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# YOUR HEALTH

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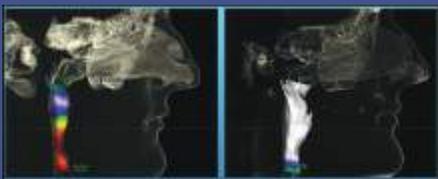
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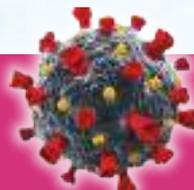
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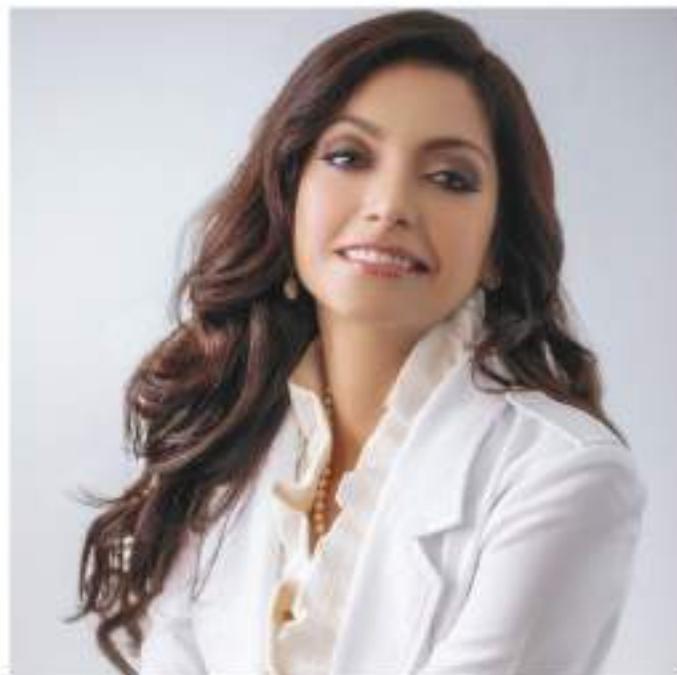
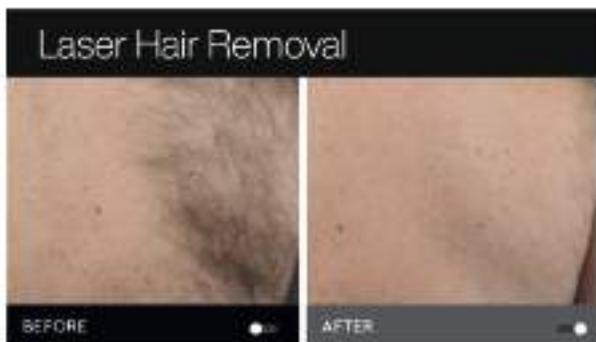
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By Deeni Bassam, MD, DABPM  
The Spine Care Center

# Why Does My Back Ache?

spines were meant to last.

Degenerative disc disease is as common as getting a grey hair and the rate at which degeneration occurs is influenced by many factors including genetics, physical activity level, core muscle development, bone density, and smoking. Degeneration of these areas alone is a natural consequence of aging and is not enough to cause pain. Rather it is the inflammation of these structures that is felt by us as pain.

Degenerative structures of the

spine are more prone to become aggravated and inflamed causing us great pain, stiffness, and disability.

A spine specialist can help identify the degenerative area(s) of your spine which are causing you pain, allowing for an accurate diagnosis and treatment plan to be initiated.

Treatment can range from simple activity modification, medications to reduce the pain and inflammation, injections to identify the pain generator and deliver targeted anti-inflammatory,

and surgery to stabilize lax structures if all else fails. In modern medicine, surgery should be seen as the last intervention to be offered rather than the first.

Your doctor should be able to help you better understand the causes of pain in your particular case and implement a treatment plan that eliminates or reduces the inflammation at the degenerative areas allowing for you to more easily achieve your activities of daily living.

**Question: In the last week, have you had any pain affecting your muscles, joints, neck, or back which has affected your ability to carry out the activities of daily living?**

Back pain is a very common problem that affects almost everyone. When the pain is severe enough to keep you from performing simple activities of daily living it may be time to see a specialist for an explanation and treatment plan.

In a recent European study approximately 67 million people reported pain during the week. In general, around 50% of the population reports pain at one or more locations in their bodies. Back pain is the most common site for pain in younger and middle aged adults. Knee pain is the most common in older people. Over the last 10 to 15 years, significant advancements have been made in the understanding and causes of back pain, its accurate diagnosis, and effective minimally invasive treatments.

*Back pain is a very common problem that affects almost everyone*

When pain becomes too much to live with on a daily basis, a visit with a spine specialist can help shed light on the causes which would allow for targeted, directed, and effective treatment.

There are, generally speaking, three main areas of the spine which can cause clinically significant pain. These three structures, listed in order of incidence, are the discs, the bones, and the joints of the spine. Degeneration of these structures begins in our early 20's and continues throughout our lifetimes. We are simply living much longer as human beings than our



## 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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# Achieving Skin Health and Beauty At Any Age

By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

Did you know that skin is the largest organ in our bodies, and the outer mirror of everything happening internally? Being a board certified dermatologist means knowing how to analyze the skin as well as the hair and nails for any signs that can point to medical conditions involving the blood, intestines, heart, liver, kidneys, and every other body system. That's why an annual skin check, as recommended by the American Academy of Dermatology, is an essential part of total health – think of it not only as a “physical” for your skin but for your whole body.

Healthy skin is even-toned, blemish-free, and has a radiant glow. An experienced dermatologist can even tell your stress level, whether you're eating healthily, whether or not you

smoke, and many other aspects of your lifestyle just from looking at your skin.

The first steps to achieving healthy skin are to get enough sleep, control stress, and eat a well-balanced diet with plenty of antioxidants and other nutrients that repair the skin and body. Antioxidants in the right formulations can also be effective when applied to the skin. There are now a host of other topical treatments with skin health and anti-aging research behind them such as retinol, growth factors, DNA repair, peptides and hyaluronic acid. The key is to look beyond the marketing hype, to find products with solid science and publications in medical journals.

Beyond topical treatments, more men and women who want to look and feel their best at any age are opting for new non-surgical procedures that give natural-looking results with no down time or scarring. These options can be fitted into any lifestyle, allow an immediate or very quick return to regular activities, and give great results if performed by a properly qualified doctor. You can gain a competitive

edge professionally and personally, and project outwardly the youthful vitality and energy that you strive for internally.

Here are five key strategies to achieve skin health and beauty this year and beyond.

## Select a Qualified Doctor

When you have cosmetic procedures performed, you are entrusting your face and body to the person who performs these procedures. It is essential that this person has been trained as extensively as possible in safety and advanced techniques. It's not a good decision to compromise on either for the sake of a cheaper price, as you may then have to live with results with which you are not happy – or, worse, suffer the risk of complications from the procedure. It is important to select a doctor who has received appropriate training and certifications to perform aesthetic procedures, not just a weekend course.

The American Board of Medical Specialties oversees board certifications for physicians, and recognizes four types of “core” aesthetic spe-

cialists who are properly trained to be performing cosmetic procedures. They are board certified dermatologists, plastic surgeons, oculoplastic surgeons and facial plastic surgeons.

Here are three key questions you can ask during your consultation to check your doctor's qualifications:

1. Are you board certified in dermatology or plastic surgery?
2. Do you serve as a chair and teacher at the academy conferences of dermatology (ASDS and AAD) and plastic surgery (ASAPS and ASPS), as well as for university and other academic programs?
3. Is your clinic a recognized research center, including for U.S. FDA studies of the newest technologies?

One key benefit of a board certified dermatologist is that their dual medical and cosmetic training enables them to look at the whole of you, and make treatment plans with this “big picture” approach.

## Find the Latest Techniques

Please see “Skin Health,” page 35

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# Top Five Skin Cancer Stats

Submitted By  
US Dermatology Partners

Skin cancer is a common form of cancer, but many people aren't aware of just how prevalent the condition is or how high their risk for developing skin cancer may be. Here are the top five skin cancer statistics you should know from the researchers at the Skin Cancer Foundation.

## 1. Having Five Or More Sunburns Doubles Your Risk For Melanoma

There are actually multiple types of skin cancer. The most common types are basal cell carcinoma and squamous cell carcinoma. Melanoma, while less common than basal cell or squamous cell carcinoma, is more aggressive and accounts for the highest mortality rate. The good news is that by taking steps to minimize sun exposure and protecting the skin during sun exposure, most people will have a low risk of developing melanoma.

## 2. With Early Detection, the Five-Year Survival Rate For Melanoma Is 99%

When it comes to melanoma survival rates, early intervention is essential for effective melanoma treatment. One of the main reasons melanoma is associated with such a high mortality rate is that many melanoma cases are discovered in the advanced stages. With early intervention, melanoma is very responsive to treatment.

## 3. More Than Two People Die Of Skin Cancer In the U.S. Every Hour

Skin cancer prevention and early intervention are key to reducing the number of annual deaths related to this condition. In addition to regular at-home screenings for skin cancer warning signs, patients can significantly reduce their risk of developing skin cancer by visiting their dermatologist once a year for a professional exam and skin cancer screening.

## 4. One In Five Americans Develop Skin Cancer By the Age Of 70

The risk of developing skin cancer and other skin health issues increases

Please see “Cancer Stats,” page 33



# Eye Cancer

By Jacqueline D. Griffiths, MD  
New View Eye Center

Cancer of the eye is a malignancy that starts and grows in your eye. A malignancy is a group of cells that are cancerous (non-typical cells that grow quickly and uncontrolled) and that can spread to other sites in the body or invade and destroy tissues.

## Ocular Melanoma

The most common cancer of the eye is melanoma, also known as ocular melanoma. Melanoma is a type of cancer that develops in the cells responsible for producing the pigment that gives your skin, hair and eyes color.

*“Just as you can develop a melanoma on your skin, you can also develop it in your eye.”*

Just as you can develop a melanoma on your skin, you can also develop it in your eye. Although it is the most common type of eye cancer in adults, ocular melanoma is rare.

Ocular melanoma also known as uveal melanoma because it usually develops in the part of the eyeball called the uvea — a layer in the eye wall between the sclera and retina.

Melanoma nearly always develops in the part of the uvea called the choroid, a pigmented layer lining the eyeball, because choroid cells have the same kind of pigment as cells in skin. While most ocular melanoma begins in the choroid, a smaller number develop in the iris (also a part of the uvea), which is the colored area around the pupil.

Melanomas in the iris usually grow slowly and generally don't spread to other areas of the body.

## Primary Intraocular Lymphoma

Primary intraocular lymphoma (lymphoma of the eye) is a kind of cancer that involves the body's white blood cells, or lymphocytes, located throughout the body. Lymphomas can also start in organs such as the lungs, stomach, and rarely, the eyes.

The two main types of lymphoma are Hodgkin's disease and non-Hodg-

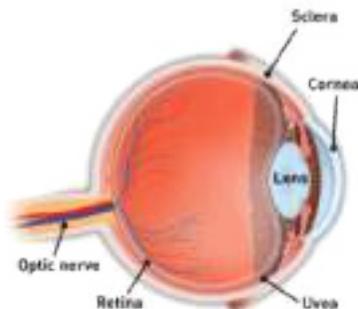
kin's lymphoma. Primary intraocular lymphoma is always a non-Hodgkin's B cell lymphoma. Most people with primary intraocular lymphoma are elderly or have disorders that weaken the immune system such as AIDS. Primary intraocular lymphoma often occurs with lymphoma of the brain, called primary central nervous system lymphoma (PCNSL).

## Retinoblastoma

A different kind of eye cancer, called retinoblastoma, affects young children. Caused by a genetic mutation, it begins in the retina, the light-sensitive tissue lining the back of the eye. Retinal nerve cells begin to grow and multiply, then usually spread into the eye and possibly other parts of the body.

Other types of cancers can affect the eye. Orbital cancers affect the tissues surrounding the eyeball (called the orbit), including muscles that move the eyeball around and nerves attached to the eyeball. Adnexal structures are other parts of the eye called accessory structures, and include the eyelids and tear glands. Cancers that develop in these tissues are called adnexal cancers.

Annual exams with a board certified Ophthalmologist are recommended for the maintenance of healthy vision.



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Selected as a  
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& Northern Virginia Magazine

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

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

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

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

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

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

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

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

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

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

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

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# What Is Alopecia Areata?



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

If you are looking for a hair loss solution, it is really normal to feel possibly ashamed or scared or uncertain. You have no need to feel this way with us.

You want to feel safe and secure, and to know that everything that can be done for you, will be done.

It doesn't matter who you are, what your age is, what your background is – you want to matter and be taken care of.

It could be a child with Alopecia who needs help; it could be a 90-year-old woman who wants to look as young as she feels inside and wants to keep her outward appearance reflective of how she feels inside.

## What Is Alopecia?

If you are living with Alopecia, you are not alone. As many as 6.8 million people in the U.S. — 147 million people worldwide — are affected by alopecia areata. It is a common autoimmune disorder that often results in unpredictable hair loss. The condition can affect anyone, regardless of age and gender. Most cases occur before the age of 30, when you might start noticing that your hair is thinning.

In most cases, hair falls out in small patches (about the size of a quarter), though it can be more extreme. Sometimes, it can lead to the complete loss of hair on the scalp (alopecia totalis) or, in extreme cases, the entire body (alopecia universalis). Currently, there is no cure for alopecia areata. But the good news is that even when your disease is “active,” your hair follicles remain alive. This means that your hair can grow back again — even after a long period of time and even if you have more than 50% hair loss.

You want to find someplace that

offers multiple solutions to help you with your hair loss. Since the scalp is the most commonly affected area,

you want to be educated on your options, from trichology to hair restoration solutions.

You can also find more information on the National Alopecia Areata Foundation website [naaf.org](http://naaf.org).

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# Preserve Your Teeth With the Bioclear Method

## Closing “Black Triangles”

By Maribel M. Vann, DDS

### Part 2

Last month’s article was about the Bioclear method and stated the **numerous** advantages of how this procedure has saved teeth from being ground down into crowns. This month let’s focus on how it can close black triangles, clinically known as open gingival embrasures.

Bioclear is a method utilizing injection-molded heated composite to create strong and esthetic restorations without having to cut down a substantial amount of tooth structure.

Black triangles are often due to bone loss and recession around the gum line, and sometimes due to teeth movement, especially after braces. Dark spaces between the teeth can make the teeth look old. They are also prone to accumulate food debris encouraging excessive plaque build-up.

In cases where the enamel is perfectly healthy, black triangles needn’t be masked with porcelain veneers, which result in having to remove tooth structure. Using the Bioclear system,

these gaps can be closed without removal of tooth structure, improving the integrity of the gum and the appearance of your smile, thus making the teeth look more youthful.

Take a look at these amazing results. If you have “black triangles” you can look younger and improve the look of your smile. Find out today if Bioclear can help you.



BEFORE



AFTER



BEFORE



AFTER



Dr. Maribel M. Vann

Originally from the Philippines, Dr. Vann completed her undergraduate studies and earned her first dental degree at Centro Escolar University, College of Dentistry in the Philippines in 1978. She practiced general dentistry for six years in the Philippines. She attended Georgetown University School of Dentistry and graduated in 1988. She has been practicing in Northern Virginia ever since.

Dr. Vann is a member of national and local dental associations, including Academy of General Dentistry, the American Academy of Oral Systemic Health, and the Schuster Center for Professional Development.



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Transplant Program

Zahid Vahora, MD  
Medical Director, GW Liver  
Transplant Program

Lynt B. Johnson, MD, FACS  
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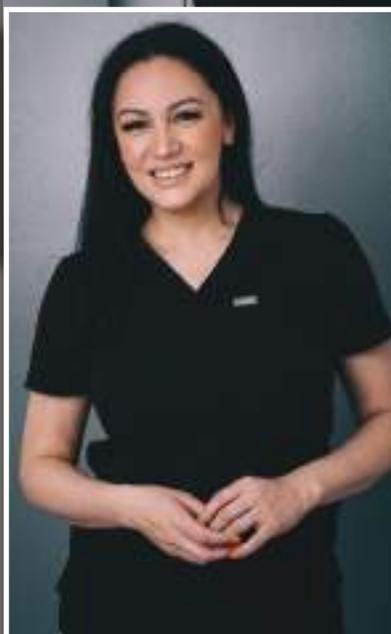
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Meet the team: Andrea Ristic - Founder and Medical Aesthetician | Sofia Flores - Practice Manager  
Tania Sevilla - Medical Assistant & Laser Technician | Ivey Trac - Lash and Massage Artist/Therapist  
Jessica Mapes - Medical Aesthetician | Dina Spencer - 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.

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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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# How To Relieve Allergy Symptoms



By Yeji Lee, LAc  
Active Care Chiropractic  
& Acupuncture

Since there are a variety of plants and animals in nature, there are many allergy patients in Virginia. Some patients experience allergies for specific reasons, and others are not available to find the reason for their allergic reaction. Also, allergy symptoms are often mistaken for the symptoms of other diseases such as cold, flu, even COVID. So, what do you need to know about allergy symptoms, and how to treat or relieve them?

Allergy symptoms are similar to flu and COVID symptoms. Thus, we have to differentiate between those diseases first.

- They all have sinus symptoms, such as sinus congestion, sinus pressure, and nasal discharge.
- They may have throat symptoms, but each type is a little different from the other. Throat symptoms with allergies are itchy, dry, and cough. Throat symptoms from the flu are sore, redness, and cough with phlegm. Throat symptoms caused by COVID are sore, dry, heavy cough, and phlegm that not be easy to spit out.
- They may experience a headache when the symptoms get severe.
- Flu or COVID can both cause a fever, but allergies do not cause a fever.
- Flu or COVID can cause body aches, but allergic reaction cause itchy and redness of the skin without aching.

After identifying that you are experience allergic symptoms, the next step is dealing with it. There are several ways to treat the allergy.

- Self-care.
- Avoid contact with the specific thing that causes your allergies.
- Drink warm water.
- Reduce caffeine and alcohol con-

sumption.

- Eat foods or drink teas which contain specific ingredients that can help reduce allergy symptoms, such as ginger, potato, and balloon flower.
- Over-the-counter (OTC) drugs.
- Acupuncture.

Acupuncture is recommended if OTC drugs with self-care doesn't work. There are no side effects from acupuncture, but it can help relieve your allergy symptoms. There are some other treatments for allergies, but

they are not a guarantee to reduce the allergy reaction and have severe side effects like headache.

Acupuncture can help the patient to reduce the reaction of allergies with or without those OTC drugs. This kind of treatment started a decade ago and its effect were proven by their own experiences. There are some different ways to treat the reaction by acupuncture.

1. Body acupuncture.
2. Facial acupuncture.
3. Ear acupuncture.
4. Moxibustion.

5. Acupressure.

Acupuncturists usually choose combination of two different acupuncture styles. In my case, I usually select body acupuncture and facial acupuncture to treat allergies. If the patient is not to severe and afraid of facial acupuncture, I would choose body acupuncture with facial acupressure combination. Each treatment can take 15 to 30 minutes, and after two to three sessions of treatment, patients can feel the change of their body.



Dr. Jay (Jong Hee) Cho  
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## We Welcome Yeji Lee, LAc

Master of Chinese Oriental Medicine in Beijing University  
Licensed in China and Virginia (USA)  
NCCAOM Board Certified Acupuncturist  
**Studied Acupuncture In China**

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# Cancer and Periodontal Disease



By Karl A. Smith, DDS, MS

Can a dental exam save your life? Regular dental appointments are strongly encouraged so that your dentist may look for any unhealthy conditions and catch them before they become big problems with even bigger costs.

Loss of teeth and increased cost of dental procedures are not the only reasons to see a dentist today. It is now clear that gum disease should be added to the list of factors that cause unhealthy body conditions. There is an extremely high risk of developing heart disease, diabetes, liver disease, blood diseases, heart attack, and stroke. With the latest research there is now evidence to add cancer to the list of gum disease related illnesses. According to the Center for Disease Control and Prevention (CDC), 47.2% of adults who are over 30 years of age in the United States have some type of periodontitis. With age, this rate increases, so that 70.1% of U.S. adults over 65 years old have this disease. Dental patients with moderate forms of gum disease have an overall 14% increased risk of developing cancer according to recent studies.

If you have any form of gum disease, even mild gingivitis, the normal act of brushing your teeth or chewing allows bacteria to enter your blood stream. The blood stream then carries the bacteria throughout the body. Studies have also found that gum disease is linked to a higher chance of pancreatic, lung, kidney and blood cancers in both smokers and non-smokers. There was a 33% increase in the risk of lung cancer.

There was a 50% rise in the chance of kidney cancer and a 38% rise in pancreatic cancer. Blood cancers such as leukemia rose by 30% among men with gum disease. In another study it was found that for each millimeter of bone loss in chronic periodontitis, a serious form of gum disease, there was a four times the increase in head and neck cancer.

Searching for a precise connection goes on and will hopefully one day lead us to a cure but for now it is thought that untreated gum disease can trigger a substantial reduction in the immune response and cause damage to the immune system. This in turn makes it easier for the cancer to grow. It is also possible that the bacteria from the gum disease could be directly causing the cancer themselves. Further studies will be done in the coming months and years.

*It is now clear that gum disease should be added to the list of factors that cause unhealthy body conditions.*

What can be done today? See a periodontist. A periodontist is a special dentist that can determine your level of periodontal disease and help determine your risk factors. A referral is not required. Patients with a recent cancer diagnosis should see a periodontist prior to starting chemotherapy or radiation. They can help catch and treat these bacteria early to lower your risk in later years. Call a periodontist today and set up a complete periodontal evaluation. It just might save your life.

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# Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

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

that increases the risk of developing it and other dementias.

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

Results in a small, ongoing phase II trial of the drug in early Alzheimer's patients with two copies of the gene showed "significant improvement" on

## Volunteers Being Sought

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

memory tests after six months, according to Alzheon, a Massachusetts-based company developing it and a number of potential drugs for Alzheimer's.

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

### Volunteers Being Sought

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

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

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

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

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

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

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

"Our end goal is to help patients [by providing] other options for Alzheimer's disease medications, because there is not much out there," Bland said. "The FDA-approved drugs aren't doing much." For more information or to volunteer to participate in the ApolloE4 study, call 703-520-1000.



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



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

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

**571-418-0142**

### Fairfax Clinic

8316 Arlington Boulevard  
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hello@re-cognitionhealth.com

**Re:Cognition Health Fairfax** opened its doors in May 2018 is led by Neurologist, Dr. Scott Turner. Currently, the clinic is specializing in phase 2 and 3 pharmaceutical trials focused on finding a disease-modifying medication to treat those suffering from Mild Cognitive Impairment and Alzheimer's Disease.

The research team working under Dr. Turner is made up of a variety of professionals committed to the highest quality care and patient satisfaction.

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# How Dental Technology Benefits You

## *Making an Easier, More Comfortable Dental Visit*



By Michael Rogers, DDS  
Fairlington Dental

Modern dentistry is always developing ways to make your visits faster, easier, more comfortable, and better for the world around us. The latest advances allow for earlier, less-invasive treatment, which means faster healing times and greater precision for dental procedures. And the results can be outstanding.

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The first computer-controlled local anesthetic system. Just one injection at a single tooth with The Wand is all that's needed to numb an area. It lets the dentist precisely anesthetize a single tooth in only one to two minutes, rather than administering an anesthetic that numbs your entire lip. This is a more accurate and safer delivery of anesthesia. The STA works immediately, whereas the typical anesthetic can take 8-12 minutes, and lasts as long as traditional anesthesia. This technology has been clinically proven to provide a pain-free injection.

### **75% Reduction in Radiation**

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75% less radiation than conventional X-rays. No more waiting for images to develop and no more chemical waste to pollute the environment.

### **Intra-Oral Camera Makes You a Part Of the Team**

The intra-oral camera is an amazing device. It is a miniature video camera that displays a close-up picture of the inside of your mouth. You can see for yourself what work needs to

be done and which teeth are doing fine. You then become a participant in each dental decision. You'll love how this works.

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cone beam images when diagnosing patients and evaluating treatment options is the dentist's ability to clearly see the patient's anatomy in 3-D, instead of flat, two-dimensional images. This leads to much greater accuracy for all dental treatment, especially implant placement and any oral surgeries.

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### **Dr. Michael Rogers Our Complete Health Approach**

At Fairlington Dental, we understand the connection between a healthy

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

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

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

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By April Toyer, DDS, FAAPD  
Lifetime Dental Care

# The Common Cold and Your Oral Health

cold and flu season. Children in the United States miss about 22 million days of school every year due to the common cold. The average child alone gets between six to twelve colds every year and is two to three times more likely to come down with the flu.

Although children are most susceptible to the cold and flu they easily spread their ailments to their caregivers and schoolmates. When you are

feeling down and out the last thing many people want to do is worry about their teeth. However, a few key tips during those down and sick days can help lead you and your family to a speedy recovery without devastation to your oral cavity.

• **Stay Hydrated** – Being made mostly of water, it is nature’s cure for a variety of conditions. A stuffy and congested nose may cause

you to breath through your mouth. Excessive mouth breathing can slow saliva production and make our mouths susceptible to harmful bacteria. Drinking water during a cold also thins mucus and prevents dehydration. If your child refuses to drink try soups, sugar-free popcicles or Jello.

• **Use Sugar-free Cough Drops** – Many cough syrups and cough drops contain excessive amounts of sugar to make them taste great. If you are using sugary cough medicines make sure you rinse the residue off your teeth with water and brush before going to bed. There are xylitol candies and nasal sprays that help fight cavities as well as alleviate sore throat and post nasal drip.

• **Minimize Sugar Intake** – Refined sugars such as fruit juices and white flour can depress your immune system, which weakens your body’s ability to fight infection on its own.

• **Don’t Forget to Brush** – When you are sick you tend to take several naps throughout the day. Although you are often more tired do not forget to brush your teeth before lying down. Saliva production decreases when you are sleeping, decreasing the bodies ability to cleanse itself.

• **Replace your Toothbrush** – Bacteria and viruses can live on your toothbrush for hours or even days on hard surfaces. The last thing you want to do is re-infect yourself after just getting over an ailment. Make sure you do not store your toothbrush next to your family members. This could lead to cross-contamination of the new toothbrush and further spread the illness.

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## April Toyer, DDS

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



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**Heather Callahan, PA-C**

Heather Callahan is a dermatology physician associate certified by the National Commission on Certification of Physician Assistants (NCCPA) and holds medical licenses in the states of Virginia and Maryland.

Heather is passionate about all facets of dermatology with extensive training and experience in general medical dermatology, surgical dermatology including Mohs, and cosmetic dermatology. She is a graduate of George Mason University in Fairfax, Virginia, where she received a Bachelor of Science degree in both Biology and Psychology. She then earned her Master of Science in Physician Assistant Studies from Seton Hill University in Greensburg, Pennsylvania. Heather herself was nominated for Lifestyle Magazine's 16th Annual Best Physician in 2021. In 2020, Heather earned the highly prestigious honor of becoming a SDPA Diplomate Fellow. The Society of Dermatology Physician Assistants Diplomate Fellowship™ program is an

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

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

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

Heather is passionate about growing both the medical and aesthetic aspects of the practice.

As a dermatology physician assistant, Heather is licensed to perform comprehensive skin cancer screenings, identify and treat skin cancers. She is also trained to diagnose and treat numerous other dermatological conditions, including but not limited to acne, eczema, psoriasis, warts, and rashes. She is well-versed in skin cancer prevention, delivers and manages treatment plans for acute and chronic skin conditions. She often incorporates Exosomes and Platelet-Rich Plasma (PRP) in her treatments, confident in their medical and aesthetic benefits.

With an artistic eye and skilled hands, Heather is also especially enthusiastic about aesthetic medicine and is passionate about injectables, i.e. Botox, Filler, PDO Threads, as well as enjoys working with a multitude of laser platforms and medical devices, such CO2 Laser Resurfacing, Morpheus8 Microneedling with RF (Radio-Frequency), HALO Fractional Laser, NanoPeel Laser Resurfacing, and a plethora of advanced aesthetic lasers and treatments offered at Séchoir.

She firmly believes the mind-body connection is powerful and that improved self-perception can positively impact one's well-being. Her philosophy that everyone has their own sense of what beauty is helps her develop individualized treatment plans customized to each's own aspiration, comfort level and budget. She feels we must allow every person the opportunity to express beauty without judgment. Heather feels safety is paramount, while striving to deliver exceptional and natural outcomes and strives to develop long-lasting relationships with her patients. She is a patient favorite, and it shows when you read her reviews on Google and social media. She takes a very gentle, considerate and extremely thorough approach in her practice of medicine. Séchoir Aesthetics, Dermatology, and Wellness is now accepting Insurance, including Cigna, Aetna, Humana, and more! Inquire within. Your next and best provider is a call away!

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By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

# How MFT Can Help AHI, OSA, and Other Abbreviations

of the head and neck to work better and not be so flaccid. As we get older, all these muscles simply become saggy. The less tone flabby muscles in the throat begin to close the throat. Did you know that your tongue can harbor tremendous amounts of fat tissue? This tissue is very difficult to get rid of because practically no

one exercises the tongue the way it should be!

The real problem with MFT, as mentioned previously, is that even when you really should do the exercises, most do not. They are too busy, don't really care, or think it's kind of a silly thing. But, when they learn that the muscular system of the throat is

just like working the biceps, the traps, the thighs, they more or less 'get it.'

Learn about MFT and how it might help you because it will help you stay healthier longer. If you'd like a more natural approach to helping reduce your OSA, this is worth looking into! There are online resources to help you learn where to look.

There is a high percentage of the population that deals with disordered breathing while sleeping. Many may not understand the effects of this, and how it plays into their daily life. Nor do they understand options of fixing it. There are different routes to take while exploring what works best for you.

MFT refers to Myofunctional Therapy. This means that if you can learn how to stretch your tongue and strengthen the muscles of the face, then as you get a bit older these muscle groups will stay more taut and less droopy over time. This equates to less airway obstruction. Less fat tissue drooping into your throat means the airway will function better and your AHI (Apnea Hypopnea Index) can be lowered. While treating airway disorders, a sleep apnea test is usually performed. The AHI number will be determined. An AHI of lower than five is usually a good number, but when it creeps up to 10 and above, this means sleep apnea could be present. If sleep apnea is present, it needs to be dealt with. Sleep apnea affects more than just your sleep. Daytime drowsiness can lead to difficulty concentrating and irritability.

Before discussing MFT further, there are more abbreviations to understand. The term OSA refers to Obstructive Sleep Apnea. OSA just means that you have sleep apnea, and the AHI is relatively high. It is always important to know your numbers regarding OSA and know why a higher number is a bad sign. So do your sleep test, determine what the AHI number is, and you will know how bad the OSA is. This will help you understand how to fix the problem and the severity of your sleep apnea.

Many people would help their own health if they exercised regularly. Imagine if you exercise your tongue, your cheeks, your neck, your forehead; this would allow all the muscles

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- **Craniofacial Pain**
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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.



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

**Jeffrey L. Brown, DDS**



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

*"My daughter has been treated by Dr. Stack and Dr. Brown for the last 2 1/2 years, and we are very fortunate to have found them. Prior to that she was being treated by a neurologist at a Children's hospital. She was on medications for tics and associated muscle pain, OCD/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

# Stinky Breath?

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

Do people brush their fingers under their nose when you are near? Offer you gum or mints? Quietly move a half step sideways or turn their head? Brush their fingers under their nose? If so, you probably have bad breath.

If this happens to you, forget the gums, mints, toothpastes, and

mouthwash. These are all cover-ups, not cures. No matter what they taste like, they only cover-up one bad odor with a stronger more pleasant one. Even the cure-in-a-bottle Internet products are only cover-ups not the all-day cure they advertise.

Since 1993 a complete cure has been available that creates fresh breath that is sustainable for life. It has changed the lives of thousands of the 75 million Americans who are

affected by halitosis.

Bad breath is due to the bacteria that inhabit the mouth, particularly those on the tongue, under the gums, and between the teeth. These bacteria form biofilms (coatings) that can only be removed by special dental procedures. By professionally eliminating those bacterial biofilms one can be halitosis-free forever.

Here are some of the signs and symptoms that can tell you if you have



Richard A. Miller, DDS

a bad breath problem:

- Coating on tongue whitish, yellowish, or brown
- People react to you in close situations
- Morning breath
- Brushing and flossing do little for the odor
- Bad taste
- Dry mouth; thick saliva
- Postnasal drip

If you want to check yourself, here are two tests which might work.

For one test take a piece of sterile 2" x 2" gauze, available at every pharmacy. Stick your tongue out as far as possible. From the furthest back area that you can reach, wipe forward 3-4 times to get off as much coating as you can. Compare the color to the white part of the gauze. Is the gauze discolored?

Smell the gauze. Is there an odor? If you see a color on the gauze or smell an odor, you have halitosis. Be aware, however, that some people cannot smell their own odors due to a phenomenon called adaptation. Adaptation is a phenomenon that over time, causes us to get used to our own smells. That is why the color of the gauze itself is an indicator of bad breath. If your breath is fresh it will be clear.

Secondly, you can try using a spoon or a tongue scraper (not brush) far in the back to wipe off some coating. Does this have an odor to it? Again, be aware of "adaptation".

If you have bad breath, you may already know that breath odor smells like "rotten eggs" and "poop" due to the sulphur-type odors from the bacteria. While sulfur odors are the most common, other odors that denote bad breath are: ammonia, cooked cabbage, sweating feet, garlic, fishy, and rancid odors.

So, if you have bad breath, there is a way to say goodbye to bad breath forever. *Original Tongue Rejuvenation*® is the only known cure that is guaranteed to eliminate the odors of bad breath.

## EMBARRASSED BY YOUR BREATH?



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Turn Away When You Get Close?

Rub Under Their Nose?

Offer You Gums or Mints?

Talk Behind Your Back?

Exclude You From Social Activities?

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# Hyperbaric Post-Radiation Recovery: Breast Cancer Spotlight

Submitted By Integrative Hyperbaric & Wound Care

For the past over 125 years many cancers have been successfully treated with radiation, helping save millions of patients' lives – however it often leaves lasting side effects. Radiation works to kill cancer by penetrating deep into the tissues and destroying the blood vessels that feed it. Given the increasing number of people developing cancer, more patients each year coming face to face with the long-term side effects from it.

Radiation is used in approximately 60% of cancer patients' treatment protocols, including breast cancer as one of the most common types. Sometimes the damage shows up early, but it can often take months to years to develop. Fortunately, impressive research and clinical evidence shows that Hyperbaric Oxygen Therapy (HBOT) is highly effective at ameliorating the symptoms of the conditions created by radiation injury.

## What are the symptoms of Post Radiation Injury in Breast (and many other) Cancers?

1. Tissue Fibrosis – Thickening or scarring of connective tissue, often with pain and restricted range of motion.
2. Lymphedema – Damaged lymph vessels cause fluid accumulation.
3. Nerve Damage – Resulting in weakness, pain, numbness, or muscle loss that can be permanent.
4. Heart and Lung Conditions – Some deep radiation going through the lungs or heart, can damage lung tissue, large blood vessels, or heart valves in some breast and other cancers.
5. Secondary Cancer – Radiation damages the DNA of the cells it travels through, and due to this, a different type of cancer can (rarely) occur.

## How can Hyperbaric Oxygen Therapy (HBOT) help with these issues?

HBOT exposes the body to 100% oxygen under pressure, which pushes higher amounts of oxygen into all areas of the body than blood ever could, and into areas with no blood flow at all. This is especially important, as most of the above conditions are created by scar tissue in areas robbed of blood flow that prevents further blood vessel growth. This allows reparative healing nutrients to be delivered and soften the scar, which decreases pain and increases function and range of motion.

## How successful are the treatment outcomes with HBOT?

A 2021 study showed improvement in all domains of quality of life, with significant improvements in breast symptoms, arm symptoms, and pain scores. A 2020 study of 57 women who received 44 treatments, 85% saw significant improvements. All improvements, including those of pain, fibrosis,

breast swelling, and arm movement continued to remain stable even a year after the treatment series. Remarkably, average shoulder abduction (lifting the straightened arm directly out toward the side of the body and up over the head) improved from an average of 90 degrees to 165 degrees.

These impactful study results often lead to life-changing day-to-day im-

provements for patients, like the ability to put on a shirt or reach an overhead cupboard. HBOT provides considerable relief from difficult post-radiation conditions, and medical insurance covers these FDA Approved Hyperbaric Oxygen treatments. HBOT is an effective, safe, and proven way for post-radiation patients to regain a degree of normalcy after fighting for their lives.



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## Have you ever undergone Radiation Therapy for any Cancer type?

Hyperbaric Oxygen Therapy (HBOT) has been shown to help alleviate the conditions and symptoms below caused by radiation treatment:

- Pain
- Fatigue
- Sleep Difficulties
- Urinary Difficulties
- Limited Range of Motion
- Neuropathies & Nerve Pain
- Tissue Damage after Radiation
- Dental Extraction/Implant (ORN)
- Blood Loss
- Urinary Issues
- Digestive Issues
- Swallowing Difficulty
- Non-healing Wounds
- Loss of Saliva Production
- Swelling & Fluid Retention
- Cognitive Problems/Chemo Brain

*In a recent panel study with “2538 patient entries with 10 types of radiation injuries were analyzed... **Clinical outcomes following HBOT were positive with symptoms that improved or resolved varying from 76.7% to 92.6%, depending on injury type.**”*

Niezgoda J., Serena T., & Carter M. (2016). Outcomes of Radiation Injuries Using Hyperbaric Oxygen Therapy: An Observational Cohort Study. *Advances in Skin & Wound Care*, 29(1), 12-19.

*“Hyperbaric therapy has helped to great extent in healing many of my radiation issues...Cognitive problems ensued shortly after the radiation...and that too has been corrected through (HBOT)!”- H.J.*

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# Dental Implants For Edentulous Patients



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

Edentulism is a complex condition due to the interaction between the disease and aspects that do not depend on the disease itself, such as biologic and patient factors. Edentulism presents socioeconomic problems to the worldwide health care systems.

## How Does Edentulism Impact One's Health?

Numerous studies have proved that the absence of teeth can impact the systemic health of patients in the following ways:

- Patients may reduce consumption of fruits and vegetables, fiber and carotene and they may increase the consumption of foods rich in cholesterol and saturated fats. This may lead to cardiovascular diseases such as hypertension, stroke, aortic valve sclerosis and coronary problems.
- There may be an increase in gastric

Edentulous means lacking teeth. The complete loss of teeth (edentulism) due to gum disease and tooth decay can have severe consequences on your health. Complete dentures are an unacceptable substitute for natural teeth due to slippage, discomfort and inefficient chewing. Dental implants for edentulous patients are typically the best solution.

Please see "Edentulous," page 41

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



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

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

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**Richard Hughes, DDS** - General Dentist  
Diplomate, American Board of Oral Implantology/Implant Dentistry  
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# SPECIAL NEEDS

## DENTISTRY FOR KIDS

### WITH DOWN SYNDROME



*October is designated as National Down Syndrome Awareness Month*

Finding a dentist skilled in working with children with special needs is not always easy. A pediatric dentist must acquire additional education and training in the various needs and methods of treatment for this population.

Smile Wonders is uniquely qualified to offer compassionate care to children with special needs like Down Syndrome, Autism Spectrum Disorders, Cerebral Palsy and other congenital conditions. Dr. Rishita Jaju's experience includes time as a Children's Hospital LEND Fellow (Leadership Education in Neurodevelopmental Disabilities), where she worked closely with children with medical or behavioral special needs, as well as ongoing education.

#### *Oral Development Differences*

In order to provide the best dental health care we must first understand the developmental differences in children with Down syndrome.

For children with Down syndrome, both their baby teeth and permanent teeth take longer to come in. They may get their first teeth at between 12 and 14 months—or as late as 24 months, as compared to 6 to 12 months for children without Down syndrome. A full set of 20 baby teeth may not appear until the child is four or five years old, and the front permanent teeth and six year molars may not erupt until ages eight or nine. The teeth may also come in in a different pattern than in children without Down syndrome.

The teeth of children with Down syndrome may be smaller than average, with shorter roots, and several teeth could be missing altogether. These conditions can create spacing between the teeth. If their jaw is also smaller, the teeth may be crowded, resulting in "impacted" permanent teeth. They may also have large tongues, or a tongue that is too large for a smaller upper jaw.

Because a person with Down syndrome has been shown to have an increased risk for gum (periodontal) disease due to an impaired immune syndrome that precludes natural protections, it is important to provide proper daily oral health care, which we'll be glad to demonstrate to the parents. Teeth should be brushed twice a day—especially along the gumline (morning and evening)—with a soft toothbrush or an automatic toothbrush, and flossed daily. Watch for bleeding gums; this could indicate inflammation or infection.

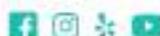
#### *A Visit to the Pediatric Dentist*

Dentistry for those with Down syndrome also means understanding the emotional and physical responses created by a visit to the dentist. Giving the patients extra time to relax, feel comfortable, and trust the dental professionals are key elements to successful treatment. Familiarization with the people, equipment and methods of dental care are also important for trust.

We try to schedule patients early in the day, before they become over-tired, or find a time that works best within their routine, and offer a friendly and welcoming environment with reduced distractions. Sounds, sights and other stimuli are minimized during the visit within a designated Quiet Room. Visits can also be split to make them short and quick, or longer to accommodate those who take longer to relax. Compliments and rewards are often employed to encourage cooperation.

#### *Special Needs Dentistry for Children with Down Syndrome at Smile Wonders in Reston, VA*

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### Symptoms of Eye Floaters

Floaters can be grey or dark areas that can move in and out of your visual field:

- Spots • Strings • Cobwebs • Rings • Lines

While floaters aren't typically harmful, they can be very annoying – especially when they routinely interfere with your line of sight.

It's important to schedule a dilated eye exam if you are experiencing floaters so your doctor can monitor your condition. If your floaters are becoming a nuisance to your daily life, our eye floater doctor in Reston, VA, can assess your condition and determine if laser treatment is warranted.

### Risk Factors for Floaters

Your risk of developing eye floaters increases as you grow older (over age 50). Other conditions may also increase your risk

- Nearsightedness • Diabetic Retinopathy • Trauma To Your Eye • Inflammation • Eye Surgery Complications • Eye Disease • Torn Retina • Eye Tumors

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

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

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



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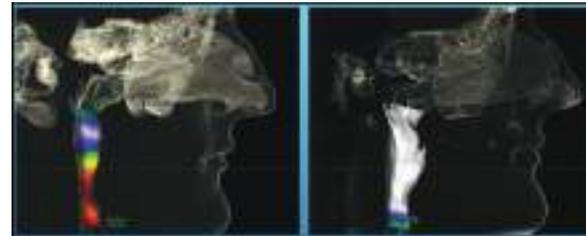
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Dr. Brown is highly trained in ALF (Advanced Light Force) Therapy. He has over 500 hours in ALF Therapy training and has lectured around the world teaching ALF techniques with Dr. Nordstrom, the creator of the ALF appliances. The ALF appliances are thin, conservative appliances that can be used on the upper and lower arches. They hide behind the teeth, are removable and are basically invisible when being worn. This innovative treatment approach is used to address neurological, orthodontic and orthopedic issues, and the benefits are vast. Each appliance is unique to the patient and designed by the doctor to achieve specific goals relating to health, beauty and function. No ALF appliance is the same, and treatment is pain-free.



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Airway after ALF treatment, full resolution of this 30-year-old patient's symptoms.



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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



## 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



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Suite #221, Rockville, MD

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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



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Suite #1300

Chevy Chase, MD

**301-657-4588**

## MEDICAL ONCOLOGY



### Holly Dushkin, MD

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

**Medical Education:** Temple University School of Medicine

**Residency:** Temple University Hospital

**Fellowship:** Fox Chase Cancer Center

**Board Certification:** Internal Medicine

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## 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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## 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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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Rishita Jaju, DMD

### Pediatric Dentistry



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**571-350-3663**



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

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

#### Degrees, Education & Training

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

#### Experience & Expertise

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

#### Professional Memberships

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

#### In the Community

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

#### Personal Interests

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

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

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

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

## Missale Mesfin, MD, FAAD, FACMS

### Your Solution For Healthy, Beautiful Skin.

8301 Old Courthouse Road  
Vienna, VA

**703-442-0301**



### Meet Missale Mesfin:

Dr. Missale Mesfin is a Board Certified Dermatologist and Fellowship Trained Mohs Surgeon with over 12 years of experience practicing both Medical and Cosmetic Dermatology as well as performing Mohs Skin Cancer Procedures. She is a leading provider of dermatologic care in the Virginia region and has been named a Top Doctor by *Northern Virginia Magazine* numerous times. As a physician, Dr. Mesfin aims to provide excellent patient care, while ensuring patients are comfortable and leave their visit feeling confident in the care they received. In addition to specializing in Mohs skin cancer surgery, Dr. Mesfin also provides a variety of cosmetic treatments including Botox injections, dermal filler injections, laser treatments and sclerotherapy with more services being added in the near future.

### World-Class Dermatology Care For You.

At Forefront Dermatology, making sure you have beautiful and healthy skin is our top priority. We offer a comprehensive range of patient-centric, dermatological services and treatments for all your skincare needs. Our board-certified dermatologists are a first-rate team and highly respected within their communities. The Forefront name is your assurance that you're receiving world-class dermatology care.



**[ForefrontDermatology.com](http://ForefrontDermatology.com)**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Vikram Chauhan, DMD

*Dental Services You Can Rely On*



112 Pleasant Street, NW  
Suite H, Vienna, VA

**703-281-2111**

### 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



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

## Douglas Semler, MD, FAAD

*Don't hesitate with your health. Schedule your annual skin cancer screening at Semler Dermatology today!*



19465 Deerfield Avenue  
Suite #408  
Lansdowne, VA 20176

**703-723-6568**

You are important and taking the time to genuinely listen and care about your needs is how we will begin every one of your visits to our office.

Dr. Douglas Semler is originally from Columbus, OH. He attended the University of Michigan, Ann Arbor for his Bachelor of Science undergraduate degree in Biological Sciences. He then attended University of Cincinnati College of Medicine where he earned top honors and graduated Alpha Omega Alpha. He completed his internship year in Internal Medicine at Case Western Reserve University/University Hospitals of Cleveland. His residency training in Dermatology was completed at Case Western Reserve University/University Hospitals of Cleveland.

#### CERTIFIED:

American Board of Dermatology

#### PROFESSIONAL MEMBERSHIPS/ AFFILIATIONS

Fellow of the American Academy of Dermatology

#### HONORS & AWARDS:

- Alpha Omega Alpha
- Phi Beta Kappa
- Phi Kappa Psi
- University of Michigan Class Honors
- Hiram B. Weiss Award for Distinguished Scholarship, University of Cincinnati College of Medicine

Dr. Semler has published peer-reviewed journal articles and has presented at national and local meetings.

In his free time, he enjoys travel, hiking, skiing, and spending time with his family.



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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Ginger Delph, Founder/CEO



504 Elden Street  
Suite #2, Herndon, VA

**866-4 CORE IV**  
**866-426-7348**

info@coreivtherapy.com

### IV Therapy For Cancer Care Support



#### CHEMOTHERAPY/RADIATION PATIENTS...

IV Therapy can play a supportive role while one is receiving chemotherapy or radiation. A Myers Cocktail or our new Cancer Support Drip can be used to support and replenish the body during treatment.

The ingredients in the Cancer Support Drip, when administered at the right time in conjunction with a comprehensive treatment plan provided by your oncologist, can help mitigate some of the side effects from chemo/radiation. B vitamins and minerals, which are essential in cellular DNA formation, gene expression, neurotransmitter formation and energy production are included to provide support to these fundamental biochemical processes. And powerful antioxidants like vitamin C, alpha lipoic acid and glutathione can be added to help "mop-up" the increased oxidative burden that comes with cancer and its treatment after radiation and chemotherapy.

#### WHEN CHEMOTHERAPY/RADIATION IS NOT AN OPTION...

We can work with your functional/integrative/naturopathic doctor to supply high-dose Vitamin C and/or Ozone therapy. For high-dose Vitamin C therapy, one must be tested for the G6PD mutation in order to make sure that the HD Vitamin C doesn't cause cell lysis.

High-dose Vitamin C and Ozone can not be done while one is receiving chemo or radiation, because chemo and radiation create a very toxic environment in order to kill cancer cells and cleaning it up is counter-productive to that – but it can be done in between treatments as a system clean up.

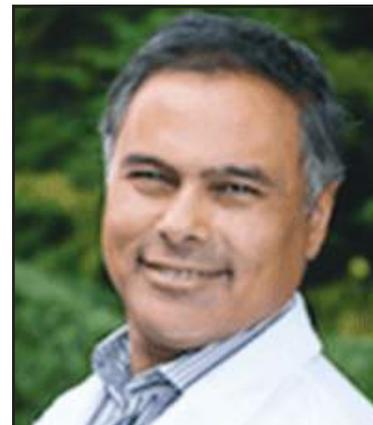


\*\*\*\*\* Our services are meant to compliment your existing cancer treatments. We encourage you to discuss the use of IV therapy with your treating oncologist – especially when including antioxidants – as the timing and use of these agents is important and sometimes controversial in overall treatment \*\*\*\*\*

**CoreIVTherapy.com**

## Anshu Guleria, MD

### Urology



8525 Rolling Road  
Suite #220, Manassas, VA

**703-393-0700**

#### Meet Dr. Guleria (*Washingtonian* "Top Doctor" 2005-2016)

Using state-of-the-art technology, Anshu Guleria, MD, provides his patients at Prince William Urology Associates in Manassas, Virginia, with the utmost in health care services that include both discretion and sensitivity during diagnosis and treatment.

After earning his medical degree from Northeastern Ohio Universities Colleges of Medicine and Pharmacy in 1988, Dr. Guleria completed both a surgical internship and a urological transplantation fellowship at the MedStar Washington Hospital Center in Washington, D.C.

Dr. Guleria went on to complete a second fellowship at the National Cancer Institute at the National Institutes of Health before returning to the MedStar Washington Hospital Center for his urology residency.

Certified by the American Board of Urology, Dr. Guleria has served as Chief of Surgery at Prince William Medical Center and Chief of Urology at Inova Fair Oaks Hospital. Dr. Guleria's numerous accolades also include working on many boards and committees at both hospitals, as well as being consistently voted a Top Doctor by *Washingtonian* magazine from 2005-2016.

Dr. Guleria offers professional diagnosis and treatment for all urological conditions and specializes in the treatment of prostate cancer. Dr. Guleria provides his patients with annual prostate exams, prostate cancer treatment, and prostate cancer screenings, including high-intensity focused ultrasound (HIFU), benign prostatic hyperplasia (BPH) screening and treatment, prostate-specific antigen (PSA) testing, and brachytherapy.

Patients from a range of backgrounds can rely on Dr. Guleria's expertise as he's fluent in Hindi and Spanish in addition to English.

#### Guleria Urology (Manassas, VA)

**Services Offered:** HIFU, Da Vinci Robotic Surgery, Vasectomy, InterStim and treatments for: Benign prostatic hyperplasia (enlarged prostate), Bladder cancer, Bladder control problems, Erectile dysfunction, Female sexual dysfunction, Hematuria, Interstitial cystitis, Kidney cancer, Kidney stones, Male infertility, Peyronie's Disease, Prostatitis, Testicular cancer, Testosterone deficiency, Urinary incontinence, Urinary tract infection, Varicocele

#### Are You At Risk For Prostate Cancer?

The risk of prostate cancer increases with age, especially after age 50. More than 80% of prostate cancers are diagnosed in men who are 65 or older. Black men have a higher risk of prostate cancer than white men. If you think you may be at risk, call our practice today to schedule a screening (703-393-0700).

**www.PrinceWilliamUrology.com**

# Featured Health Professionals

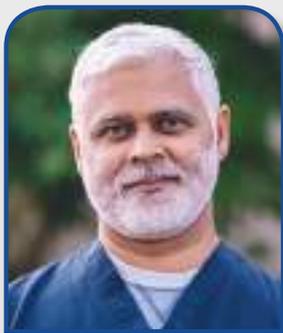
Local Professionals Empowering and Encouraging People To Live Healthier



## Interventional Oncology

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**Anish P. Shah, MD, FASN**  
Medical Director  
& Founder



**Sandeep Sharma, MD, FASN**  
Interventional  
Nephrologist



**Uchenna Nwosu, MD**  
Vascular & Interventional  
Radiologist



**Deepak Deshmukh, DO**  
General & Vascular  
Surgeon

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[www.TeamVIV.net](http://www.TeamVIV.net)

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Marvette Thomas, DDS

Cosmetic Dentistry,  
Invisalign® Platinum Provider

dentalspa



12351 Dillingham Square  
Woodbridge, VA 22192  
**703-580-8288**



### Meet Marvette Thomas:

Dr. Marv Thomas established the Dental Spa in 2002. She earned an undergraduate degree in Chemical Engineering and later worked as a Nuclear Systems Engineer for three years. Driven towards her passion, she graduated from Howard University College of Dentistry with honors and did an internship at Sloan Kettering Cancer Center in Manhattan, New York 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, The Dental Organization of Conscious Sedation.

#### THE DENTAL SPA

The Dental Spa of Virginia has received several awards over the years and was one of the first Dental Spas worldwide and Dr. Thomas has helped other Dental Spas globally in becoming established. Dr. Thomas created this concept to take the fear out of dentistry and to transform the traditional ideas and perceptions of dentistry into a pleasant experience. The Dental Spa concept was written about on the front page of the Business section of the *Washington Post* in May 2007 for the unique services that it gives.

The Dental Spa is not only known for its tranquil environment and anti-anxiety atmosphere, but it is a state of the art modernized facility. It is where Feng Sui and technology comes together. When visiting our office, you will be greeted with sights, sounds, smells, taste and the feel of natural elements. But the operation of the facility does include many of the latest technology devices known in dentistry today to diagnose and treat our patients.

### It's Never Too Late For a Straight Smile

When you hear the word "orthodontics," what comes to mind? Probably a young teenager whose teeth are covered by a latticework of metal. There are indeed many orthodontic patients who fit that description. However, there now exists an increasingly popular alternative to traditional metal braces: Invisalign® clear aligners.

- Improved Oral Hygiene
- A Discreet Look
- More Dietary Choices
- Comfort
- Teeth-Grinding Protection

Scan this QR Code to instantly discover your new Invisalign smile!

For the month of October only, The Dental Spa is offering **\$800 OFF** your Invisalign treatment. Call 703-580-8288 to learn more!



PLATINUM PROVIDER



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

## Jacqueline D. Griffiths, MD

Ophthalmology



12110 Sunset Hills Road  
Suite #50, Reston, VA 20190  
**703-834-9777**  
**1-800-MY-VISION**



### Meet Jacqueline D. Griffiths:

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

#### Degrees, Training & Certifications

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

#### Professional Memberships & Affiliations

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

Selected as a  
"Super Doctor"

Washington  
Post Magazine

Voted  
"Top Ophthalmologist"

Washingtonian Magazine,  
and Northern Virginia Magazine

### Offering:

- Custom LASIK, EpiLase, & PRK
- Near Vision CK
- Laser Cataract Surgery
- Multifocal Implants
- Annual Eye Exams
- Diabetes Management
- Glaucoma Management
- Laser Floater Removal
- Optical
- Eyelid Surgery
- Belotero
- Radiesse™
- Juvederm
- Botox

"Eye Cancer" by Dr. Jacqueline Griffiths, MD on Page 5

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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## E. Richard Hughes, DDS

**Comprehensive  
Dentist, Renowned  
Implantologist  
(Dental Implant  
Specialist)**



46440 Benedict Drive  
Suite #201, Sterling, VA

**703-444-1152**

**Meet Dr. E. Richard Hughes, a Renowned Implantologist  
Offering Life-Changing Dental Care**

Dr. E. Richard Hughes received his Bachelor of Science in Microbiology from the University of Maryland in College Park, MD. He graduated from Meharry Medical College School of Dentistry in Nashville, TN with a degree as a Doctor of Dental Surgery. His Post Doctorate Certificate in Oral Implantology is from Howard University of Dentistry in Washington, DC.

Dr. Hughes has been in practice for over three decades. During that time, his extensive training and dedication to patient-centered care in Sterling, VA, and the surrounding communities has earned him recognition as a highly esteemed dentist.

### Practice Philosophy

Dr. Hughes is committed to respectful, personalized care. Along with his entire staff, he provides treatment in a comfortable, welcoming environment. He is a great listener, and will take the time to get to know you and your needs. Because of his experience and gentle approach, most patients experience minimal discomfort during treatment. However, Dr. Hughes understands that dental anxiety is a very real obstacle for some patients. For this reason, he offers effective oral sedation and nitrous oxide to help patients achieve total comfort during treatment.

### Areas Of Expertise

Restorative & Implant Dentistry (Dental Implants, Bridges & Crowns, Dentures, Full Mouth Reconstruction), General Dentistry (Preventive Care, Periodontal Care, Sleep Apnea, TMJ, Root Canal Therapy, Invisalign® Clear Aligners, Sedation Dentistry), and Cosmetic Dentistry (Teeth Whitening, Veneers, Smile Makeovers).

### Credentials & Memberships

- Diplomate, American Board of Oral Implantology/Implant Dentistry (less than 500 worldwide with this designation)
- Honored Fellow & Fellow of the American Academy of Implant Dentistry
- Fellow of the American Academy of Prosthodontics

### Missing Teeth?

**Embarrassed By Your Smile? Tired of Wearing Dentures?**

Call us today at 703-444-1152 to learn if dental implants are the right solution for you. *Ask us about our Flexible Financing Options!*

To read more about dental implants, check out Dr. Hughes' articles @ [www.YourHealthMagazine.net/Richard-Hughes/](http://www.YourHealthMagazine.net/Richard-Hughes/)

**[www.ERHughesDDS.com](http://www.ERHughesDDS.com)**

## LaSondra Gray, CMLSO, CNC

**Cosmetic  
Dermatology,  
Aesthetics & Wellness**



44125 Woodridge Parkway  
Suite #220  
Lansdowne, VA 20110

**703-539-6002**



**Meet LaSondra Gray:**

LaSondra Gray, CMLSO, CNC, Cosmetic Dermatology, Laser Surgery & National Wellness & Nutrition Coach is Northern Virginia's hidden gem and expert in laser technology — from head to toe. She understands and knows the value and benefit that advancements in laser technology have on resolving multiple issues 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 the surgeons and skincare experts from some of the top institutions in the world.

LaSondra 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.

### THE WELLNESS CENTER AT REFLECTIONS

Clients that follow the Wellness Center at Reflections research based program under the guidance and direction of Dr. Lisa Majete are usually able to lose 3-5 pounds the first week and 1-3 pounds every week thereafter. Generally, with type 2 diabetics, we can assist in decreasing the amount of insulin use in 2-3 weeks. We can reverse disease and assist with ceasing medication in some cases.

**We accept  
most HSA/FSA  
Plans**

*We take a holistic approach to delivering outstanding results.. INSIDE and OUT!*

**[www.ReflectionsImageCenter.com](http://www.ReflectionsImageCenter.com)**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Garima K. Talwar, DDS, MS

### Esthetique Dentistry

44345 Premier Plaza  
Suite # 220, Ashburn, VA

**703-729-6222**

### Advanced Dental Care

1602 Village Market  
Boulevard SE, Suite #130  
Leesburg, VA

**571-455-0466**



### Meet Garima K. Talwar:

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

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

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

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



Esthetique Dentistry



**EsthetiqueDentistryAshburn.com**  
**AdvancedDentalCareLeesburg.com**

## Jeffrey L. Brown, DDS

### TMJ & Sleep Apnea Treatment



2841 Hartland Road  
Suite #301  
Falls Church, VA

**703-821-1103**



### Meet Jeffrey L. Brown:

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

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

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

#### Degrees & Certifications

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

#### Outside the Office

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

#### Professional Affiliations

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

#### Do you have TMD or Sleep Apnea?

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

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

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

**www.SleepandTMJTherapy.com**



By Liz Carren, Owner  
Caring Arts

Positive thinking is essential for healing. Creativity can be an integral part of healing as well. Outlets for release and self-understanding are crucial at critical life points such as cancer. That's where the arts can come to the rescue!

Artwork can inspire and create hope for those who need it. The medi-

cal community must address loneliness, isolation, fears of the unknown, and the need for hope on a deeper level than is usually incorporated in current treatment plans. Many places cancer patients frequent offer medical help but not much soul help. Artwork can fill this void.

Imagery can help people understand and manage some of what a patient is going through. This is especially true when creating art but is also empowering as a viewer. Images can share what having cancer feels, looks, and seems like. Art allows the viewer to insert themselves and get lost in the

sensations of a piece and then bring it into the experience of their own personal journey. It helps sort questions of the mind, which are many when facing a severe health issue.

Cancer Courage card deck images and messages are designed to support, inform, comfort, and empower – giving one hope that they can get through it all. As a patient lays on a treatment table, in chemo, in a waiting room, each is alone; each could benefit from knowing that things can and do get better for many. It takes enormous amounts of courage, hope, and positive thinking, along with good medi-

cine, to create a formula that heals. Add in art as an outlet to assist in the healing process, and people can thrive in ways they never knew.

For anyone touched by cancer, in whatever capacity, Cancer Courage cards can be a powerful tool. They can be used as a journal or thought prompt, a conversation door opener, an education, as inspiration or encouragement, or just for the comfort of knowing it is possible to become a "thrivor." They are for patients, caregivers, families, or anyone that needs to discover their hero within.

## Oral Cancer



By Marvette Thomas, DDS  
The Dental Spa

Although oral cancer may not get as much attention as some more widely-known types of cancer, that doesn't mean it's any less deadly. In the U.S., oral cancer is responsible for one death every hour. Oral cancer is dangerous because it isn't usually detected until it has reached an advanced stage. At that point, the odds aren't great: only about 6 in 10 people will survive after five years of treatment.

If there were a simple test that could give you an early warning, would you take it? The good news is – there is. Early detection increases the survival rate of oral cancer to 80% or better and can truly save lives. Oral cancer screenings are part of regular dental checkups.

Oral cancer examinations are fast and painless. It identifies small changes in the lining tissues of the mouth, lips and tongue. The screening is primarily a visual and tactile (touch) examination. If necessary, a small tissue sample can be retrieved for further laboratory testing.

### Who's At Risk For

[www.yourhealthmagazine.net](http://www.yourhealthmagazine.net)

### Developing Oral Cancer?

Oral cancer used to be thought of as an older person's disease, and it still mostly affects those over 40. But today, younger people form the fastest-growing segment among oral cancer patients. This is primarily due to the spread of the sexually transmitted human papilloma virus (HPV16).

Other major risk factors apply, including: Being middle aged or older, a moderate to heavy drinker or a long-time tobacco user. Chronic exposure to the sun, long known to cause skin cancer, is associated with cancers of the lips. Genetic factors also play a role.

### Detecting Oral Cancer

Oral cancer screenings are part of dental checkups – another reason why you should be examined regularly. Screenings include a visual assessment of your lips, tongue, and the inside of your mouth, including a check for red or white patches or unusual sores. Palpation (pressed with fingers) detects the presence of lumps and swellings. Lights, dyes, or other procedures may also help check any suspect areas. If anything appears to be out of the ordinary, a biopsy can be easily performed.

Abnormal sores or color changes in the tissue of your mouth, lips and tongue, may be symptoms of oral cancer – most, however, are completely benign. Sores or other unusual changes that haven't gone away by themselves after 2-3 weeks should be examined. Remember, the only way to accurately diagnose oral cancer is through a laboratory report. Early diagnosis, aided by thorough screenings at your regular dental checkups, is one of the best defenses against oral cancer.

## CANCER STATS

FROM PAGE 4

with age. From cosmetic changes to serious health concerns, it becomes increasingly important to visit a dermatologist regularly as we grow older.

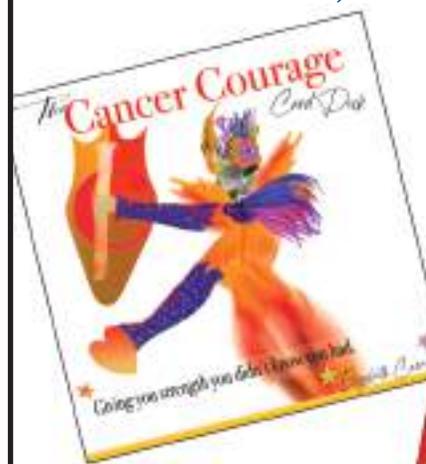
### 5. 9,500 People Are Diagnosed With Skin Cancer Daily In the U.S.

More people in the U.S. are diagnosed with skin cancer than all other

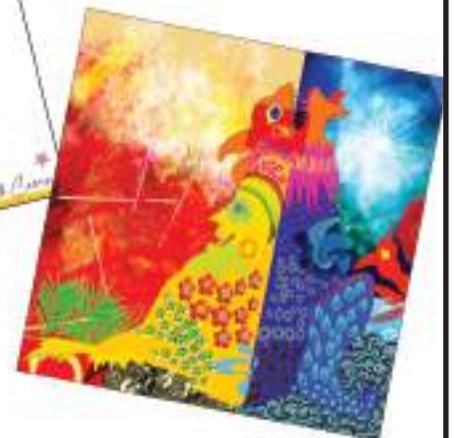
forms of cancer combined. The sooner a dermatologist can diagnose skin cancer and begin treatment, the more likely patients are to make a full recovery.

If you're concerned that a spot on your skin may be cancer or it's time for your annual screening, don't hesitate to reach out to a dermatologist in your area.

### ARE YOU, OR SOMEONE YOU KNOW, TOUCHED BY CANCER? PATIENTS, SURVIVORS, THRIVERS, CAREGIVERS, THERAPIST, FRIENDS.



A 48-card deck. Featuring original artwork. Designed to help people process unknown situations and procedures with inspiration and comfort.



Cards are 4"x4"—full color, sturdy. Each is an original artwork from Liz, a cancer survivor and thriver herself.

Go To: [CaringArtist.com/Cancer-Courage-Card-Deck](http://CaringArtist.com/Cancer-Courage-Card-Deck)  
The Intersection of Art, Medicine and Healing.

MORE INFO?  
EMAIL: [LIZ@CARINGARTIST.COM](mailto:liz@CaringArtist.com)  
WEB: [WWW.CARINGARTIST.COM](http://WWW.CARINGARTIST.COM)



Annapolis, MD

# 8 Ways To Avoid Dry Hair This Winter

By Lauren Grimsley, Colorist  
Bridal Hair and Makeup Artist  
Alya Salon & Spa

As much as we love sweater weather, pumpkin everything and

blondes going back to the dark side, there is one thing that the cold weather is not good for and that is keeping our hair healthy and full.

There are several reasons our hair

is drier in the winter and I'm here to help solve some of those problems.

First things first, get regular trims every 8-10 weeks. The best way to help prevent further breakage and split ends is to give your hair a fresh blunt edge. This will keep existing split ends from running up the hair shaft and further damaging the cuticle.

Only use purple shampoo or clarifying shampoos once a month. Both products have purpose for sure but can be exceptionally drying when over used.

Bi-weekly deep conditioning treatments are important. Whether you do them at home or treat yourself in the salon, your hair will certainly thank you for it!

Keratin/protein treatments such as a Brazilian Blowout will also help. These treatments will add that keratin/protein back into the hair and physically seal the cuticle down around it resulting in shiny, smooth goodness. Treatments also drastically cut down on dry time and frizz.

Wash your hair once or twice a week. When you wash your hair every day, your scalp learns to make more sebum (oil). If you're currently washing every day, start by taking one wash at a time away so you and your scalp can



Lauren Grimsley

get used to your new routine and use dry shampoo on your non-wash days.

Make sure to use salon quality products, including shampoo and conditioner. This can not be stressed enough. There is a black market for hair and skin products. Some online retailers will sell you the "same" product for less because although the packaging is the same, the product is literally watered down.

Use less heat. If you do use hot tools on your hair 1) always use a heat protectant and 2) give your hair a break on down days.

Lastly but certainly not least, use hair oil. If you're thinking "My hair is too thin, it'll look greasy!", don't worry. Even on fine and/or thin hair you can and should still be using a light oil such as Kevin Murphy Young Again Oil on your mids to ends, never at the root.

Your hair is the crown that you never take off so take care of it as such and it won't go unnoticed.

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## Snoring Does It Sound Like a Train Is Coming Through Your Bedroom?



By Tontra Lowe, DDS  
Awesome Smiles Dental Care

those same conditions may impact the condition of their ability to eat for proper nutrition, chew to aid in adequate digestion, and smile with confidence to ward off depression or anxiety. Sometimes, just breathing is hard for people. So outside of a mask and hoses to help your loved one stay alive through the night, you may want to consider an oral medical device instead to reduce the annoying and sometimes deadly noises.

It is estimated that roughly 50-70 million adults in the US have a sleep disorder. Globally, over 100 million people suffer from some form of sleep apnea. Does this sound like anyone you know: they snore, have hyper-

We all know friends, family, co-workers, neighbors, or someone with multiple medical conditions impacting their overall health and well-being. Since the mouth is part of the body,

Please see "Snoring," page 36

# New Booster Approved By FDA

We all know the flu and probably everyone has had the flu more than a few times. Flu shots are available every year which are essentially booster shots against the latest strain of the flu. Variants pop up every year and the flu vaccine gets updated to meet the challenges of the new flu variant.

It appears this is the same course we are heading toward with COVID-19 disease. The FDA has just approved a new booster to address the latest variants of SARS CoV-2, the virus that causes COVID-19. The new bivalent booster specifically adds vaccination for the omicron BA.4 and BA.5 variants.

The Pfizer and Moderna vaccine received emergency use authorization from the FDA which is the same authorization the original vaccines received. Why they received “emergency” authorization at this time is unclear from the CDCs and FDAs website. But, they should be better if they address the new variants without unwanted side effects.

So far, with only a very small test group, the main side effects are pretty

much the same as with the primary vaccinations. Test participants who received the Moderna bivalent BA.1 vaccine experienced soreness, pain, redness and swelling at the injection site; fatigue; headache; muscle pain; joint pain; chills; nausea/vomiting and mild fever.

In most places the monovalent boosters have already been discontinued and are being replaced by the bivalent boosters.

Eligibility depends on age and whether you have recently had the primary vaccinations. As of now Moderna’s bivalent booster is available for anyone 18 years or older, and Pfizer is approved for those 12 and over. It is interesting that there is no requirement to prove you have had the primary vaccinations, or boosters, in order to get the new bivalent booster shot. According to several sites, and the CDC, providers have to administer the new booster if you “self-attest” to eligibility. Maybe this is an avenue to get people boosted even if they never got the primary vaccinations.

These days pretty much everywhere

is required to let you self-attest to eligibility which will undoubtedly increase the number of people getting boosted. So far, only about half the eligible population in the US is fully vaccinated with primary doses and boosters, so removing any barriers to getting the booster shot should increase that number.

As we have been saying, the COVID vaccine and the flu vaccine are most likely going to be annual shots for those people that want them. I wasn’t getting my flu shot and got the flu

every year. Twenty years ago I began getting flu shots every year and haven’t had a bad case of the flu since. That’s what I would expect from the COVID vaccine as well.

Only about 50% of the population gets a flu shot every year, which leaves a lot of people more vulnerable to severe case of the flu. It will be interesting to see how many people get the COVID booster shot every year. And, it will be interesting to see how hard the government pushes to force people to get the new booster. Time will tell.

## SKIN HEALTH

FROM PAGE 4

One of the hottest trends for your face and body is non-surgical face lifting with Ultherapy, a new ultrasound treatment that specifically targets the deep tissues of your face, neck, chest and elsewhere to re-contour your jawline, tighten and lift your neck and cheeks, and lift sagging eyebrows. It also lifts the buttocks, arms, knees and other areas.

The GentleMax laser or the new Exilis Ultra – a more advanced, upgraded version of Exilis Elite – or eMatrix sub-lative radiofrequency lasers can be added for advanced facial lifting, contouring or skin resurfacing. They can tighten and lift sagging skin, melt unwanted fat, remove a double chin, fade wrinkles, sun spots, scars, prominent pores and other blemishes, improve stretch marks, and give your skin a radiant glow. These lasers can be used to achieve similar results on your body, including your neck, arms, torso and legs.

Another hot trend is microneedling with platelet-rich plasma (PRP), the so-called “vampire facelift”, which harnesses the power of your body’s own platelet cells to rejuvenate your face and body. Scientific research shows that PRP can also be used with advanced techniques to treat hair loss and restore a healthy pattern of hair

growth. For the best and safest results, select a clinic where the dermatologist or plastic surgeon is personally performing the PRP treatments.

Natural fillers such as Voluma, Restylane, Juvederm, Radiesse and Sculptra can be added to restore youthful contours to your face. These fillers are gently injected just beneath your skin to fill under-eye hollows and lines around your mouth, restore shape and fullness to thinning lips, re-contour your jawline and improve the shape of your nose with no downtime or scarring. Muscle relaxers like Botox, Dysport, Xeomin or Jeuveau can be added to safely smooth out frown lines, worry lines, crow’s feet and wrinkles around your mouth and on your neck. For treatment that looks so natural that it’s undetectable, it’s best to have an expert Dermatologist or Plastic Surgeon with in-depth understanding of facial anatomy perform these treatments.

The most expert treatment doesn’t just soften wrinkles – it can actually reshape your whole face to give it more ideal proportions while preserving your facial expressions so you never look “frozen”, and stimulate new collagen and elastin for long-term results. We’ve

Please see “Skin Health,” page 41

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## SNORING

FROM PAGE 34

tension, congestive heart failure, or another form of heart disease? They complain of digestive issues such as frequent heartburn or reflux disease. What about frequent trips to the bathroom at night? Does someone you know always need a nap during the day because they are tired? This is called daytime tiredness; many people think extra coffee will cure them. They are wrong.

Do you know anyone with a history of stroke or unexplained loss of libido? Is anyone you know diabetic? Is anyone complaining about the weight they cannot lose and suffering from other ailments discussed? These could all be linked. What about unexplained lower jaw or neck pain that travels to your shoulders? Yes, even this could be secondary to sleep apnea because of the tension you put on your teeth and neck muscles when

trying to restart breathing. You can help stop the train from coming to your bedroom.

Make sure to talk to your dentist if you have any sleep apnea signs. People die every day from suffocating in their sleep, and you do not want to be a statistic. Snoring is common but NOT normal and does not sound fun to your bed partner or anyone else. Know the signs so your dentist can help you or refer you to us so we can help you. These oral medical devices are usually covered by medical insurance to some degree, or you can pay as you would for anything else you want or need. Breathing is living, and living is breathing. Don't you and your bed partner deserve to rest well and sleep well without a train coming between you?

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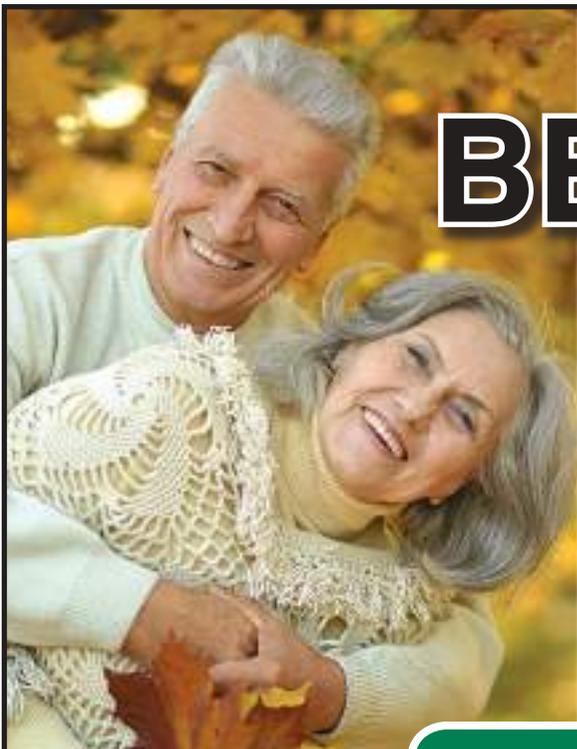


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# Is Claustrophobia (Fear Of Confined Spaces) Real?

Submitted By  
Washington Open MRI, Inc.

The simple answer is yes.

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

is experienced.

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

uncontrollable urge to run away.

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

Some individuals just avoid being scanned at all, which significantly

reduces their doctor's ability to provide the best care.

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

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

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

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



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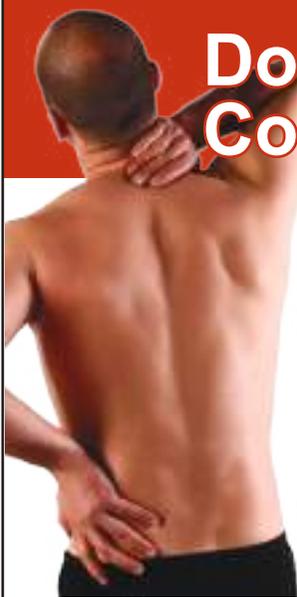
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# PRP Injections

## Treat a Variety Of Pain



By Madhavi Chada, MD  
Synergy Spine and Pain Center

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

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

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

### Risks and Side Effects

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

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

# Laser and CT Tech In Your Dental Office



By Shari Salartash, DDS, MAGD  
Dynamic Dental Wellness

laser reduces the chance of root canal by 90% by disinfecting the tooth, reduce dentin hypersensitivity, increase bond strength and activates secondary dentin regeneration. The laser enables dentists to treat your tooth while being very conservative. When the laser is used with a crown prep, it sterilizes the tooth and reduces the chance for root canals by 90%.

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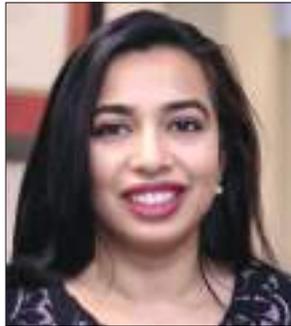
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Please see "CT Tech," page 41

# When Should My Child See an Orthodontist?



By Swathi Reddy, DMD  
All Smiles Orthodontics

Many parents assume that they must wait until their child has all of his or her permanent teeth before they can see an orthodontist. The American Association of Orthodontics recommends that all children get a check-up with an orthodontist no later than seven years of age.

Early consultation allows the

orthodontist to identify any subtle problems associated with jaw growth and/or incoming permanent teeth.

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

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

Early treatment can also regulate the width of the dental arches, gain space for permanent teeth, avoid the need for permanent tooth extractions, reduce the likelihood of impacted per-

*Please see "Orthodontist," page 41*

# Plantar Warts Warts On the Bottom Of Your Feet



By Edward S. Pozarny, DPM  
Arlington Podiatry Center

Warts are an infection caused by a virus which invades your skin through a cut or break. An individual who has a wart can develop additional warts. Plantar warts are often mistaken for corns or calluses on the sole of the foot. Plantar warts have a spongy appearance with little black, brown or red spots. These spots are the blood vessels feeding them.

They are found usually on the bottom of the foot, but can appear on the toes. The warts are circumscribed, which means you may notice a light ring around each growth separating it

from the surrounding skin. Warts can occur alone (solitary) or with smaller warts clustered nearby (mosaic).

There are many different ways to remove warts. Each method has its own advantage and disadvantage. Medication or surgical removal, or both, are usually the most effective treatments. Freezing or burning may also be utilized. A podiatrist can combine any of these methods with others to tailor a treatment option best suited to the patients condition.

Chemical cauterization is the use of relatively strong acids and caustics to destroy the wart tissue. The wart is usually not destroyed completely in one treatment. Usually a series of treatments, which may extend over a period of 8 – 10 weeks is needed. However, there is little post-operative care needed once the wart is removed.

Surgical options include using a surgical curette to scoop or shell out each individual wart. This method is usually used in conjunction with electrodesiccation, or electrical cauterization. This

*Please see "Plantar Warts," page 41*

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Andrea is the creator of The SkinBarre Medical. She is from Caracas, Venezuela and is fluent in English and Spanish.

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manent teeth or the need for surgical procedures to realign the jaw.

A majority of children will not require orthodontic procedures until their teenage years, however an early exam allows the orthodontist to monitor the child's growth and development and if indicated begin treatment at the most appropriate time.

If your child is nearing his or her seventh birthday, schedule an orthodontic consultation appointment. You don't need

to have a referral to see an orthodontist.

Many pro-actively schedule a consultation appointment either as a new patient or to seek a second opinion.

However, you should see your family dentist for professional cleanings and check-ups every six months, or more often if recommended.

Early treatment may prevent more serious problems from developing and may make treatment at a later age less complicated.

## SKIN HEALTH

all seen bad Botox, fillers and lasers – but those who have expert treatments simply look youthful and are typically told by others that they never seem to age!

### Don't Forget Your Body

We all want to be in the best shape possible. Exilis Ultra and Vanquish are non-surgical, no-downtime, completely painless lasers to melt stubborn fat deposits from your abdomen, hips, thighs, arms, buttocks, chin and other areas. A select group of experts in the U.S. have served as physician trainers for Kybella, a non-surgical injectable treatment to dissolve unwanted fat from your chin and neck. All these treatments are performed in your doctor's office, and you can return to regular activities immediately after treatment. LipoLite is a no-downtime laser lipo treatment that safely and comfortably removes fat deposits from your abdomen, thighs, buttocks, chin, arms and elsewhere, and also tightens the overlying skin. Advanced body sculpting combines these fat-busting technologies with lasers to improve cellulite, stretch marks and loose skin, and further reduce your thighs, abdomen, arms and other areas. You will typically drop several dress sizes and lose several inches.

Asclera is a new pain-free treatment for spider veins on your legs. It's advisable to start this treatment in the fall and winter. For smooth, holiday-perfect skin and to be ready for summer, try the new Gentle Max Pro laser, which safely and quickly removes hair of all colors, even light colored hairs, from all skin types. Treatment is very effective, and so comfortable that there is no need even for numbing cream.

A new and important part of wellness is feminine rejuvenation. Childbirth or aging can cause concerns that impact quality of life, such as leaking of urine when coughing or sneezing, vaginal dryness or less satisfying sexual function. These concerns were rarely discussed previously, but now can be addressed in many women by non-surgical treatment with the CO2RE Intima laser. There is no recovery time,

and patients typically report dramatic improvements in their sense of well-being and quality of life. The difference between the CO2RE Intima and other treatments like radiofrequency that are advertised for feminine rejuvenation is that the CO2RE Intima is a true laser, to give quicker, longer-lasting treatment with fuller results. The first step is to consult with an expert in feminine rejuvenation, who will then devise the most appropriate treatment plan in collaboration with your gynecologist.

### Be Time and Cost-Effective

The Syneron Trinitis, eMatrix and eTwo lasers can rejuvenate all three layers of your skin simultaneously. You can remove sunspots and spider veins, improve wrinkles and tighten your skin during the same treatment session and return to regular activities immediately afterwards.

The CO2RE, eMatrix and eTwo sublative lasers are advanced fractional resurfacing treatments for ultimate skin rejuvenation through removal of wrinkles, acne and other scars, prominent pores and skin discolorations. The CO2RE Intima laser offer true feminine (vaginal) rejuvenation to improve symptoms related to childbirth or aging such as dryness

### Final Tips

Advanced dermatology and plastic surgery clinics should offer many options, including a variety of different lasers, the newest equipment and techniques, intense pulsed light (IPL) photo facials, radiofrequency and infrared skin rejuvenation. Qualified dermatologists and plastic surgeons are properly trained in all these procedures and technologies. Those who are most on the cutting edge teach and train other doctors, are principal investigators for the newest research, and publish scientific papers in medical journals.

Selection of the most expert doctor assures you of a sophisticated action plan that can be individualized to address your own unique pattern of aging.

# PLANTAR WARTS

method helps discourage re-growth.

The other surgical option is to make two small semielliptical incisions surrounding the wart. Then the wart and the surrounding skin are removed. The edges of the skin are then brought together with stitches. These surgical options are usually done under a local anesthetic. The post operative consideration for surgical removal is that the patient will want to try to remain non-weight bearing on the foot for approximately one week. Also, daily dressing changes will need to be done to prevent infection.

Laser surgery and cryosurgery are two other methods of removal. When utilizing a laser the wart is vaporized using focused high frequency light. Cryosurgery is the use of intense cold to destroy the lesion. Liquid nitrogen

and carbon dioxide are most commonly used to freeze the tissue.

After laser surgery the patient can ambulate normally immediately. However, after the cryosurgery a painful blister may develop which is removed in approximately 10-14 days.

After your podiatrist treats your warts, protect your feet from future infection by keeping them clean and dry. Avoid going barefoot in public places like showers, gyms and locker rooms. The wart virus may spread easily in moist settings like these. Wear thongs or sandals on your feet.

If you're considering using over-the-counter medications for warts, ask your podiatrist first. Some of these treatments can damage skin and may be dangerous if you have diabetes or poor circulation.

## CT TECH

The CT image can be used to identify a broad range of malformation, especially around the mouth, jaw, and neck. It's ability to see fine anatomical structures (in 3D), has become valuable in treating conditions in many areas of dentistry.

- **Oral Surgery:** The 3D image can provide critical information when it comes to an impacted tooth and its relationship to adjacent teeth and nerve canals. With this information, proper treatment can then be recommended.
- **Dental Implants:** For a dental implant to be placed, the tissues of the target area cannot be infected and there needs to be enough bone. The 3D image reveals those factors as well as identifies proper location for

implant placement. This increases the success rate of implants.

- **Orthodontics:** The 3D image can provide information as to where and how the teeth can be moved, especially during growth and development.
- **Orthognathic Jaw Surgery:** Complex cases that involve both orthodontic tooth movements and orthognathic jaw surgery can be evaluated by using the CT image.
- **Temporo-Mandibular Joint (TMJ) Disease:** The 3D image can reveal facial pain by viewing the TMJ, teeth, sinuses, and airway.
- **Sleep Apnea:** The 3D image can reveal the width of the airway, nose, mouth, and windpipe, thus allowing for proper treatment for the patient.

## EDENTULOUS

and duodenal ulcers, pancreatic tumors, upper gastrointestinal tract tumors and kidney problems due to the lack of antioxidants that control the inflammatory cascade.

- There is an increased risk of insulin resistance and type-2 diabetes, due to the increases fat and long chain carbohydrate consumption.
- People may decrease daily physical and social activity.
- People may develop sleep disorders, such as sleep apnea.

Diet appears to play a decisive role in the relationship between edentulism and general health. There are studies that report a significant decrease in blood concentrations in vitamins A, C, folate and beta carotene in edentulous versus those with teeth.

It is abundantly clear that a compromised or absent dentition has consequences, such as the restriction on the choice of foods, choking on food, poor digestion, alteration of taste, change in chewing efficiency, discomfort and premature facial aging. The self-image issues associated with edentulism adversely impact on ones socialization.

Studies show that 39% of the elderly edentulous patients cannot eat the food they want, 29% report a decrease in satisfaction from food and 14% avoid eating with other people.

Dental implant treatment can tremendously improve all the above-mentioned issues.

You deserve the best, so take a new bite out of life.

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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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