30 years younger than they actually are!

The idea of looking and feeling good at any age has inspired groundbreaking non-surgical strategies that naturally rejuvenate you, while preserving your individuality and avoiding an overdone look. For the latest thinking from the world's cosmetic experts, read the new article in RealSelf, "The 6 Buzziest Treatment Launches of 2022" at <https://www.realself.com/news/cosmetic-treatment-launches-2022>.

Please see "Healthy Skin," page 21

# No Cost Dental Treatment for Disabled Veterans



By Tontra Lowe, DDS  
Awesome Smiles Dental Care

According to USA Today, at the end of 2018, more than five million Veterans had at least one disability. Serving your country to protect and defend citizens' freedom sometimes across the globe is daunting. But, you did it and deserved all benefits earned for your service. But, were you aware that those benefits could mean healthier and improved oral

care through the VA Community Care Network program (VACCN)?

After COVID, it became challenging to receive healthcare as the entire world reacted to a pandemic, including its unknown health consequences. Since the mouth is part of the body, it also became a challenge to receive dental treatment. With the long commute for Veterans to either Washington, DC or Martinsburg, WV, the VACCN program became very popular for those who were aware of the program, its benefits, and the ability to be seen by dentists near opposed to 50 miles away from them. The program allows Veterans to receive dental care from authorized providers in their local community when unable to travel to the VA.

Here are three things to consider when trying to access dental care in your community:

Please see "Veterans," page 41

**DID YOU KNOW** that Awesome Smiles is now a proud preferred provider for disabled veterans?



Stop commuting to DC and fighting traffic: schedule an appointment with Dr. Lowe instead.

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# “Laser” Cataract Surgery

By Jacqueline D. Griffiths, MD  
NewView Laser Eye Center

A cataract is a clouding of the lens inside the eye, causing vision loss that cannot be corrected with glasses, contact lenses or corneal refractive surgery like LASIK.

In cataract surgery, the lens inside your eye that has become cloudy is removed and replaced with an artificial lens (called an intraocular lens, or IOL) to restore clear vision.

The procedure typically is performed on an outpatient basis and does not require an overnight stay in a hospital or other care facility. Most modern cataract procedures involve the use of a high-frequency ultrasound device that breaks up the cloudy lens into small pieces, which are then gently removed from the eye with suction.

### What Is the Femtosecond Laser?

Recently, a number of femtosecond lasers – similar to the lasers used for LASIK – have been approved by the FDA for use in cataract surgery to do the following steps:

- Creating corneal incisions to allow the surgeon access to the lens
- Removing the anterior capsule of the lens

- Fragmenting the cataract (so less phaco energy is required to break it up and remove it)
- Creating peripheral corneal incisions to reduce astigmatism (when needed)

A femtosecond laser can also be used to perform some of the steps of surgery to remove a clear lens or refractive lens exchange (RLE), and to make arcuate incisions in the cornea (AK) to reduce astigmatism. There are benefits and risks associated with the use of the laser, and there may be additional costs.



### Lasers vs. Traditional Surgery To Remove the Lens

#### What Are the Possible Benefits?

Traditionally, the eye surgeon uses blades to create the incisions in the cornea (the front window of the

eye), and other special instruments to create the capsulotomy (the circular incision in the outer layer of the cataract or clear lens). The surgeon also uses a phacoemulsification device that utilizes ultrasound power to break up the lens and remove it from the eye. The femtosecond laser can be used to perform some or all of these steps.

The possible benefits of the laser include the ability to make more precise and consistent incisions in the cornea, a more circular and centered capsulotomy, and to pre-soften the cataract so less ultrasound energy is necessary with the phacoemulsification device.

### How Is the Laser Used To Treat Astigmatism?

Patients with astigmatism have several choices for the reduction of astigmatism. Nonsurgical options for astigmatism correction include glasses and contact lenses. Surgical correction of astigmatism can be achieved through a toric intraocular lens, a limbal relaxing incision (LRI) made manually with a blade, or an arcuate incision made with the femtosecond laser (AK). Refractive surgery such as LASIK or PRK can also treat astigmatism. The shape and size of incisions made with the laser may be more precise.



Jacqueline D. Griffiths, MD

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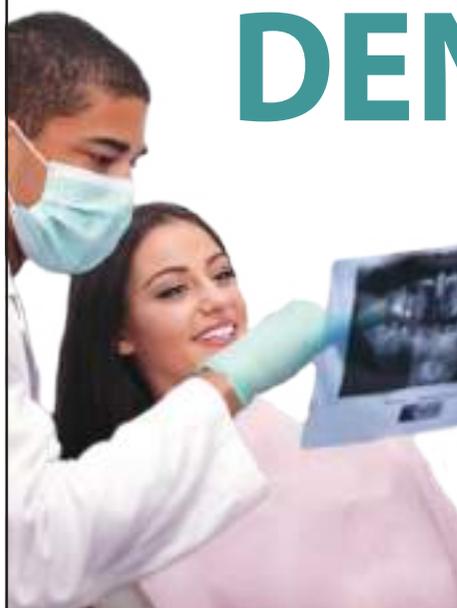
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Information about, and from, local healthcare providers is not easy to find, and many times those services are difficult to access.

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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# Women and Tailbone Pain (Coccydynia)



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

plan to properly care for your tailbone, if you don't want to suffer more.

There are ways to reduce the risk of tailbone pain including: no prolonged sitting, avoid sitting on hard surfaces and exercising regularly. If you have to sit for a long time because you are a student or desk worker, it is recommended that you use a cushion for sitting.

If you're experiencing prolonged tailbone pain, seeing your chiropractor is a great first step to getting both short and long term relief. Why live in pain if you don't have to?



A 45 year old female patient visited her clinic and complained of her chronic tailbone symptom. She stated that she did not get injured at all, but the pain persisted. She was taking medication to relieve the symptoms, but there was no obvious diagnosis, and the pain was still there after six months.

Take another case of a 36 year old female graphic designer who stated that she had been experiencing tailbone pain for around four months. It got worse recently and she could not sit for long due to the pain and discomfort, affecting her job and enjoyment of life.

There are more women than you think that are experiencing coccydynia (tailbone pain). The most common cause is a falling injury. When falling on your tailbone (coccyx), it can be moved or twisted. Then, it will pull or damage the ligaments or tendons and become inflamed with bruising.

Some patients are young mothers who gave birth within the past year, and they experience coccydynia. Just prior to childbirth, the hormone relaxin is secreted to release tension in the entire pubic area, including the pelvic joints and ligaments, and loosen up all pelvic joints. Sometimes, it can be a reason that causes tailbone pain if the pelvis ligament tension remains weak after childbirth.

There are many other cases, without injury or childbirth, such as excessive sitting, inflammation, prostate tumor, and improper sitting posture that can cause tailbone pain.

A damaged or twisted coccyx and/or weakened pelvis ligaments should be taken care of by a professional provider with proper adjustments, physical therapy, and therapeutic exercises if needed.

Medications can offer short term relief, but if the problem persists, you need to see a professional who understands and specializes in this area and get on a care



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By Eileen West, MD, FACP

# Understanding Your Risk For Breast Cancer

are aware that screening for breast cancer with an annual mammogram is important, but an annual screening for breast cancer versus understanding personal risk of developing breast cancer are two vastly different things. An individualized breast cancer risk assessment to determine your risk is an important metric in your overall health. The American College of Obstetricians and Gynecologists recommends beginning regular screenings

at age 40, and risk assessment by age 30 for black women and women of Ashkenazi Jewish ancestry.

Most of us know the statistic, “1 in 8,” or 12% of women will develop breast cancer over the course of their lifetime. Research continues to shed light on specific factors that impact an individual woman’s risk for breast cancer. Clinically validated risk models, such as Gail and IBIS Version 8

(Tyler-Cusick) incorporate factors such as body height and weight, alcohol intake, age at puberty, age at first birth, family history, and breast density to determine risk and compare that to the average risk of breast cancer for a woman the same age. Research shows that dense breasts can be six times more likely to develop cancer and can also make it harder to detect abnormalities on a mammogram. Although current models cannot predict with certainty who will or will not develop the disease, these models help providers identify women who may be at higher-than-average risk and benefit from additional types of screening.

Up to 75% of women who develop breast cancer have no family history or any known inherited genetic cause. A genetic mutation should be suspected in families who have early onset breast cancer (before age 50), triple-negative breast cancer, or cancer in several generations. We now have a new option for cancer screening the multi-cancer early detection blood test, known as Galleri, which can detect over 50 different types of cancer, of which only five are routinely screened.

In the U.S., 30% of breast cancer cases are believed to be related to lifestyle factors. Healthy behaviors including a diet filled with fresh fruits and vegetables, getting plenty of exercise, avoiding smoking, and limiting alcohol can have a dramatic impact on breast cancer risk.

So, remember, getting a mammogram isn’t the same thing as understanding your own personal breast cancer risk. We now have clinical risk assessment tools to determine whether a person is at a higher or lower than average risk of developing the disease. Finally, genetics plays a role in about 25% of breast cancers, and healthy lifestyle changes can have a significant impact on overall breast cancer risk reduction.

*Dr. Eileen West is Board Certified in Internal Medicine and trained in women’s health, including advanced training on breast health from the Mayo Clinic. She has been named a Top Doctor by Washingtonian Magazine every year since 2018. She owns Eileen West, MD & Associates in Fairfax, VA, a concierge medicine practice that focuses on women-specific care.*



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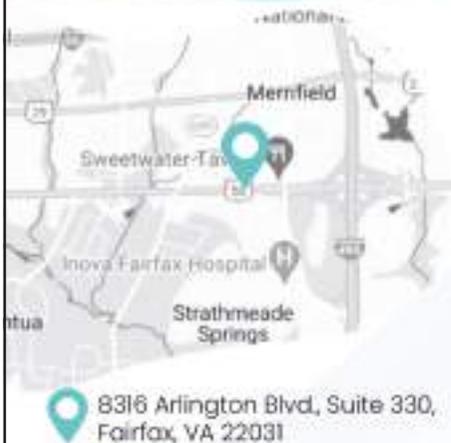
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# Women's Teeth and Gums

By Karl A. Smith, DDS, MS

A smile is the first impression that communicates a woman's happiness and confidence; if you wish to keep your winning smile out in front, you will want to take special care of what's behind it – your periodontal (gum) health.

Periodontal health is connected to a woman's overall health. As your health care needs change throughout your life, during puberty, pregnancy, and menopause, your oral care needs may change too.

Hormonal fluctuations during these times may affect your gum tissue and the underlying bone that support your teeth. These changes may increase your susceptibility to periodontal disease and require you to take special care of your oral health.

## Gum Care During Puberty

When a young woman enters puberty, the production of sex hormones, such as progesterone and estrogen increase. Studies show that these elevated hormone levels may cause gum sensitivity and lead to a greater reaction to any irritation, including food particles and plaque. During this time, the gums can become swollen, turn red, and may feel tender.

## Menstruation and Gingivitis

During menstruation, some women may experience gingivitis. This condition may cause gingival (gum) bleeding, redness or swelling of the gums, sores on the inside of the lip and cheek, a slight burning sensation or gum discomfort. It is important to maintain good oral health during these hormonal fluctuations. However, in some cases, periodontal treatment and antimicrobial agents may be recommended to ensure that your periodontal health is at its best.

## Pregnancy and Gum Disease

If you are pregnant, or planning to become pregnant, you need to know that your periodontal health can affect your pregnancy and ultimately the health of your baby. Studies have shown that any infection, including gum infection during pregnancy, may put you at a significant risk of delivering a preterm, low birth weight baby.

If you are already pregnant and have been diagnosed with periodontal disease by your general dentist, a simple non-surgical procedure called scaling and root planning performed by an experienced periodontist may significantly reduce your chances of complications.

## Medications Including Oral Contraceptives

Birth control pills may make you susceptible to oral health conditions that affect pregnant women. Synthetic hormones in the oral contraceptives are designed to mimic pregnancy and may cause your gums to turn red, bleed, and swell.

In addition some commonly prescribed medications such as anti-depressants and certain heart medications may cause dry mouth, increased plaque build-up and enlarged gum tissue. These conditions frequently result in bacterial infections under

the gum line causing bleeding gums and bad breath. Make an appointment and speak with your periodontist if you are experiencing these symptoms.

## Your Changing Body During Menopause

During menopause or post-menopause, you may notice a change in the way your mouth looks or feels. You may, for example, experience discomfort including pain, burning sensations in the gums tissue, mouth sores or aphthous ulcers, and altered tastes. Saliva substitutes are available from your periodontist to help

lessen the effects of a "dry" mouth that many women experience. Post-menopausal women may significantly reduce tooth loss by controlling their periodontal disease, especially if diagnosed with osteoporosis.

Diligent at-home oral hygiene, professional cleanings, and periodontal evaluations are an essential part of your overall health care. If you experience any symptoms described in this article, take control of your preventative dental health.

Make an appointment for a periodontal evaluation with an experienced periodontist today.

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# Sun-Safe Summer Fun



By Sherry Maragh, MD, FAAD  
Maragh Dermatology, Surgery  
& Vein Institute

## No Tanning Beds

Ultraviolet light from tanning beds increases the risk of skin cancer and increases signs of aging on the skin. To get that sun-kissed look, consider getting a spray tan or try using a self-tanning product.

## Get Your Vitamin D Safely

Sun exposure is not the only way

your body gets vitamin D. It can be obtained safely through a healthy diet which includes naturally enriched vitamin D foods, Dietary supplements, fortified foods and beverages.

If you are vitamin D deficient, speak to your doctor about safe ways to treat your condition that do not increase your risk of skin cancer.

## Visit Your Dermatologist

Develop a monthly routine to inspect your skin. If a growth, mole, sore, or skin discoloration appears suddenly, or begins to change, see your dermatologist. Have your dermatologist examine your skin at least once a year, especially for adults with significant past sun exposure as a child or if you have a family history of skin cancer.

As you plan your outdoor activities, be sure to be safe in the sun and know how to protect your skin from sun damage and the harmful effects of overexposure to ultraviolet (UV) radiation. Excessive sun exposure is the most common and preventable risk factor for the development of skin cancer. Here are some simple ways the American Academy of Dermatology recommends for you to stay safe this summer.

### Use Sunscreen

Generously apply a sunscreen with a Sun Protection Factor (SPF) of at least 30 to all exposed skin and under any light-colored or loose-fitting clothing. Broad spectrum sunscreens provide protection from both UVA and UVB sun rays.

Be sure to reapply your sunscreen every two hours and after any water exposure including swimming or sweating. And yes, sunscreen should be worn even on cloudy days.

### Wear Sun Protective Clothing

When participating in outdoor activities, remember to bring sunglasses and a wide-brimmed hat. Long-sleeved shirts and pants should also be worn whenever possible.

### Find Shade

The sun's rays are strongest between the hours of 10AM and 4PM. Avoid prolonged periods of sun exposure during these hours, reapply sunscreen frequently and find a shaded area that protects you from direct sun exposure. Rule of thumb: If your shadow appears to be shorter than you are, find a shaded area.

### Use Caution Near Water and Sand

Water and sand can reflect and intensify the harmful rays of the sun and increase your risk of burning.

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By April Toyer, DDS, FAAPD  
Lifetime Dental Care

# Does My Child Really Need Dental X-rays?

It might be shocking to realize that children often need dental X-rays more often than adults. Your child is constantly growing and changing, and they are often more susceptible to tooth decay than adults. The enamel on children's teeth is generally thinner allowing decay to spread more rapidly than on adult teeth. The American Academy of Pediatric Dentistry recommends that X-rays are performed every six months to a year or more depending on their risk for tooth decay.

## What Is the Purpose Of X-rays On Children?

Many parents are frustrated that their dentist reports that their child now has cavities, but at their previous check up they were cavity free. Cavities can form rapidly on children, however the absence of X-rays at a previous visit due to age or behavior may be the cause for the initial under diagnosis. Most parents are shocked to find that their child has cavities because they regularly brush twice a day and limit high consumption of sugars in their child's diet.

Many parents admit that they have not yet begun flossing due to either lack of child cooperation or failure to realize the importance of flossing at such a young age. X-rays can detect cavities that form in the areas between your child's teeth that may not be seen on visible inspection. Once cavities are visually seen on areas between the teeth, these areas may be quite large, and actually approach the nerve of the tooth requiring more extensive treatment.

Eruption patterns of teeth can also be diagnosed with X-rays. Many children have delayed or advanced eruption patterns, or may even have permanent teeth that are missing or developing in an incorrect location. Early detection of these occurrences may help determine if early intervention or orthodontic treatment may be necessary. Many of these problems are more difficult to treat after the growth process is complete.

Children are known to being highly active and unfortunately prone to injury. Most commonly the upper front teeth take the brunt of the abuse and can suffer from root fracture, tooth displacement, color change, and mobility. Your child's dentist may elect to take regular X-rays of this area to determine if any damage has occurred to the baby teeth or the permanent teeth

underneath.

## Are X-rays Safe?

Radiation is all around us, from microwaves, to airplanes, and even from the sun. With the amount of radiation we are exposed to with daily activities, the radiation from dental films is very negligible. Different dental offices have different forms of X-ray technology and therefore different levels of radiation from their

equipment.

Digital X-rays offer the lowest form of radiation to patients, in some cases up to 80% lower than the traditional films most adults had as children. All dental offices are required to have routine inspections of their X-rays equipment by their state. It is also required that a lead apron be placed on your child for additional protection.

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# Conditions That Affect TMJ Disorder and Other Comorbidities



By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

With many TMJ disorders, there oftentimes exist other problems that add to the mix – these are called comorbidities. When understanding a TMJ disorder, it is often wise to figure out if the person might also have other medical conditions. A few great examples are EDS, POTS, and/or MCAS. Let's review each of these and how they might affect the temporomandibular joints and their associated discs.

EDS (Ehlers Danlos Syndrome) is a group of somewhat rare inherited conditions that affect the connective tissue in the body. This can include increased range of joint movement, skin that is too "stretchy" or even fragile. So, when a person has EDS, their temporomandibular joints and discs can be adversely affected – that little disc is more likely to pop out of the socket and make TMJ treatment more difficult. Depending on the type of EDS, there could be a different situation with the TM joints. There could simply be a disc that will not stay in place, so it "slips and slides" around in the socket. Or there could be blood vessel damage that will cause pain or pressure in the joints.

With POTS (Postural Orthostatic Tachycardia Syndrome) there can be lightheadedness, brain fog, fatigue, headaches, blurry vision, tremor, and/or palpitations caused by standing up from a reclined or supine position. All these symptoms can also correlate with slipped discs in the TM joints as well, so dealing with one requires dealing with the other.

In patients with MCAS (Mast Cell Activation Syndrome) this is when mast cells release too much substance causing a reaction like that of an allergy. The TMJ specialist must pay attention to any adverse reaction that appliances might initiate. If the patient is allergic to some of the acrylics or metals used in the treatment of TMD, the practitioner must be aware

of this. A patient who reacts strongly to acrylics, for example, might present with tachycardia, shortness of breath, or other symptoms that could be potentially life-threatening. Skin related symptoms like itching, angioedema and skin flushing could be caused by metal or acrylic reactions.

Because more and more people are presenting with EDS, POTS, and or MCAS, it is important to pay

attention to their needs. The dental appliances required in treating TMJ disorder need time for the patient to become accustomed to wearing it. The practitioner must tailor the treatment carefully, to avoid excessive problems. Therefore, the ALF appliance has become useful for patients experiencing multiple symptoms.

The bottom line is the doctors all need to work together when a

patient has multiple conditions that intersect with other conditions. It's a team approach. The person who has comorbidities must be addressed in a multidisciplinary approach. Each doctor on the team – and there must be a team – needs to be aware of what the other one is doing. It is important that the physician work closely with the TMJ specialist and any other providers on the team.



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

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

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



**Jeffrey L. Brown, DDS**

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Submitted by Virginia Relay

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# Pain In the Lower Back Or Hips?

## SI Joint Injections May Help



By Madhavi Chada, MD  
Synergy Spine and Pain Center

A sacroiliac (SI) joint injection is a treatment to help patients with pain in the buttocks, lower back and hips. These joints connect the bottom of your spine to your pelvis and provide support for the lower part of your body and your back.

If the SI joint is confirmed as your source of pain, an anti-inflammatory medication is included with the injection to provide pain relief by reducing inflammation within the

joint.

If the patient experiences prolonged pain relief after a therapeutic sacroiliac joint injection, he or she can begin a physical therapy and rehabilitation program to further reduce pain and return the patient to normal activity levels.

If the therapeutic sacroiliac joint injection is successful in reducing or eliminating the patient's pain for a longer duration, it may be repeated up to three times per year, in conjunction with physical therapy and rehabilitation program, to help the patient maintain normal function.

### What Will Happen During the Procedure?

You will lie on your stomach on a table. Then the area to be treated will be cleaned and covered with a special sheet. Before the procedure starts, a doctor will inject you with a local anesthetic. This will numb the

*Please see "SI Injections," page 41*

# New Teeth In One Day



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

People who have lost their teeth, or are going to lose their teeth, are looking for the latest technology as a solution. Of course, this is a very difficult problem for a number of reasons, and finding the right solution for you can be a life-changing experience.

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*Please see "New Teeth," page 41*

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does not use harmful x-rays. This is especially important with orthopedic studies, allowing you to be imaged in the "position of pain" which allows your doctor to much more accurately visualize the problem when and where you are having it and, in return, more accurately identify the proper course of treatment. Flexible patient positions that are impossible on conventional "lie-down" MRI scanners are routine

at our Stand-Up/Sit-Down Open MRI locations. Our MRI scanners virtually eliminate feelings of claustrophobia or PANIC and ANXIETY that many people feel during a traditional MRI study.

While providing superior images is our number one priority, patient comfort and convenience are important, too. Relax while watching TV and enjoy a stress-free experience not available at any other MRI facility. When you are scheduled to have an MRI a family member can be with you in the MRI suite during your scan. This is especially important for patients who want the safety and security of a trusted family member with them during the procedure. Also a plus for older patients or those with dementia. Sedatives are usually unnecessary so you can go back home or work immediately after your scan.

*Washington Open MRI has the world's first and only advanced positional MRI scanners that allow you to be scanned either lying down, or in the sitting or upright positions.*

Our staff radiologists have 40+ years of experience and will review your images and provide your report to your doctor promptly. After the interpretation is completed, your report and images are immediately sent to your doctor and you will receive an email or text with a link to your images and MRI report.

Washington Open MRI has six convenient locations as a trusted advisor serving our medical community for over three decades. We offer attention to detail that is unsurpassed.

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- "The Better MRI at Any Angle"™

### ***A Message From Our CEO – Phyllis Newfield...***

The mission of the Washington Open MRI is to provide the highest quality diagnostic imaging with the most patient comfort in a professional environment. Our vision at Washington Open MRI is to bring greater awareness of the unique capabilities of our Stand-Up/Sit-Down positional MRI.

We were the World's First positional MRI center, and only available at Washington Open MRI. This unique technology provides MRI results that ARE truly superior to all others available today.

We have been providing this unique experience for our patients in a non-claustrophobic environment for almost 30 years, and for most patients, you can watch TV during your MRI scan!

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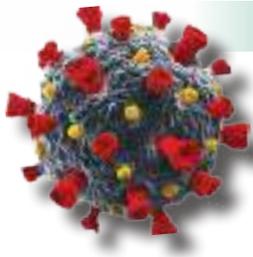
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# COVID Final Straw In Deaths

Paying attention to trends in COVID-19 is something most people are still doing on a regular basis and trying to base some of their activities on how to be safe and not put themselves at higher risk. But, for most people without underlying conditions, we are at a point where COVID is more like the flu or other common colds. We test positive, have mild symptoms and recover pretty quickly.

Groups at higher risk are those with underlying conditions referred to as comorbidities. Some people have heart disease, others have diabetes, or other chronic and serious health conditions and diseases. There are also people with multiple conditions. A 58-year-old obese man with diabetes, heart disease, circulatory issues, and multiple neuropathies is much more at risk than someone in good health.

When this man contracts COVID, it could be the straw that broke the camels back. In fact, it most likely is

that straw. With all those other serious health issues, adding a viral infection is just too much to handle.

That same person already has a shortened life expectancy, so maybe they would die within a year, or two, or three. You could predict that a heart attack or stroke is likely to cause death in the fairly near future. But, at this moment, those conditions are being managed with medications and lifestyle changes.

Then that person gets COVID, and that makes it impossible to manage all these things going on at the same time. The man is hospitalized and within a fairly short period of time dies. That is going to be listed as a COVID death. That is because COVID was the last straw added to the mix of multiple conditions.

Current data provided by the CDC indicates that these are the types of patients that represent 90% of COVID deaths. While the number of cases reported is still high, and probably underestimated because of home testing, the hospitalizations and deaths are overwhelmingly

older people with multiple underlying conditions and most of the deaths at any age are attributable to this type of patient.

We are hearing about jurisdictions considering new mask mandates and other interventions because of the slight increase in cases. Statistically this makes sense if you don't dig a little deeper into the details. Even if you do the work to study the data it may also make sense.

Considering that every single person, no matter what their lifestyle or underlying conditions, is important, and we must do "everything" possible to protect those people, then you can reach the conclusion that everyone should wear a mask and isolate. But that's not realistic. No policy, lockdown or mandate is going to prevent every single case and prevent every single death. China has tried to implement a "Zero COVID policy" and they can't do it either with the most draconian policies. More people are starving to death than dying from COVID.

Be vigilant in trying to protect yourself and your loved ones, but

also do your homework to understand what the data and statistics actually mean. Policies should be based on the best outcome for the country and not going all-in to prevent every case and every death. If we were to do that then we would also have to do things like stopping driving, or swimming, or anything else where we know hospitalizations and deaths are going to result.

The question asked every day is what should we be doing and what can we do. Those decision are largely in the hands of each person, and it is doubtful that government can have much of an impact at this point. Even asking a doctor for advice on what to do, requires the doctor to advise in the most cautious way. A doctor has to tell you what to do to keep you as safe as possible. They might tell you to live in a bubble because that's the safest way to protect yourself. That is advice. Then it is necessary for each person to take that advice and make the best decisions for themselves. Sometimes that's good, and sometimes it's not – but that's life.

## HEALTHY SKIN

FROM PAGE 4

In recent academy teaching for dermatologists and plastic surgeons, we have focused on the science and research behind state-of-the-art techniques and technology. The key concept is to rejuvenate your skin layer by layer by harnessing your body's own capacity to renew itself. This approach reflects advanced understanding of the aging process and, if started in time, can save you from ever having to go under the surgical knife.

The American Board of Medical Specialties recognizes four types of specialists as being appropriately qualified and trained to perform cosmetic procedures – Board Certified dermatologists, plastic surgeons, oculoplastic surgeons and facial plastic surgeons.

The uppermost layer of your skin can be treated with Elos Plus photofacials, VBeam pulsed dye laser, micro-laser and chemical peels, to fade discolorations, spider veins, prominent pores, acne and rosacea and give your skin a beautiful glow.

Photofacials can be alternated with DermaSweep MD, a medical-strength, crystal-free alternative to microdermabrasion, which painlessly polishes your skin with silk and other brushes and then

infuses it with customized therapies to fade discolorations, tighten pores and make your skin radiant and youthful.

The upper and middle skin layers can be stimulated to create new collagen and elastin with fractional resurfacing lasers like the new eMatrix Sublative, eTwo, Co2RE or Fraxel. These are exciting technologies that remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

Voluma, Juvederm, Restylane, Juvederm and RHA resilient fillers are pure, synthetic forms of natural hyaluronic acid to precisely replace the volume that our skin loses with time. Radiesse is a natural calcium-based filler. Sculptra is another effective volumizer. These fillers, as well as your own natural fat containing stem cells, can fill "smoker's lines" around the mouth, gaunt cheeks and under-eye hollows, shape your brows, and sculpt your profile. Truly expert technique doesn't just fill wrinkles – it actually restores your face, to create ideal contours and lift your face subtly and beautifully with no scarring or down time. Recent research shows that filler placement in the right

Please see "Healthy Skin," page 41

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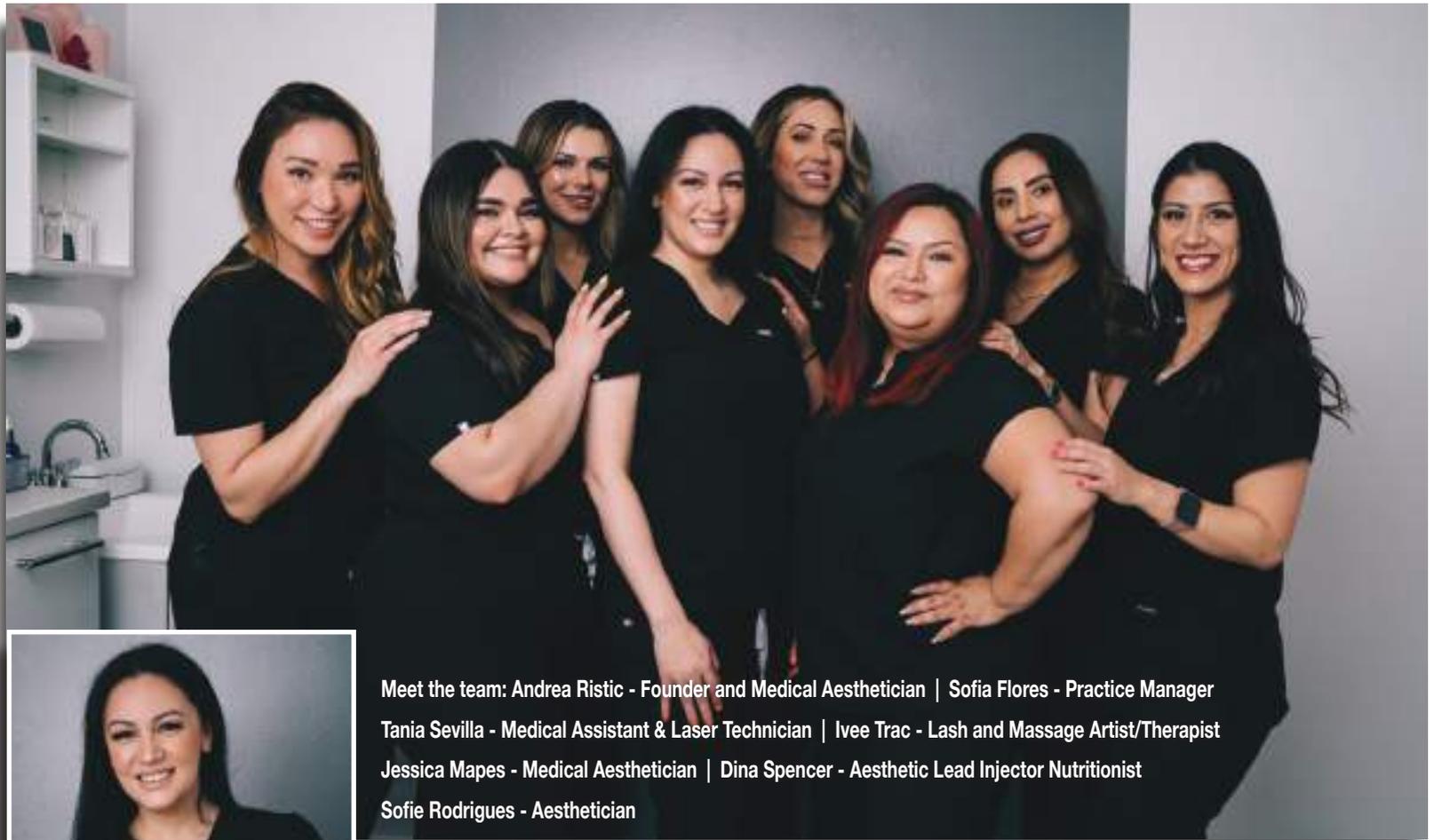
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Meet the team: Andrea Ristic - Founder and Medical Aesthetician | Sofia Flores - Practice Manager  
Tania Sevilla - Medical Assistant & Laser Technician | Ivey Trac - Lash and Massage Artist/Therapist  
Jessica Mapes - Medical Aesthetician | Dina Spencer - Aesthetic Lead Injector Nutritionist  
Sofie Rodrigues - Aesthetician



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.

What started with one treatment room 17 years ago has now grown to a building with 6 busy treatment rooms. The SkinBarre is located in the heart of Mclean, Virginia. We offer high-quality Botox treatments, PRP for facial rejuvenation, hair loss, dermal fillers such as Radiesse, Restylane, Juvederm, and Versa.

For those challenging Acne clients (active or scarring) we have several peels in our arsenal and both Microneedling and Microneedling RF.

In an effort against mother nature, we can also treat with HIFU (ultrasound therapy), Radio Frequency therapy, IPL/ Photorejuvenation.

For Body Contouring, we are your one-stop-shop with services like Wood Therapy, Lymphatic Drainage, Liposonix, EMS Sculpting, and Cavi-Lipo. In addition, we have a unique assortment of Vitamin Injections and IV therapy to help you reach your goals.

We take pride in our work and provide not only a great experience but also real-life results.

The SkinBarre, "escape the ordinary." Personalization is key, that is why we perform a complimentary consultation with all our first-time clients. Whether you are seeking us out for lash extensions, waxing, Morpheus8, facials, IPL, or anything else.



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# 5 WAYS TO SWING BACK INTO SCHOOL HABITS



As we count down the last days of summer vacation, it can be tough to get back into the school routine!

By starting to re-introduce the school year routine now, the transition from summer days at the beach to sitting in a classroom can be easier and almost

But how should you go about it? Here are five things you can do to help make the transition a little easier for everyone! pain-free!

## 1. Put the Kids to Bed Earlier



Parents are usually more lenient in the summer when it comes to bedtime. So a couple of weeks before school starts, start putting your children to bed 15-20 minutes earlier until they are back to their regular bedtimes!

This will make regaining your usual nighttime routine less of a shock for the whole family.

## 2. Have Your Child Regularly Brush Teeth



As you get back into the habit of bedtime, recommit to your child's dental care schedule!

Every morning after breakfast, have your child brush their teeth for two minutes and every evening after dinner, help them to brush, floss and use their favorite mouthwash.

If you have trouble flossing in their mouth, try a Y-shaped floss stick made for kids!

## 3. Pick Out Clothes the Night Before



For the mornings, you can lose a lot of time when a kiddo isn't sure what they want to wear or changes their mind a few times at the last minute.

Instead of deciding the morning of, pick out kiddo's outfit with them the night before. That way for the next morning, they only have to dress up!

## 4. Prep the Next Day's Meals



Deciding what kiddo will eat the following day at night helps to save a lot of time in the mornings as well!

Pre-planning and meal prepping your kiddo's lunch and after-school snacks can also make it easier to make healthy choices.

Choose foods like apple slices and nuts, low salt lunch meats (like turkey and chicken) and one ingredient snacks to avoid processed foods and sugars that can be harmful to our teeth and bodies.

## 5. Schedule Doctor and Dentist Visits

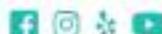


If you haven't already scheduled your child's back to school doctor and dental visits, reach out to your pediatric team today!

Every kiddo is different, some kids are fresher and more cooperative in the morning, some are better after lunch or a nap.

Taking your kiddo in when they are most cooperative helps their doctor to do the best they can for your child and helps your kiddo have the best possible experience!

With these five points in mind, you will be well on your way to starting off the new school year right (and rested)!



Dr. Rishita Jaju & Dr. Anh Dang  
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# Featured Health Professionals

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## MEDICAL ONCOLOGY

### Paul Bannen, MD

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

**Medical Education:** University of Missouri-Columbia School of Medicine

**Internal Medicine Residency:** University of Texas Health Science Center

**Certification:** Internal Medicine and Medical Oncology

**Fellowship Training:** Georgetown University



18111 Prince Phillip Drive,  
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Suite #221, Rockville, MD

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22616 Gateway Center  
Drive, Suite C  
Clarksburg, MD

**301-685-6300**



## MEDICAL ONCOLOGY

### Frederick Barr, MD

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

**Medical Education:** Northwestern University Feinberg School of Medicine

**Residency:** Northwestern Memorial Hospital

**Board Certifications:** Internal Medicine, Medical Oncology



5454 Wisconsin Avenue,  
Suite #1300  
Chevy Chase, MD

**301-657-4588**

## MEDICAL ONCOLOGY



### Chitra Rajagopal, MD

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

**Medical Education:** Madras Medical College

**Internal Medicine Residency:** Georgetown University

**Certification:** Internal Medicine and Medical Oncology

**Fellowship Training:** Georgetown University

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Suite #221, Rockville, MD

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Suite #327, Olney, MD

**301-774-6136**

22616 Gateway Center  
Drive, Suite C  
Clarksburg, MD

**301-685-6300**



## MEDICAL ONCOLOGY

### Frederick P. Smith, MD

Frederick P. Smith, MD, is a Board Certified Medical Oncologist who completed his oncology training at Georgetown University's Lombardi Cancer Center. A native of Burma, Dr. Smith attended Niagara University in New York and later attended St. Louis University Medical School, where he graduated cum laude. Following medical school, he completed residency and oncology fellowship at Georgetown University. He remained a full-time member of Georgetown's academic faculty for five years and actively participated in clinical trials, teaching and patient care.

Dr. Smith is well-published, having contributed to over 70 oncology publications throughout his career. He has been in private practice in the D.C. metropolitan area for many years and has been an integral advocate in the community to promote access to clinical research. In practice, he continues to pursue cutting-edge cancer care focused on the comfort and satisfaction of each patient and his or her family.

**Medical Education:** St. Louis University (cum laude)

**Residency:** Georgetown University

**Fellowship:** Georgetown University

**Board Certifications:** Medical Oncology



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## Vikram Chauhan, DMD

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### Meet Vikram Chauhan:

#### Degrees, Training, and Current Practice:

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

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

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

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



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## Rishita Jaju, DMD

*Pediatric Dentistry*



11790 Sunrise Valley Drive  
Suite #105, Reston, VA 20191  
**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).

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

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## Seddigheh Feisee, MD

### Internal Medicine



301 Maple Avenue, West  
Suite #420, Vienna, VA

**703-319-4161**



#### Meet Seddigheh Feisee:

Dr. Feisee is a renowned, trusted, and well-respected Board Certified physician with extensive training in aesthetic services and laser surgery. She has been serving clients in D.C., Northern Virginia, and Maryland for over 35 years.

#### Education & Background

Upon graduation from the University d'Aix-Marseille in France, Dr. Feisee completed her Internship and Residency at Union Memorial Hospital, an affiliate of Johns Hopkins School of Medicine in Baltimore and later worked at St. Mary's Hospital, an affiliate of the University of Rochester School of Medicine. Dr. Feisee held a teaching appointment with Georgetown School of Medicine, one of the premier medical schools in the country.

#### Client Relationship

Dr. Seddigheh Feisee is loved and celebrated by a community of patients and peers. She is well known and appreciated not only for her reputation as a seasoned and skilled physician but also for her generosity and commitment to her patients.

#### Hospital Affiliations

- Inova Fairfax Hospital

#### Awards & Publications

- Former teaching staff of Georgetown University residents

### Feisee Aesthetics

If the idea of an invasive plastic surgery procedure doesn't sound like a good fit for you, non-invasive procedures may be a good way for you to still be able to touch-up some areas or reduce the signs of aging. The Feisee Institute offers a variety of injectables and fillers, including Botox, and other state-of-the-art office procedures, all of which can be customized to fit your specific needs. If you are considering rejuvenating your skin by softening and reducing the appearance of wrinkles and lines on your face, discuss your options with our experienced team. They can help you decide the best option for you. Cosmetic injectables are a non-invasive way to freshen up your look and age gracefully without having to go through a surgical procedure. Here are some of the options we provide:

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## Matthew Detar, DDS, MSD

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#### Meet Matthew Detar:

Dr. Matthew Detar is a "local" Northern Virginian, growing up in nearby Ashburn, VA and attending Broad Run H.S. He earned his Bachelor of Science in Chemistry from the College of William and Mary in Williamsburg in 2003. He moved on to pursue his career in dentistry and graduated magna cum laude from VCU School of Dentistry in 2007. Following a one year post-doctorate dental residency in St. Petersburg FL, he entered private practice near Richmond, VA and practiced general dentistry for 3 years before deciding to continue his education in the specialty of Endodontics. Dr. Detar taught for one year as a full time associate faculty member in the Department of Endodontics before completing his Endodontic Residency program in 2014.

In his spare time, Dr. Detar enjoys D.C. sports, traveling, continuing education and volunteering. Dr. Detar works closely with the Northern VA Dental Clinics on a monthly basis to provide free Endodontics services for low income residents. He was recently awarded the Ellen S. Flannagan award for volunteer services by the Northern Virginia Dental Society for his commitment to helping those less fortunate in our area. In addition, he has been recognized by his dental peers as a Top Dentist in *Northern Virginia Magazine* as well as *Virginia Living Magazine*. For the past 4 years, Dr. Detar has also served as a delegate for the northern VA component of the Virginia Dental Association. And in October, he completed the National Dental Seminar in Homeopathy.

Dr. Detar is a Diplomate of the American Board of Endodontics, committed to practicing the highest level of endodontics.



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

# Women In Health Care



**Margaret Enoch**  
DDS



Dentistry

Dr. Margaret Enoch received her Doctor of Dental Surgery from Virginia Commonwealth University, Magna Cum Laude, in 2006. Upon graduation, she was commissioned in the United States Air Force as a general dentist. After graduating as a Distinguished Graduate from Officer Training School, she went on to complete a one-year Advanced Education in General Dentistry (AEGD) at Bolling Air Force Base in Washington, D.C. While in the Air Force, Dr. Enoch was stationed in Washington, D.C., Florida, and Germany. After six years traveling the world as a general dentist in the United States Air Force, Dr. Enoch separated from the Air Force and worked as a civilian dentist in San Antonio, TX for two years before moving back to Virginia.

Dr. Enoch is passionate about providing top-quality dental care to her patients and takes extensive continuing education courses to stay current with the most advanced techniques and technologies in dentistry. After passing a rigorous exam and completing numerous continuing education courses, Dr. Enoch was awarded her Fellowship in the Academy of General Dentistry, an honor bestowed upon only 7% of general dentists nationwide.

Dr. Enoch enjoys volunteering her time and has participated in many mission trips, providing free dental care throughout Virginia and Texas.

**Where You Can Find Me Making A Difference:**

Alvorada Dentistry

P: 703-754-7788

13922 Estate Manor Drive, Gainesville, VA

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



**Madhavi Chada**  
MD



Pain Management

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

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

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

**Where You Can Find Me Making A Difference:**

Synergy Spine and Pain Center

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

P: 240-929-6652 • 12150 Annapolis Road, Suite #209, Glenn Dale (Bowie), MD

P: 240-260-3828 • 10905 Fort Washington Road, Suite #305, Fort Washington, MD



**Tracy Freeman**  
MD



Integrative Medicine

**Education/Experience:** Dr. Freeman graduated from Howard University College of Medicine in 1998 and has been in practice for 20 years. She completed a Residency at University of Florida Shands Hospital.

**Skills:** Dr. Freeman is a Holistic Internist in the DMV area and is a valuable asset to alternative approaches to many health issues from chronic fatigue, endocrine issues, gastrointestinal issues, Lyme disease, autism spectrum, as well as post operative care protocols for cosmetic plastic surgery.

**Goal:** Dr. Freeman's goal is to provide integrative medical care that looks for the root cause of illness and taps into your body's natural healing abilities. She listens to her patients and works with them to formulate an effective and feasible plan. Food, herbs and supplements coupled with medicine when needed are the tools used.

**Where You Can Find Me Making A Difference:**

P: 301-475-2038

5550 Friendship Boulevard, Suite #110, Chevy Chase, MD

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



**Zina Alathari**  
DMD



Dentistry

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

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

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

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

**Where You Can Find Me Making A Difference: Tysons Dental Corner**

P: 703-237-5600 • 7121 Leesburg Pike, Suite #104, Falls Church, VA

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

**Loudoun Dental Care**

P: 703-444-5553 • 21155 Whitfield Place, Sterling, VA 20165

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

# Women In Health Care



**Lynda  
Dean-Duru, DDS**



*Integrative Pediatric Dentistry*

For Dr. Lynda, the pathway to dentistry started during her own childhood experience with a dentist's impact in her native Nigeria. As the eldest of nine children (including seven brothers), she witnessed a total transformation in the health of one of her little brothers after his aches and pains were totally resolved under the care of a well-trained dentist.

As a result of this transformative experience, young Lynda determined to extend that kind of care to others as her life's calling. She went on to earn her Dentistry Degree from the University of Benin, her General Practice Residency from Howard University Hospital, her Pediatric Dentistry Specialty Training from Children's National Medical Center, Board Certification from the American Board of Pediatric Dentistry, and her Fellowship Laser Certification from the Academy of Laser Dentistry.

Dr. Lynda has spent her life pursuing a career in dentistry and building a successful dental practice that caters to the oral health needs and well-being of children and patients with special needs. In her more than 20 years of experience practicing integrative functional holistic pediatric dentistry, Dr. Lynda has developed a unique approach to treating patients that reflects an impressive skill set fortified by extensive training in the most innovative therapies and technology.

Dr. Lynda has undertaken much continuing education in Orthodontic training and is a Fellow of the United States Dental Institute and a member of the prestigious Gnathos Education Group in Atlanta, GA. She holds a certification in Oral Myology from the International Association of Orofacial Myology (IAOM). She has completed all 3 levels of the Advanced Light Force Functionals (ALF) Therapy from the ALF Education Institute (AEI), ALF Interface Academy Foundations, Genesis, and other courses.

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

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

**Where You Can Find Me Making A Difference:**

**Ashburn Children's Dentistry**

P: 703-723-8440

44025 Pipeline Plaza, Suite #225, Ashburn, VA

www.KidzSmile.com



**Marv Thomas  
DDS**



*Family and Cosmetic Dentistry*

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

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

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

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

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

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

**Where You Can Find Me Making A Difference:**

**The Dental Spa**

P: 703-580-8288

12351 Dillingham Square, Woodbridge, VA

www.TheDentalSpaOfVirginia.com



**Krystle  
Dean-Duru, DDS**



*Integrative Pediatric Dentistry*

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

It is an honor to join my mother in practice at Ashburn Children's Dentistry where I get to fulfill my commitment to helping each child and parent have a positive and transformative dental experience, with compassion and fun! Having matured as an integrative laser pediatric dental surgeon and absorbing the ethos of Ashburn Children's Dentistry, I work tirelessly to stay abreast of emerging research, and improve the quality of life for children by learning from the world's leading researchers and clinicians. Through these means, we are continually integrating critical aspects of oral structure, craniofacial development, and its impact on the pediatric airway in the service of providing optimal patient outcomes.

Caring for children is so powerful and rewarding and with that, understanding the importance of utilizing gentle and minimal intervention therapies. Treating the source of their issues — instead of the symptoms — and focusing on early prevention, has been critical to my role in educating parents and assisting their blossoming child's development into a healthy and resilient adult.

**Where You Can Find Me Making A Difference:**

**Ashburn Children's Dentistry**

P: 703-723-8440

44025 Pipeline Plaza, Suite #225, Ashburn, VA

www.KidzSmile.com



**Bonnie Mazaris  
RYTT-200**



*Energy Healings & YoRiQi*

Bonnie has been involved in healing arts since she was young, starting with her family as a caregiver and coach. She mentored her family and friends before she ever knew what energy work was. Through hard times and emotional times, Bonnie has served as a vessel to all who needed her loving, healing energy. Bonnie has been training in yoga since 1976, Energy and Healing field since 1990 and also has experience in the field of wellness.

YoRiQi is a self-healing technique that consists of light exercise and stretching with Kundalini, Korean, Yen, restorative Yoga methods and finding the energy flow with tapping the body to release stagnant energy. This brings in a new fresh flow of energy and enhances the circulation and breath. It includes vibrational dancing and laughter Yoga to take your experience to the next level. You will then relax to a beautiful sound bath meditation, that takes you to an even higher level of completion.

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

**Methodology:** She starts with a combination of clearing the stagnant energy and opening up the chakras. She includes a light shaking for relaxation, light tapping or touching, and light or heavy acupressure if needed. Bonnie will also use her warm healing energy with her hands to embrace your body and soul with universal loving, healing energy that flows from her heart.

Call for group, birthday, couples sound bath healing meditation information. For a faster response please text me for class occupancy and private healings. I will get back to you ASAP. All COVID-19 regulations are in process. For your safety we are taking as many precautions as possible for a safe environment. Bring your own mat and a small pillow. Couple of blankets if you will be coming for healing sound bath meditation.

**Personal Interests:** Bonnie enjoys cooking, music, dancing and the arts.

**Benefits of Reiki:** Reiki is very beneficial for cancer, colon problems, abdominal pain, breathing problems, headache, back, legs, knees, feet, hands, throat and many more. You may experience emotional releases of stress and a series of three or more treatments will stimulate the body's natural healing process.

**Where You Can Find Me Making A Difference:**

**Beyond Bonnie's Hands**

P: 703-598-5197

Bonnie@BeyondYoRiQi.com

www.BeyondYoRiQi.com



# Women In Health Care



**Swathi M. Reddy**  
DMD



Orthodontics

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

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

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

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

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

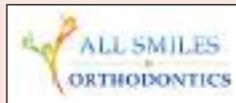
**Where You Can Find Me Making A Difference:**

All Smiles Orthodontics

P: 703-337-4414

9010 Lorton Station Boulevard, Suite #260, Lorton, VA

www.AllSmilesBraces.com



**Daphne King**  
EdD, LCSW



Mental Health

Dr. Daphne King is a licensed therapist specializing in marriage/couples, relationship/family counseling, suicidal ideation, depression, anxiety, self-esteem, and work with adolescents, adults, and families; as well as using cognitive behavioral therapy as a treatment modality. She focuses on helping others to live their most healthy lives with a holistic approach that looks at all factors of their environment. As a case manager, she has experience working with families and adolescents, as well as those requiring hospitalization in psychiatric hospitals and residential facilities. As a social worker, she has extensive experience working with children and adolescents in the foster care system and those experiencing mental health concerns as well as providing crisis intervention to school age children. Dr. Daphne King is a licensed clinical social worker in the state of Virginia. Dr. King received her BA in Social Relations from Michigan State University, Masters Degree in Social Work from Grand Valley State University, and Doctorate in Education in Counseling Psychology from Argosy University.

**Where You Can Find Me Making A Difference:**

Loudoun Counseling & Coaching, LLC

P: 571-375-0668

21155 Whitfield Place, Suite #202, Sterling, VA

LoudounCounselingCoaching.com



**LaSondra Gray**  
CLA, LSO, CQA, MBA



Cosmetic Dermatology and Wellness

LaSondra Gray is Northern Virginia's hidden gem and expert in laser technology — from head to toe. She has a unique approach that gives her patients proven clinical results. She believes in an integrative approach that infuses multiple disciplines through the use of laser technology, comprehensive exams, nutrition and lifestyle insights. Together with her team of Board Certified Physicians, Physician Assistants, Nurse Practitioners, Registered Nurses, Licensed Practicing Nurses, Chiropractors, Laser Technicians, Nutritionist and Medical Massage Therapists she is able to provide patients with sustainable proven results.

LaSondra understands and knows the value and benefit that advancements in laser technology has on resolving multiple issues from aesthetics to therapeutics including the elimination of pain. This knowledge has proven invaluable to her as she has traveled the world training multiple disciplines in the safety and efficacy of laser technology. Her passion began over 15 years ago when she began working with some of the world's most renowned Dermatologists, Plastic Surgeons and Pain Management professionals. Her travels throughout the US and internationally allowed her to study under surgeons and skincare experts from some of the top institutions in the world. She has trained and lectured on the safety and efficacy of laser and soft tissue interaction. As a result, LaSondra has received accolades for her efforts in opening and expanding laser centers throughout the world. She has paired her studies along with her own personal philosophy to become renowned for achieving true, positive, visible results — garnering her some of the most elite clientele in the area. She caters to people who seek exceptional results and services that support a natural, healthy look and lifestyle — today and tomorrow.

Reflections has an innovative approach to skincare unlike anything else available today. We combine the most advanced skincare technology with medical and technical expertise. This allows us to create an individualized treatment program for each client.

**Where You Can Find Me Making A Difference:**

Reflections Image Center & Skincare Institute

P: 703-539-6002

44125 Woodridge Parkway, Suite #220, Lansdowne, VA

ReflectionsImageCenter.com



**Garima K. Talwar**  
DDS, MS



Prosthodontics

**Board Certified Prosthodontist**  
**Specializing in Reconstructive, Cosmetic and Implant Dentistry**  
Dr. Garima Talwar brings 25 years of experience in Full Mouth Reconstruction and Implant Dentistry to the DC Tristate area.

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

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

**Where You Can Find Me Making A Difference:**

**Esthetique Dentistry** • EsthetiqueDentistryAshburn.com

P: 703-729-6222 • 44345 Premier Plaza, Suite # 220, Ashburn, VA

**Advanced Dental Care** • AdvancedDentalCareLeesburg.com

P: 571-455-0466 • 1602 Village Market Boulevard SE, Suite #130, Leesburg, VA

# Women In Health Care



**Jacqueline D. Griffiths, MD**



Ophthalmology

**Degrees, Training & Certifications:** Undergraduate degree from Yale and her Medical degree from the University of Michigan. Ophthalmology Residency completed at Georgetown University Medical Center. Board Certified Ophthalmologist.

**Professional Memberships:** Immediate Past Ophthalmology Section Chief of Reston Hospital Department of Surgery, 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.

**Services:** Laser Vision Correction, Advanced Cataract Surgery, Multifocal Implants, Comprehensive Ophthalmology, Eyelid Surgery, Laser Floater Removal, Botox, and Fillers.

**Personal Interests:** Tennis, swimming, snorkeling, biking and travel.

**Practice Philosophy:** Comprehensive Ophthalmologist who specializes in refractive surgery and cosmetic procedures.

**Where You Can Find Me Making A Difference:**

**NewView Eye Center**

P: 703-834-9777 or 1-800-MY-VISION • www.drjdg.com

12110 Sunset Hills Road, Suite #50, Reston, VA

“Top Ophthalmologist” *Washingtonian* and *Northern Virginia Magazine*



**April Toyer  
DDS, FAAPD**



Pediatric Dentistry

**Board Certified Pediatric Dentist**

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

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

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

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

**Where You Can Find Me Making A Difference:**

**Lifetime Dental Care**

P: 703-499-9779

14573 Potomac Mills Road, Woodbridge, VA

www.LifetimeDentalCareVA.com



**Marjun Ayati  
DDS**



Dentistry

Dr. Marjun Ayati received her BS and DDS from the University of Maryland. She has been practicing in Northern Virginia since 1995. She is a standing member of the American Dental Association, Virginia Dental Association and the Northern Virginia Dental Society. She has served as a representative at the House of Delegates for the Virginia Dental Association. Dr. Ayati was one of the few selected dentists to join The American Society of Implant & Reconstructive Dentistry (ASIRD) and has been nominated as “Top Dentist” in the *Virginia Living* and the *Washingtonian* since 2009. She has been an Invisalign provider since 2006.

Dr. Ayati has been participating in the Give Kids A Smile and the Virginia Dental Society Dentures for the underprivileged programs for years. She is an active member of the community and a participant in local nonprofit organizations such as Our Daily Bread and Food For Others charities.

Dr. Ayati is married with two children and has a Tibetan Terrier named Phoebe. She loves to spend time with her family, cook and go for a jog. Most of all she loves to read and has been a member of a book club for over 17 years. Ask about her latest book she is reading – she has great recommendations!

Dr. Ayati is a member of the American Society of Implant & Reconstructive Dentistry (ASIRD). ASIRD is committed to improving the quality of care for dental implant patients by elevating the standards of surgical and restorative dental education and practice. Not every dentist routinely restores and maintains dental implants and not all placers of dental implants are surgeons. By using an ASIRD team, rest assured that your dentist routinely restores and maintains dental implants and only a trained dental implant focused oral surgeon will place your implant.

**Where You Can Find Me Making A Difference:**

**Fairfax Dental Group**

P: 703-560-6301

8316 Arlington Boulevard, Suite #226, Fairfax, VA

www.FairfaxDentalGroup.com



**Heba Rashed  
DDS**



Pediatric Dentistry

Heba Rashed, DDS is an honest and kind pediatric dentist who believes in minimally invasive dentistry. She values interaction and engagement with both parent and child to provide a comfortable and positive experience for all.

She graduated from George Mason University with a Bachelor of Science in Global and Community Health. She attended Virginia Commonwealth University School of Dentistry to earn her Doctor of Dental Surgery degree before going on to obtain a Pediatric Dentistry Certificate from the University of Maryland.

Backed by an impressive list of certifications and affiliations, Dr. Rashed is a PALS provider, has a Virginia Dental and DEA license, a Controlled Dangerous Substances and DEA license, is a member of the American Academy of Pediatric Dentistry, and a member of the Maryland Academy of Pediatric Dentistry Board.

Dr. Rashed is fluent in English and Arabic, as well as a beginner in Spanish. She gives back to the community through the Mission of Mercy and Project Jumpstart, among others. In her free time, she enjoys spending time with her two littles, eating sushi, going to brunch, and watching Netflix!

**Where You Can Find Me Making A Difference:**

**Pediatric Dental Care** • P: 703-348-4216 • www.MyPDCDentists.com

9901 Fairfax Boulevard, Fairfax, VA

6120 Brandon Avenue, Suite #114, Springfield, VA

24805 Pinebrook Road, Suite #108, Chantilly, VA



# Women In Health Care



**Yemi Adesanya-Famuyiwa, MD, FACOG**

Medical Director

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

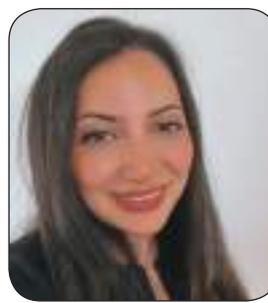
She is the founder of Montgomery Fertility Center, as well as the Associate Clinical Professor of Obstetrics and Gynecology at George Washington University School of Medicine and an attending physician at Holy Cross Hospital in the department of Obstetrics and Gynecology.

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

**Awards:** Top Doctor in Washington-Baltimore in 2012. Castle Connolly Top Doctor every year since 2012 to 2022. Castle Connolly Exceptional Women In Medicine award every year since 2017 to 2022. Named one of *Bethesda Magazine* Top Doctors in 2019.

**Where You Can Find Me Making A Difference:**

Montgomery Fertility Center  
P: 301-946-6962 • MontgomeryFertilityCenter.com  
3202 Tower Oaks Boulevard  
Suite #370, Rockville, MD



**Gia Taravati**  
BSN, RN

Specialty: BSN, BCEN, TNCC

**Education:**

Bachelor of Science in Environmental Engineering – Azad University – Tehran, Iran  
Bachelor of Science in Nursing – York University – Toronto, Canada

**Accreditations and Professional Affiliations:**

Registered Nurse – Commonwealth of Virginia & Multistate Compact  
Part of the Critical Emergency Board  
TNCC, ACLS, BLS, and PALS Certified, American Heart Association, NIH Stroke Certified Specialty Nurse and IV Ultrasound guided instructor, and Phlebotomist

Gia graduated in 2008 from Azad University of Tehran with a Bachelor Degree in Environmental Engineering, but soon decided that her passion lay elsewhere. Her true love was for Nursing. She then attended York University in Toronto, Canada where she graduated with a Bachelor of Science in Nursing, then started her career as an Emergency Nurse in 2015. She has been actively working in the health care industry ever since.

Gia has been an artist all her life and has been teaching art for a few years. She also enjoys saving lives in Critical and Emergency situations. She dedicated time to her patients and research in ED and ICU care during the pandemic.

Gia developed a passion for aesthetics when she first moved to the United States in 2016 and started working as an injector in a Medical Spa along with her Nursing career. She takes initiative to learn new skills and knowledge to further her competency everyday and has trained with the best Plastic Surgeons and Injectors in the DMV and Canada – and she won't stop there.

Gia wants to ensure that her clients are comfortable at the appointments and fully understanding the appropriate treatments and expecting results and love to teach her knowledge. She believes beauty is an art and wants to use science to bring beauty into her artistry.

**Where You Can Find Me Making A Difference:**

Gia Taravati, BSN, RN  
Cell: 703-388-8680 – Solaris Laser and Skin Care: 703-255-0300  
Follow Gia on Instagram @nurseinjectorgia • nurseinjectorgia@gmail.com



**Ayesha Hussain**

Master Aesthetician

Ayesha Hussain is a Master Aesthetician and Laser expert with more than 15 years of experience. Ayesha sets a thorough and individual approach to target specific skin problems, such as acne issues, unwanted hair, or overall skin maintenance, to give clients the best results. As we all know, beautiful skin doesn't happen overnight. It requires a clear plan and commitment. At Ayesha's skincare, we create effective treatment plans personalized for every client. Knowledgeable, considerate, and delicate. Ayesha helps her clients delve into their skin issues and achieve the results step by step. She has experience working in clinical settings and constantly updates her skills to offer the most advanced technology.

*"My mission is to be your trusted guide in your skincare journey"*  
– Ayesha Hussain

**Where You Can Find Me Making A Difference:**

Ayesha Skincare  
P: 703-495-3006  
3930 Pender Drive, Suite #60, Fairfax, VA  
AyeshaSkincare.com



**Kalpna Ranadive**  
DMD, MDS, NMD, IBDM

Integrative Dentist

Dr. Kalpna Ranadive is an American Board Certified Naturopathic Practitioner and an Integrative Biologic Dentist. The central theme of her practice revolves around education driven healing using modern medicine, ayurveda & ancient health wisdom.

With the core philosophy that everything our body interacts with influences its health, emphasis is placed on long-term sustainability, not quick fixes.

On one hand, she is minimalistic and holistic in her treatment approach, on the other hand, she is very hi-tech and uses the best technology for her patients. From CAD-CAM, 5D teeth alignment, digitally computerized and 3D robotic technology to lasers, ozone and more. For many years now, she has provided amazing one visit hi-tech dentistry to her patients.

For those of you who do not know about Ayurveda, it is a traditional health science and medicine used by over a billion people across the globe. By blending time-tested health science with wisdom, patients love learning about less destructive preservation centered self healing yet hi-tech treatment options.

**Where You Can Find Me Making A Difference:**

Vedic Dental  
P: 301-738-1074  
10810 Darnestown Road, #H2, North Potomac, MD  
www.VedicDental.com



## Great Smiles Start Here



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# Straighter Teeth With Invisalign



By Swathi Reddy, DMD  
All Smiles Orthodontics

marketed by Align Technology, Inc, which was founded in 1997 and received FDA clearance in 1998. Since then, this technology has been widely used as an alternative to traditional braces. Usually the treatment is covered by insurance the same way as traditional orthodontic treatment.

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

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

We live in a society that places great emphasis on first impressions. A smile filled with beautifully aligned teeth will make a better impression than one that has crooked teeth. Recently, a lot of people have used Invisalign as a means to achieve this goal.

Invisalign is manufactured and

*Please see "Invisalign," page 41*

# Treating the Most Common Fungal Problems



By Edward S. Pozarny, DPM  
Arlington Podiatry Center

tion caused by various types of fungi. It is often spread in places where people go barefoot, such as public showers or swimming pools. The condition ranges from mild scaling and itching to painful inflammation and blisters. It usually starts between the toes or on the arch and may spread to the bottom and sides of the foot.

Athletes foot can often spread and cause fungal nails. Artificial nails, nail polish or injury to the nail can also lead to fungal nails. Fungal nails may become thickened, inflamed or sensitive, and turn unnatural colors.

### Treatment Options

The first step in treating a recurring fungal problem is to have an evaluation by a podiatrist. During the foot exam, your podiatrist will check for breaks in the skin, growths and odor (which can be a sign of bacteria). Your skin is also checked for flaking or scaling and your nails are checked for color, thickness and inflammation.

Your podiatrist may take a culture from the infected area. This test is helpful in determining the type of fun-

A fungus is a common mold that thrives in dark, warm, moist areas. On the feet, it can grow on and between toes, as well as on soles and toenails. Fungal problems can be a result of environment (socks, shoes, heat and humidity) or weakened immunity (diseases such as diabetes). If fungal infections are untreated, they can develop into serious secondary bacterial infections, which may require antibiotics to treat. The fungal problems seen most often are athletes foot and fungal nails.

Athletes foot is a chronic infec-

*Please see "Fungal Problems," page 36*

# Your Immune System



By Lakita Conley-Ware, PhD  
Naturopathic Health Consultant

Your immune system is a somewhat complex part of your physiology and anatomy. It is designed to fight against illness and various types of infections. The immune system is composed of numerous parts of the anatomy: lymph nodes, lymphatic vessels, appendix, bone marrow, spleen, thymus, macrophage cells, and lymphocytes. Your immune system creates proteins called antibodies. Antibodies help the body recognize and fight the contaminants caused by germs.

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

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

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

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

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

**Passive Immunity** is when you

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

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

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

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

You can additionally support

Please see "Immune System," page 36



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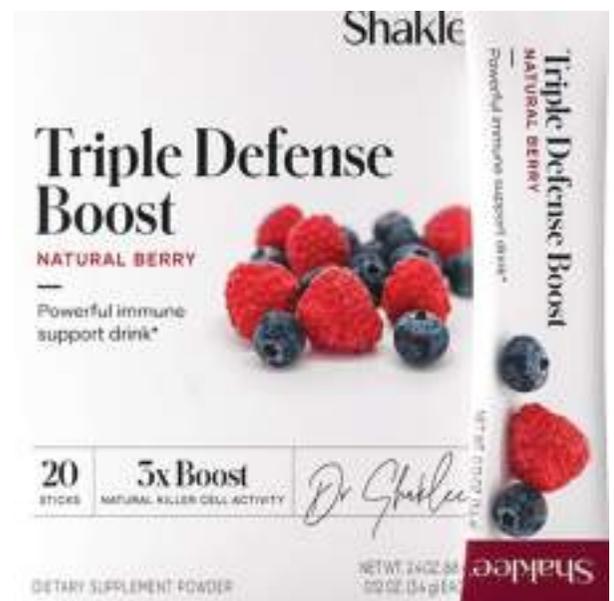
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# Back to School: Hair 101

By Jady Rodocker, Salon Manager  
Alya Salon & Spa

It's that time of year again. The time parents eagerly await and kids loath. Back to school! We're here to add a little excitement into the preparatory steps. Here's what your students need for a fresh new look for the 2022-2023 school year:

Freshen up those blondes and opt for a low maintenance balayage. The balayage technique is very popular due to the simple upkeep and natural look. This is a great option for any student looking for a natural grow out and not

a lot of time on their hands.

Bring those locks back to life with a deep conditioning treatment. We all know summer is not complete without some time in the sun and a nice break in the pool. These activities are not all that great for your hair and its health. The chlorine in pools cannot only dry out your hair but it can also cause discoloration to blondes.

The sun is not so kind either. Those hot and heavy UV rays do not treat you kindly. They can cause heat damage to your cuticle causing it to fray and resulting in frizz. However, do not fret because

your local stylist has got you covered. A nice deep conditioner to treat these concerns can help immensely and really soften up your strands.

Is your hair past redemption? Nothing a little trim can't handle or even a big chop if you're feeling daring. Get rid of those split ends, accentuate your facial features with some layers and maybe give yourself a sleek new side bang. Whatever your heart desires, your stylist has got you covered. Nothing feels better than walking into school with a bouncy soft mane to really catch those prying eyes.



Jady Rodocker

Needless to say, a trip to the salon is a necessity to feel like the best version of yourself and strut with confidence through those hallways. Book an appointment today.

## Monkeypox Update: Is It a National Health Emergency?

Submitted by  
Your Health Magazine

We are hearing about the possibility of declaring the sudden outbreak of monkeypox a national public health emergency. It certainly is of concern that cases are increasing and this disease can spread to more people. Currently 99% of cases are among men who have sex with men. That is certainly an emergency among that specific group.

Currently the WHO reports 14,000 cases worldwide and five deaths. According to the CDC, in the US there are almost 3,000 reported cases, mostly centered in New York, California and Illinois.

Many public health experts are optimistic about recent tests showing that cases are declining, but that data is

limited and hard to interpret. (Note: It is interesting that on the weekend, no matter what disease you look at, cases reported are low. Saturday, Sunday and holiday reporting is low which shifts the data into weekdays and that may skew the data for any given day.)

However, there is real concern that not being aggressive enough now may let monkeypox spread and we may experience similar problems that we did when HIV was not aggressively addressed in the very beginning. Letting any virus go unchecked is potentially dangerous.

Criticisms are being voiced where education, testing, and vaccines have been inadequate. This is probably true since this is a very new outbreak. It is interesting that there are experts who are very optimistic that this viral outbreak can be controlled and other experts who

seriously doubt that is possible.

The affected group is almost entirely homosexual male, and that group needs to be extremely vigilant in practicing safety and educating themselves about monkeypox. In doing that they can protect themselves and their loved ones and hopefully this can be controlled or stopped.

Do we need to declare a national

health emergency for this to happen? If we do, then it seems like there should be national emergencies declared for everything else that threatens our health. That's not very likely or helpful. However, in the case of a sexually transmitted viral disease, we certainly don't want this to get out of hand.

Hopefully, our institutions will be able to take actions necessary to make sure it doesn't.

### IMMUNE SYSTEM

FROM PREVIOUS PAGE

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

munity. Avoid those that are composed with manufactured chemicals. Consult with a naturopathic health practitioner or consultant to get the most comprehensive knowledge about these types of supplements.

### FUNGAL PROBLEMS

FROM PAGE 34

gus you have and can also determine the cause of your fungal problem.

Depending on the type of infection you have, various kinds of medication may be used in treating your fungal problem. Successful treatment usually involves a combination of medication and self-care.

If your athlete's foot is not serious, over-the-counter and prescription powders, lotions or ointments can often help treat scaling, itching and inflammation. Foot soaks may help dry excessive perspiration, but talk with your podiatrist first. If your athlete's foot doesn't improve, your podiatrist may prescribe stronger medication.

Since fungal nails are usually more resistant and more difficult to treat than athlete's foot, topical or oral antifungal medications may be prescribed. Secondary bacterial infec-

tions may require antibiotic treatment. Debridement may be suggested and involves trimming, filing or grinding away the diseased part of the nail. Permanent nail removal is another form of treatment.

#### Prevention

Your daily habits play a big part in helping to prevent fungal problems. Follow these suggestions to help avoid fungal problems:

- Always dry your feet carefully after you bathe or shower.
- Avoid fungus-causing perspiration, alternate your shoes regularly.
- Try to wear shoes made of breathable materials like leather or canvas.
- Change your socks often.
- Wear sandals or thongs in public areas such as pools, showers or locker rooms.

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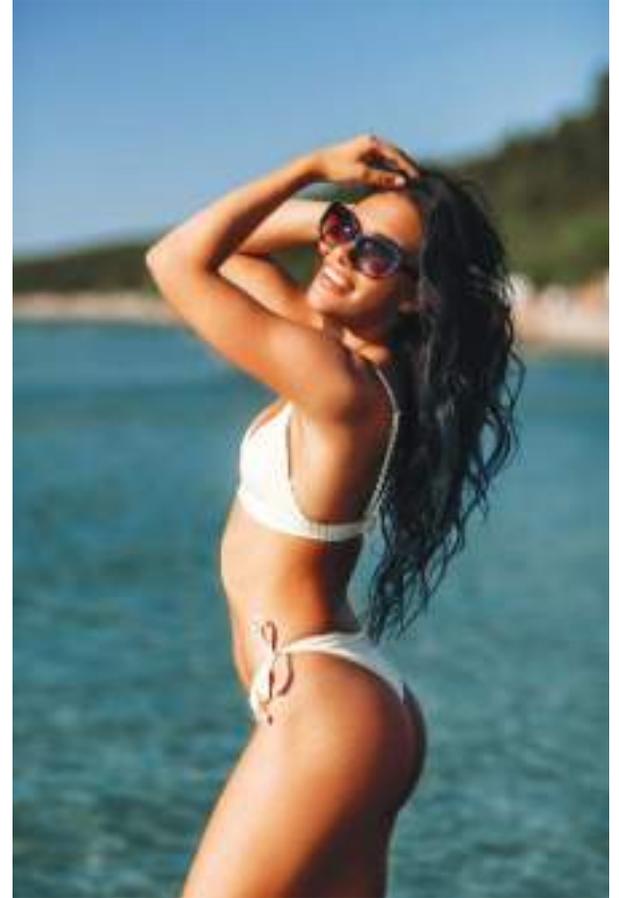
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# HEALTHY SKIN

FROM PAGE 21

way can actually stimulate your skin to produce new collagen and elastin, for more natural and longer-lasting results.

A recent addition is platelet-rich plasma (PRP) with microneedling – the so-called “vampire face lift” – that harnesses the regenerative power of your body’s own healing processes to achieve smooth, radiant skin. Studies show that PRP is also effective for hair loss, and emerging uses include treatment of vitiligo (loss of color from the skin) and improvement of scars.

The lowest layer of your skin can be treated with Ultherapy, Exilis Ultra or Sublime lasers, the newest no-downtime, no-surgery face lifting and tightening treatments. Ultherapy tightens collagen and elastic tissue, to lift your brows and cheeks, define your chin and jawline, and tighten and lift your neck, chest, abdomen, buttocks, arms and elsewhere. You will see prompt results that improve even more over time. Stimulation of your skin’s self-tightening is long lasting and can take years or decades off you.

These revolutionary lasers not only tighten and lift; they can also improve loose skin, cellulite and stretch marks on areas such as your stomach, arms, buttocks and legs.

# INVISALIGN

FROM PAGE 34

to rub against your cheeks.

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

To get started, you must first contact an orthodontist or dentist who is a certified Invisalign provider. Upon evaluation, if you are a good candidate, impressions of your teeth are made and sent to Align Technology. A 3-D graphic representation of the

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This highly sophisticated approach doesn’t change you into the cliché of a “new you.” Better yet, it empowers you to re-discover the real you, balancing how you feel inside with how you look outside. Scientific studies show that a youthful and harmonious appearance makes the best first impression we make on others, and maximizes our personal and professional success at any age.

doctor’s treatment plan (Clin-Check) is created from these impressions.

This allows you to see up front the series of movements your teeth will go through over the course of treatment. After the orthodontist reviews the treatment plan, a series of custom-made aligners are produced that corresponds to your Clin-Check.

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

# NEW TEETH

FROM PAGE 19

stuck with dentures for the rest of their lives – to get rid of those dentures and have all new teeth in as little as one day.

The treatment time is much shorter than with conventional dental implant treatment and there are fewer appointments. This treatment improves one’s health by being able to efficiently and painlessly chew food, therefore improving digestion and nutrition and maintaining proper oral hygiene.

It can also make some people look younger by opening the bite and filling

out the face. Speech, appearance, and self-esteem are improved. One can interact socially and eat food with confidence. People can definitely live better than they were without teeth and perhaps live longer. With this procedure, age is usually not an issue.

It may be time to look into dentures, but with implants and the All-on-4 technique, patients may find this to be a better choice. Most patients are healthy enough to have new teeth through dental implants so there is no reason for them to wear dentures.

# SI INJECTIONS

FROM PAGE 19

skin over the area that will be treated. Then your doctor will inject the numbing medication and the steroid medication in the joint(s). You may feel some pressure when the medications will be injected. The entire procedure should take about 10 minutes.

About 20-30 minutes after the procedure, you will be asked to move your back to try to provoke your usual pain. You may or may not obtain improvement in the first few hours after the injection, depending on if the sacroiliac joint is your main pain source.

You may begin to notice an improvement in your pain 2-5 days after the injection. If you do not notice

improvement within 10 days after the injection, it is unlikely to occur. You may take your regular medications after the procedure, but try to limit them for the first 4-6 hours after the procedure, so that the diagnostic information obtained from the procedure is accurate. You may be referred for physical or manual therapy after the injection while the numbing medicine is effective and/or over the next several weeks while the cortisone is working.

## Risks and Side Effects

A SI joint injection is generally considered safe. The most common side effect is soreness in the injected area. The soreness will go away once the steroid starts to work.

# VETERANS

FROM PAGE 4

1. Remember, your mouth is part of your body. An unhealthy mouth can be linked to uncontrolled diabetes, acid reflux, reduced libido, and increased chances of stroke. Replacing missing teeth, untreated gum disease, severely decayed teeth, and broken teeth can be treated under the VACCN program at your local authorized dental office, all at no cost to the Veteran.

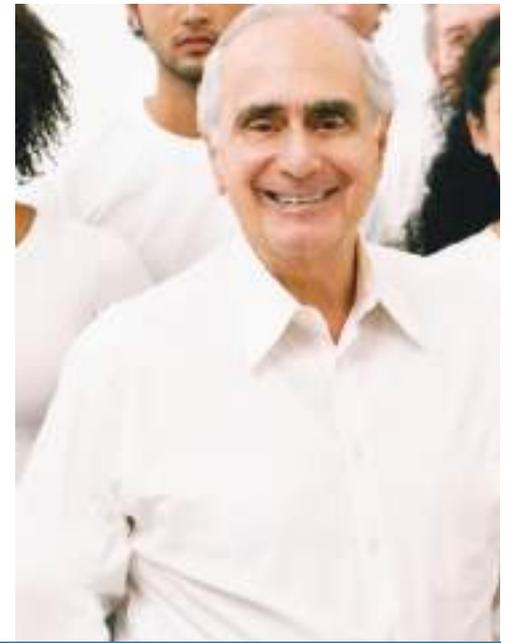
2. You must apply for the VACCN program and meet the qualifications. You can go to [Veteran.VACommunityCare.com](http://Veteran.VACommunityCare.com) or our website at [AwesomeSmilesVA.com/veteran-community-care-program](http://AwesomeSmilesVA.com/veteran-community-care-program) to learn if you qualify. Reasons for

requesting entry into the program could be that the travel is too far to the local VA, or you want to see a dentist in the community for dental care.

3. Make sure you advocate for yourself with the VA. Sometimes you have to call multiple times to get heard, but don’t give up. You have earned every single benefit. Only approved dentists in the VACCN program can do your treatment at no cost, such as in our office.

Keeping your teeth and gums healthy can be just a few clicks away. So make sure to go online and research this awesome program that helps Vets just like you smile with confidence.

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#### **September Publication Deadlines**

##### **MARYLAND EDITIONS - AUG. 17<sup>TH</sup>**

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Southern Maryland  
Montgomery County  
Howard County

##### **VIRGINIA EDITIONS - AUG. 31<sup>ST</sup>**

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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.

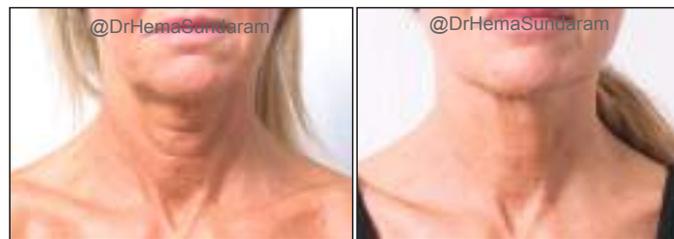
*Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology*  
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

- 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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