

GREAT Information From Local Doctors To Help You Live Healthier!

Making a Difference  
Celebrating  
32  
Years  
1990 - 2022  
Virginia • Maryland • Washington DC

# YOUR HEALTH

View Latest Editions



Northern Virginia  
November 2022

**INSIDE**

HOLIDAY SKIN

SPINAL COMPRESSION

ALZHEIMER'S TREATMENT

NATUROPATHIC

SUPPLEMENTS

MOUTH BREATHING

FACIAL REJUVENATION

BAD BREATH

HAIR LOSS

IN THE NEXT EDITION

**Holiday  
Health &  
New Year,  
New You!**



• **FEATURED PROFESSIONALS** •  
*Beauty  
& Women's  
Health*

PAGES  
24-32

**Regional Cancer Care Associates**

**Soheila Rostami, MD, FFAO, FAACS**  
Oculu Facial Plastic Surgeon

**Anteneh Roba, MD, ABOM**  
ABAARM - Aesthetics

**LaSondra Gray, CMLSO, CNNC**  
Cosmetic Dermatology & Wellness

**Maryna Sizova, Founder**  
Beauty Studio and Academy

PLUS

## Gorgeous Smiles

**Marvette Thomas, DDS**  
Cosmetic Dentistry

**Garima K. Talwar, DDS, MS**  
Prosthodontist

**Jeffrey L. Brown, DDS**  
TMJ & Sleep Apnea Treatment

**Rishita Jaju, DMD**  
Pediatric Dentistry

Health Directory  
page 40

50 CENTS



LOCAL DOCTORS & ARTICLES at [YOURHEALTHMAGAZINE.NET](http://YOURHEALTHMAGAZINE.NET)

# Healthydermis<sup>®</sup>

The art of the aesthetic science



27  
YEARS

OF EXPERIENCE

## ASK THE EXPERT ABOUT

- Acne Treatments
- Body Contouring
- Botox
- Cosmelan Peel
- Chemical Peel
- Dermal Fillers
- Fillers
- Hair Loss
- Hydrafacial MD
- Intense Hydration
- Laser Hair Removal
- Laser Tattoo Removal
- Powder Brows
- Muscle Sculpting
- Non-Invasive Scar treatment
- Non-surgical Lipo Sculpting
- Permanent Makeup
- Pigmentation Treatments
- Skin Rejuvenating
- Stretch mark treatment
- Vaginal Rejuvenation



MABIR RIVEROS

CEO & AESTHETIC  
SCIENCE EXPERT

### | LASER HAIR REMOVAL



### | NON-SURGICAL LIPO



571 502 0202 | MYHEALTHYDERMIS.COM @HEALTHYDERMIS

2944 HUNTER MILL RD #201  
OAKTON, VA 22124

7230 HERITAGE VILLAGE PLAZA  
#201 GAINESVILLE, VA 20155



WE ACCEPT

## AUTUMN PROMO

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



By Deeni Bassam, MD, DABPM  
The Spine Care Center

# Can Electrical Stimulation Help My Pain?

The end result of many disease processes, ranging from diabetic neuropathy to nerve damage after back surgery, is pain. In some cases, this pain can be severe to the point that it interferes with all aspects of daily life. The medical profession has made the understanding and treatment of pain a priority over the past decade.

One of the tools available for the treatment of severe pain is electrical stimulation, which is used as a way to obscure pain perception in the nervous system by providing a more pleasant sensation in its place. It works for the same reason we rub our knee after knocking into the coffee table; it simply feels better when you rub it.

*The medical profession has made the understanding and treatment of pain a priority over the past decade*

Scientists and physicians have recorded the benefits of mild electrical stimulation in the relief of pain for millennia. As early as 15 A.D., Scribonius ordered torpedo fish treatment for pain in general after feeling the benefits for his own gout. Fast forward to the late 1960s when neurosurgeons at Case Western Reserve University implanted electrical leads along the covering of the spinal cord to provide pain relief in a terminal cancer patient.

The technology for spinal stimulation for pain has been available since 1968 and its utility, effectiveness, safety, and cost efficiency has been improved on greatly since that time. Currently, over fifteen thousand spinal stimulators are implanted each year for the treatment of severe pain. Often patients suffer without knowing that they could be a candidate for trial spinal stimulation.

In general, stimulation works

best for nerve related pain in the arms or legs rather than mechanical/arthritic pain of the back or neck. An evaluation by a board certified pain specialist is required to determine if you are a candidate to try the device at home. After a brief office procedure to insert the trial lead, patients return to their daily routine controlling the

device through an external battery operated power source about the size of an iPod.

Patients use the device for several days and can determine for themselves how beneficial (or not) spinal stimulation is for their pain syndrome. For many patients, spinal stimulation turns out to be a very significant tool in their

management of chronic nerve pain, allowing them to more easily meet the needs of daily living.

We have come a long way from the time of using torpedo fish, but the principle is still the same; mild medical grade electrical stimulation of a damaged nerve can indeed ease the perception of pain.



## Back Pain?

Back and neck pain *can* be treated.

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

### SPECIALIZING IN TREATMENTS FOR:

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

**Top Quality Minimally Invasive Surgical and Non-Surgical Spine Treatments**

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

## THE SPINE CARE CENTER

For more information or to schedule an appointment please call:

# 703-705-4471

**Manassas Location:**  
8525 Rolling Road, Suite #200  
Manassas, VA 20110

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

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



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

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



At the offices of  
**DR. HEMA SUNDARAM, MA, MD, FAAD**  
Board Certified Dermatologist and Dermatologic Surgeon  
International Teacher and Researcher in Advanced Dermatology and Plastic Surgery Technologies

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

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

Follow us on Instagram: @twicebornbeauty & @drhemasundaram

# Six Keys To Holiday Skin and Hair Health



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

health plan because it is the largest organ in our bodies. In association with our hair and nails, our skin is the mirror of everything that happens inside. Healthy, glowing skin is a sign of good general health, and also of energy and vitality.

Here are six tips for building good skin and hair health for the holidays and beyond.

### 1. Get a Skin Check

Skin cancer is now the most common cancer in the United States, and affects one in five Americans. The key to avoiding serious problems is early detection and treatment. The American Academy of Dermatology recommends annual full-body skin examinations by a board-certified dermatologist, and more frequent examinations if you have a personal or family history of skin cancers or pre-cancers. Your dermatologist can show you how to perform regular skin self-exams at home in between your regular office visits.

*Please see "Holiday Skin," page 22*

This holiday season, like the last, we may feel a sense of emerging again into the light. There will be opportunities to spend time with our loved ones, and to fill our days with seasonal hope and cheer. The holidays are an excellent time for us to review our health goals for the New Year and beyond, and to decide if we want to make a few changes.

Our skin is an important part of this



## Don't Let PAIN Control Your Life

### Pain Conditions We Treat:

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

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



**INTERVENTIONAL PAIN MANAGEMENT SPECIALISTS**



**Madhavi Chada, MD** - Triple Board Certified Physician  
ABIM certified in Internal Medicine; ABA certified in Anesthesiology and Pain Medicine  
**Glenn Dale: 240-929-6652 | Ft. Washington: 240-260-3828**  
12150 Annapolis Road, Suite #209, Glenn Dale, MD 20769  
10709 Indian Head Highway, MD-210, Suite D, Fort Washington, MD 20744

# Spinal Compression Fracture Treatment Options



By Madhavi Chada, MD  
Synergy Spine and Pain Center

Along with back pain, spinal compression fractures can also cause:

- Pain that gets worse when you stand or walk but with some relief when you lie down
- Trouble bending or twisting your body
- Loss of height
- A curved, stooped shape to your spine

### Treatments

Treatments include conservative measures such as bracing, NSAIDs and muscle relaxers for 4-6 weeks. Sometimes interventional procedures such as kyphoplasty or vertebroplasty can be considered for early relief.

### Kyphoplasty

Kyphoplasty, similar to vertebroplasty, is designed to stop the pain caused by a spinal fracture, to stabilize the bone, and to restore some or all of the lost vertebral body height caused

A compression fracture is a collapse of a vertebra. It may be due to trauma or due to a weakening of the vertebra (compare with burst fracture). This weakening is seen in patients with osteoporosis or osteogenesis imperfecta, lytic lesions from metastatic or primary tumors, or infection.

### Symptoms

*Please see "Compression," page 39*



# Lose Years Off Your Face In Just One Hour

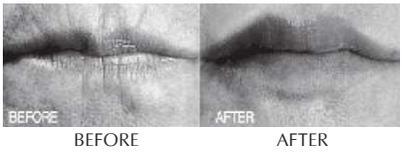
By Jacqueline D. Griffiths, MD  
New View Eye Center

Wrinkles may come with age, but so does wisdom. Whether your eye

lids are carrying excess skin, or your wrinkles have taken over your forehead, or your smile is outlined with parentheses, there are a number of procedures available to improve your look and feel.

Consult with your doctor to determine what products and procedures are best for the look you want to achieve. Such procedures can be surgical and non-surgical.

## Procedures To Consider:



WEEK 1 (top)

WEEK 16 (bottom)

### Blepharoplasty

As we age, the delicate skin around the eyes can appear puffy or saggy. Eyelid skin stretches, muscles weaken, and the normal deposits of protective fat around the eye bulge.

The surgical procedure to remove excess eyelid tissues (skin, muscle, or fat) is called blepharoplasty. Ophthalmologists are trained to perform this procedure during their medical residency.

Blepharoplasty can be performed on the upper eyelid, lower eyelid, or both. The surgery is performed for either cosmetic or functional reasons. Sometimes excess upper eyelid tissue obstructs the upper visual field or can weigh down the eyelid and produce tired-feeling eyes. Most often, people choose blepharoplasty to improve their appearance by making the area around their eyes firmer. When blepharoplasty is performed to improve vision, rather than for cosmetic reasons only, it may be covered by insurance.

### Botox and Xeomin

Did you know that ophthalmologists have been using botulinum toxin (Botox) since its experimental trials began in Florida in 1986? In 1989 the FDA approval signaled the use of botulinum toxin as a safe and effective treatment for use in the eyelids, eyebrows, and facial muscles for certain medical conditions. Ophthalmologists actually discovered its wrinkle reducing effects.

Both products are non-surgical FDA approved treatments that can temporarily smooth moderate to severe frown lines in the forehead, between the brows, and the "crow's feet" on the side of the eyes in men and women ages 18 to 65.

### Radiesse, Juvederm (Voluma & XC), Belotero

We live in exciting times when it comes to the science of beauty. Injectable fillers can replace the lost collagen and volume, giving us the full cheeks and firm skin of youth.

That's something all those expensive creams, lotions, and serums just can't deliver. In fact, it was ophthalmologists that discovered and reported one side effect of Lumigan – it increased eye lash length, while also darkening and thickening.



Jacqueline D. Griffiths, MD

Selected as a  
"Super Doctor"

Washington Post Magazine

Voted

"Top Ophthalmologist"

Washingtonian Magazine  
& Northern Virginia Magazine

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

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

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

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

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



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



## See Better, Live Better

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

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

Jacqueline D. Griffiths, M.D.

Yale University • University of Michigan • Georgetown University

12110 Sunset Hills Road, Suite 50  
Reston, Virginia 20190  
703-834-9777 • 800-MY-VISION

www.NewViewEyeCenter.com

SAVE! SAVE!  
**10% Off**

**Botox & Fillers**

With this ad  
Restrictions apply.  
Offer valid until 11/30/22

Up to  
**\$500 Off**

**Laser Vision Correction**

With this ad  
Restrictions apply. Must have surgery before 11/30/22



# In This Edition...

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

- 3 | **Can Electrical Stimulation Help My Pain?** | By Deeni Bassam, MD, DABPM
- 4 | **Six Keys To Holiday Skin and Hair Health** | By Hema Sundaram, MA, MD, FAAD
- 4 | **Spinal Compression Fracture Treatment Options** | By Madhavi Chada, MD
- 5 | **Lose Years Off Your Face In Just One Hour** | By Jacqueline D. Griffiths, MD
- 7 | **My Hair Loss Is Destroying My Life – Help!** | By Christopher Rosenthal and Devin Rosenthal, Owners
- 8 | **Closing the Gaps For a Youthful Smile** | By Maribel M. Vann, DDS
- 11 | **Your Beautiful Smile Investment** | By Karl A. Smith, DDS, MS
- 13 | **Treating Insomnia With Traditional Oriental Medicine** | By Yeji Lee, LAc
- 14 | **Why the TMJ Is So Important** | By Jeffrey L. Brown, DDS
- 15 | **Study Of Potential Alzheimer's Treatment** | Submitted by Re:Cognition Health
- 17 | **Mouth Breathing and Dentistry** | By Michael Rogers, DDS
- 18 | **Dental Implants Can Be Affordable** | By Richard Hughes, DDS
- 18 | **Non-Surgical Facial Rejuvenation** | By George Bitar, MD
- 19 | **Sleep-Mouth Issues and Your Baby** | By Lynda Dean-Duru, DDS
- 20 | **Live With Bad Breath? No More!** | By Richard A. Miller, DDS, Director
- 21 | **When To Worry About Thumb Sucking?** | By April Toyer, DDS, FAAPD
- 24-32 | Beauty, Skin Care and Gorgeous Smiles Featured Professionals**
- 33 | **Naturopathic Supplements – Which Are Safe?** | By Lakita Conley-Ware
- 34 | **Veterans Day** | Submitted By Washington Open MRI, Inc.
- 36 | **Ways To Avoid Dry Hair This Winter** | By Lura Grimsley, Colorist, Bridal and Makeup Artist
- 36 | **What Is CEREC In Dentistry?** | By Zina Alathari, DMD
- 37 | **Great Smiles At Any Age** | By Swathi Reddy, DMD
- 37 | **Common Nail Disorders** | By Edward Pozarny, DPM
- 38 | **Snoring** | By Tontra Lowe, DDS

**Articles and information about health professionals is available at [www.YourHealthMagazine.net](http://www.YourHealthMagazine.net)**

**New Edition:**

## Washington, DC

**Now distributing in the District of Columbia!**

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

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



*In the next edition of Your Health Magazine...*



## Have a Holly Jolly Healthy Holiday

**Healthy Holiday Articles and Information from local Doctors & Practitioners!**

Your Health Magazine is here to Help People Find the Healthcare They Need this Holiday Season...

***It Makes a Difference!***



**Latest editions now**

**available online:**

**[YourHealthMagazine.net](http://YourHealthMagazine.net)**

**PLUS NEW YEAR, NEW YOU Professionals!**

Professionals who can help us lose weight, eat right, and live to our fullest potential in 2023!

**If you are a health professional who would like to be included in this special issue, contact us today:**

**703-288-3130 • [info@yourhealthmagazine.net](mailto:info@yourhealthmagazine.net)**



**SERVING MARYLAND & VIRGINIA Since 1990**

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

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

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

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

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

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

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

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

**MARYLAND & WASHINGTON, DC OFFICE**

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

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

**VIRGINIA OFFICE**

Office (703) 288-3130  
**[production@yourhealthmagazine.net](mailto:production@yourhealthmagazine.net)**

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

**EDITOR-IN-CHIEF**  
Gregory Scott Hunter

**MANAGING EDITOR**  
Heather L. Mahoney

**SALES & MARKETING CONSULTANT**  
Mili Parra

**PRODUCTION & DESIGN ADMIN ASSISTANT**  
Alison Doner – MD

# My Hair Loss Is Destroying My Life – Help!



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

Hair loss can be devastating. This is the case for both women and men. Even though hair is not necessary for life, and it is strictly an adornment, it is absolutely incredible how powerful hair is as to how we see ourselves and our identity.

The world expects hair loss for men, but not for women. We have heard from clients that they no longer can go to work, stay in a relationship, or in extreme cases they become a shut in because they don't want to be seen by anybody, including themselves. Some people avoid looking in the mirror after a certain amount of hair loss or even remove mirrors from their house.

In cases of trichotillomania a person can feel deep shame even though this is absolutely not in their control and is nothing to be embarrassed about. But society is ignorant and uneducated about hair loss, so this increases the suffering.

With genetic forms of hair loss there are ways to help keep your hair, such as medications, vitamins, topicals, light therapy, along with other forms of blood circulation stimulation and bringing nutrition to the hair. With scarring alopecia, the hair follicles are no longer alive. With autoimmune alopecia, your body attacks your hair. Therapies are being researched for this and hopefully a cure will be found. With hair loss caused by injuries, such as burns, radiation and significant wounds, oftentimes the follicles are no longer capable of producing hair.

Hair transplants have come a very long way and are dramatically improved, but in cases of men who have lost most of their top hair, it would be difficult to transplant enough hair to give the density they would want. For women all hair on the head is susceptible to loss and with a transplant there is no guarantee the transplanted hairs will continue to live and thrive.

This leaves other options such

as toppers or wigs. The problem with most of these options is that the base is made of textiles such as silk, lace or polyurethane and can be uncomfortable and hot. The hair in these solutions must be stripped of its cuticle which is the outside protective layer of the hair and colored with textile dyes. This leaves the hair feeling dry and unmanageable

fairly quickly.

We had searched for a solution to help our clients that would be comfortable, have beautiful quality hair and most importantly look and feel natural. The solution is called a CNC by Cesare Ragazzi. We will custom design your CNC solution and actually scan your head to map out its dimensions, then have this solution created

in Bologna, Italy specifically for you. It will be mapped to fit your head and we will choose the density, hair-strand size, color, length and hair texture. Because the hair is 100% virgin, we can custom color it to look however you like, so you can look modern, natural and beautiful.

Contact us today for your consultation.

## sanctuary HAIR EXTENSIONS HAIR SOLUTIONS

We offer the most advanced Non-Surgical Hair Restoration Method called the CNC by Cesare Ragazzi from Bologna, Italy, as well as the top hair extension systems available. We will never pressure you in any way, we act as your advocate first. If you find our solution is right for you then when you are ready we are here to help.

### We Treat All Types of Hair Loss in Women and Men, Including:

- Alopecia Areata
- Alopecia Universalis
- Frontal Fibrosing Alopecia
- Hair Loss From Injury
- Androgenetic Alopecia
- Central Centrifugal
- Lichen Planopilaris
- Tricotillomania
- Alopecia Totalis
- Cicatricial Alopecia
- Medical Hair Loss



All Services  
Provided By:  
Christopher Rosenthal  
Devin Rosenthal  
Owners/Technicians

Call or Text: **202-494-7739**

1426 21st Street, NW, Suite #10  
Washington, DC 20036

**SanctuaryHairSolutions.com**

Follow us for continued help and support:



@christopherdevinhair  
@sanctuaryhairsolutions



yhm.news/SanctuaryHairSolutions

# Closing the Gaps For a Youthful Smile

By Maribel M. Vann, DDS

## Bioclear Restorations: Part 3

In September's edition of *Your Health Magazine* we learned that Bioclear is a method utilizing injection-molded heated composite to create strong and esthetic restorations including veneers and crowns without having to cut down a substantial amount of tooth structure. In October we saw how Bioclear can help with closing "black triangles."

This month we present how the Bioclear treatment is also perfect for closing "diastemas" (the vertical gaps in-between two teeth). Many celebrities have a diastema including Madonna, Eddie Murphy, Jack Black, Lauren Hutton, and Willie Nelson. For some people, a diastema makes their smile unique, and they choose to keep the charming midline gap. Although a diastema is considered harmless, meaning it rarely affects dental health, some people want to close those smile gaps. Using the clear form matrices, we can transform your smile with a very natural finish.



BEFORE & AFTER

Below is another example of how Bioclear can preserve tooth structure without doing a crown on a broken front tooth.



BEFORE & AFTER

Another common dislike among patients can be "undersized laterals or peg laterals." This is where the tooth has not grown to its full capacity making the smile line look uneven. Due to the excellent quality of shaded composite materials coupled with the Bioclear system, these teeth can be built up to reveal an esthetically symmetrical and more pleasing smile in one appointment without doing porcelain veneers or crowns, which require removal of tooth structure.



BEFORE & AFTER

Call us to find out how we can transform your smile in a very conservative way.



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.



*Maribel M. Vann, DDS*  
"CHANGING FACES, CHANGING LIVES"

Voted top dentist by *Virginia Living Magazine* 2010 to 2022



## Bioclear Matrix System

We are pleased to announce that we have recently added the "BIOCLEAR METHOD" in our practice.

Health-Focused Dentistry, Minimally Invasive  
Dentistry and Treatment of TMJ Disorder

Member of:



Dr. Vann focuses on helping patients know what level of health they are in. And together with each patient, create a plan to fix their problems.

"I see my patients on time and I only see one patient at a time in a very relaxed and quiet atmosphere. I am fully engaged with my patients when they are with me."



*Maribel M. Vann, DDS*  
"CHANGING FACES, CHANGING LIVES"

8500 Executive Park Avenue  
Suite #408  
Fairfax, VA 22031  
**703-204-1555**

MARIBEL M. VANN, DDS

HEALTH-FOCUSED, MINIMALLY INVASIVE  
DENTISTRY AND TREATMENT OF TMJ DISORDER

**703-204-1555**

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

8500 Executive Park Avenue, Suite #408, Fairfax, VA

# Rehabilitation Services for **EVERY WALK OF LIFE**

After a serious illness or injury, you may need help to regain function and independence. GW Hospital has you covered with a range of rehabilitation programs and advanced technology to help you reach your goals.

## ACUTE REHABILITATION UNIT

Our inpatient rehabilitation services are designed for patients who require round-the-clock care. Patients come to us to recover from illness, like stroke, or injuries from traumatic accidents. We offer 24-hour nursing care, as well as physical, occupational and speech therapy in an encouraging environment.

*This 16-bed unit is located inside GW Hospital.*

## OUTPATIENT REHABILITATION CENTER

Patients who don't require inpatient care turn to us for individualized rehabilitation programs featuring physical, occupational and speech therapy. We occupy 25,000 square feet, staffed with more than 50 rehab professionals with advanced degrees, certifications and specialized skills.

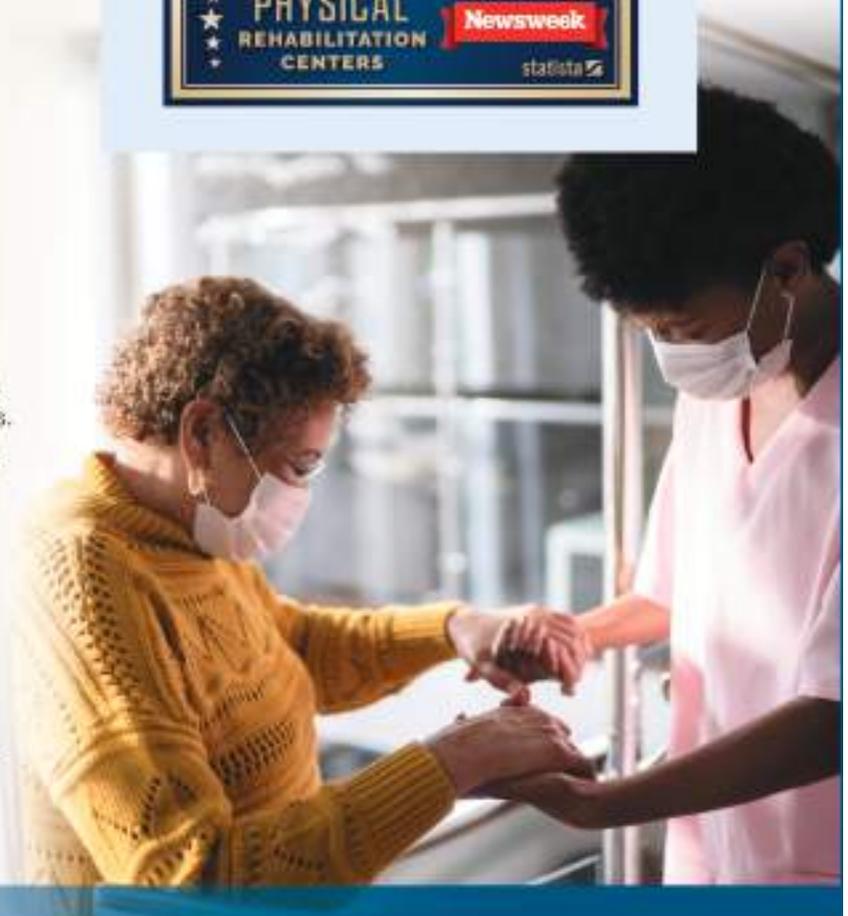
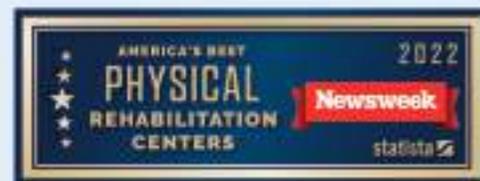
*The Outpatient Rehabilitation Center is located just blocks from GW Hospital, at 2131 K Street.*

## SUPPORT FROM ADVANCED TECHNOLOGY

We offer over 30 specialty programs designed to achieve high-quality results for orthopedic and neurological patients, cancer survivors, new moms and athletes. Therapists practice various techniques including manual therapy and therapeutic exercises. We also use advanced technology including an anti-gravity treadmill and robotic overhead system to get you back on your feet.

## AWARD-WINNING CARE

GW Hospital is ranked in the region's top 5 physical rehabilitation centers for 2022 by *Newsweek*. The region includes D.C., Delaware, Maryland, Mississippi and West Virginia.



## Rehabilitation Services

THE GEORGE WASHINGTON UNIVERSITY HOSPITAL

To schedule an appointment,  
call **888-4GW-DOCS** or email  
**outpatientrehab@gwu-hospital.com**

► Visit **gwhospital.com/rehabilitation** for more information.

*Find us in the heart of D.C., steps away from buses, Metro stops and parking garages.*

Physicians are independent practitioners who are not employees or agents of The George Washington University Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 22856700 11/16/22



*Ultra Body Sculpt*

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



*Customized Treatments  
For Non-Surgical Solutions*

### SERVICES

- Fat Blasting
- Cellulite Treatment
- Anti-Aging Facial Treatments
- Botox and Filler Treatments
- EmsculptNEO
- Morpheus8
- Laser Hair Removal
- IPL Photofacial
- Botox & Dysport

## We Are the Creators of Your Youth

We are a Non-Surgical Plastic Surgery Company. We use advanced technologies to perform Fat Removal, Fat Targeting, Cellulite Toning / Reduction, Breast and Butt Lifts, Face Lifts, Face Contouring, AND MUCH MORE!!!



*Ultra Body Sculpt*

**703-988-2000**

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

**UltraBodySculpt.com**

# Your Beautiful Smile Investment Is Protected by Complete Periodontal Health

By Karl A. Smith, DDS, MS

Hollywood stars know the power of a beautiful smile. Celebrities seem to have perfect teeth, but just like the rest of us, they've had a little help from their dentist.

If periodontal tooth and gum issues are not treated in advance of beautiful cosmetics, you may be wasting your time and money. Periodontics are the foundation of a healthy smile and can make the money you spend on beautiful teeth last many years longer.

Opened wide in a positive way, your smile can help make new friends, close a business deal, cheer up a broken heart and ensure that other people feel good about you. How you feel about your smile, directly relates to how much you actually use it.

Do you like your smile? If not, you may be missing out on a beautiful and healthy smile that will give you the self-confidence you deserve. And, it goes one step further, healthy teeth and gums are the foundation of a healthy body – as your oral health directly impacts your overall health.

Advanced dentistry and good periodontal (gum) care can help you achieve the ultimate show-stopping smile. Dental implants will give you back your smile with natural looking and fully functional teeth that best replace your own. Gum grafting can reduce a “gummy smile” to show more of your teeth and open up your beautiful smile.

Laser treatments that utilize less invasive procedures can control and eliminate periodontal disease to help save your natural teeth and gums. An experienced periodontist can provide you with countless options for improving your smile and keeping your gums and teeth healthy for life.

## Are You Missing Teeth?

The effect of a missing tooth is not only devastating to your smile, but it's detrimental to your long-term oral and medical health. It's not just about unsightly gaps; people missing teeth lose supportive gum tissue and the bone that surrounds other teeth, and eventually the supporting bone in the jaw begins to dissolve. Studies show that people with all of their teeth can live on average 10 years longer than people with missing teeth.

Having gaps where teeth are missing affects the way the jaw closes as the remaining teeth begin to tilt and drift into the gaps. Food can become trapped in these spaces, increasing the risk of decay and gum disease. The tilting and drifting can also cause problems for the opposing teeth as your bite becomes off-balanced and you may begin to experience jaw and joint problems.

Without the support of your teeth and facial bones, your face will begin

to look prematurely aged. Lost teeth affect what you eat and how you swallow and process food and how you speak and function on a daily basis.

The good news is that an experienced periodontist has the advanced training beyond their regular dental degree to prevent, diagnose and treat periodontal (gum) disease with the most advanced laser therapy to help keep your smile healthy and beautiful. A periodontist can also offer personalized solutions to replace your

missing teeth, repair your damaged gums, and prevent or rebuild bone that may have been lost.

Your teeth provide much more function than just the ability to chew. They are necessary for the health of the gum and jaw tissues as they provide a strong foundation for a truly beautiful smile. Take control of your preventative dental health. Make an appointment for a complete periodontal evaluation with an experienced periodontist today. You will be glad you did.

*A Healthy Mouth Equals a Healthy Body*



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

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

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

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

**NEW PATIENT SPECIAL** **\$189**  
Includes Initial Exam, Full Mouth Digital Film, Consultation with Dr. Smith (Reg 5328)

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



**Karl A. Smith, DDS, LLC**  
Periodontics and Dental Implants  
Foundations for a Beautiful Smile



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

# Ike Lans, DDS and Associates Family Dentistry & Orthodontics



We'll  
Make  
You...

# SMILE!

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

## New Patients Cleaning Special

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

**NOW \$125** Reg. \$375  
Save \$250

Coupon must be presented for Special Offers

## In-Office Tooth Whitening

(Take Home Trays Included)

**NOW \$350** Reg. \$600  
Save \$250

Coupon must be presented for Special Offers

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

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

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



*Voted One of Northern Virginia's TOP DENTISTS*

**Call Today To Schedule Your Appointment:**

**LansFamilyDentistry.com 703-729-1400**

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



By Yeji Lee, LAc  
Active Care Chiropractic  
& Acupuncture

# Treating Insomnia With Traditional Oriental Medicine

suffer from insomnia.

Luckily, acupuncture and other traditional oriental treatments are effective for sleep disorders and have wonderful results for those patients. Many patients state that their sleeping is much better and they are able to stop taking medications before going to bed.

Traditional oriental medicine has several kinds of treatment plans for insomnia:

- **Acupuncture** – the main acupuncture points for insomnia are located near the feet and head.
- **Cupping** – relaxes the muscles and whole body, calming the nerve system.
- **Moxibustion** – warms the body and helps blood circulation.
- **Herbs** – balance your body with herbal medication.

These treatments, alone or com-

bined, are effective ways to treat sleep disorders. Acupuncture combined with cupping treatment usually helps patients have good night sleep, and it works well after 2-3 appointments. However, have 2-3 months of treatments are recommended to fix sleep problems.

Do not give up – fix your sleep disorder. Sleeping is very important to your health, and not getting enough sleep can lead to illness.

Sleep is a vital component of every person's overall health and well-being. However, according to various medical reports, there are many people who experience sleep trouble and disorders, such as insomnia. Insomnia causes many other health issues such as headaches, muscle soreness, heart disease, stomach discomfort, and tiredness. As a result, people who suffer from insomnia experience a lot of other health disorders and fail to manage their own health by themselves.

So how can you deal with the nightmare of insomnia? There are several ways to treat it, but this article will focus on treating insomnia with traditional oriental treatments, like acupuncture.

The first step of insomnia treatment is to make sure that your sleep problem is not caused by other health issues, such as cancer, pain disorders, or medication. Then, you have to check your sleeping. There are four types of insomnia: sleep-onset, sleep-maintenance, mixed, and paradoxical. Sleep-onset insomnia is when you cannot fall asleep; sleep-maintenance insomnia is when you can fall asleep but have trouble staying asleep; mixed insomnia is when you have both sleep-onset and sleep-maintenance issues; paradoxical insomnia is when you feel like you sleep a lot less than you actually do.

The next step is to begin treatment. The first treatment the patient can try is self-home care. If you have trouble falling asleep avoid eating 2-3 hours before going to bed and try meditation. If you have problems staying asleep because of the temperature, you can change the bed conditions to either keep you cooler or warmer.

After several weeks of unsuccessful self-home care, it is time to visit your primary doctor or sleep specialist to start professional care for your insomnia. They will perform a physical exam related to your sleep disorder and prescribe medication, behavior therapy, or other treatments. Unfortunately, a lot of patients claim that these kinds of medical treatments do not work or work much less than they expected. That's why many insomnia patients give up hope and continue to



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

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

## Afraid of Chiropractic "Bone Cracking?"

We offer alternative care methods to comfortably treat your condition.

## tired of taking Medication?

We provide a **hands-on, no medication** approach to treating your injury or condition:

- Hands-On Care (not only therapy machines)
- Chiropractic Care w/ Physical Therapy
- Acupuncture and Dry Needling
- Digital X-Ray System
- Decompression Therapy For Disc Symptoms



## Auto Accident Recovery

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



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

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



## We Welcome Yeji Lee, LAc

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



10680 Main Street, Suite #275, Fairfax, VA  
Tel: 703-539-8822  
[www.activecareclinic.com](http://www.activecareclinic.com)  
Activecareca@gmail.com

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

# Why the TMJ Is So Important

By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

As it happens, so many people tell their doctor that “I have TMJ.” What they actually mean is that they have TMJ disorder (TMD). It really is unfortunate that TMJ disorder is so common yet so poorly understood. Basically, TMJ disorder is all about the articular discs that cover the condyles (the top of the jawbone). The disorder reflects the disc displaced and no lon-

ger protects the condyle when a person opens and closes their mouth. These discs are critical in helping a person to avoid lots of pain in their joints and which then leads to pain in the neck, back, and the rest of the body.

Many people go to their ENT, neurologist, or their GP (general practitioner) when these discs begin to dislodge and slip off the top of the condyles because they don't know where else to turn. If their major symptoms are headaches, for example,

then the neurologist would often put the person on some kind of pain killer. The GP often would refer the patient to a specialist who would probably do the same- medicate and see what happens. All of this is fine and logical, but eventually it is a good idea to figure out the real source of the problem.

By running a google search of your symptoms, many times you will land on the site of a TMJ specialist. Even then, it is wise to be careful who you visit with. Many of the “special-



Jeffrey L. Brown, DDS

ists” out there are general dentists doing this work and do not have a great handle on the problem. One of the best ways to test for this is to ask if they do an MRI of the jaw joints to check on displaced discs. Because the TMJs are complicated disc systems in the human body, the doctor owes it to the patient to diagnose fully, and this definitely requires a top-quality MRI of the joints to understand the problem. If the doctor feels they can just palpate the joint to determine the problem, it might be wise to look elsewhere.

## We Are NOT Your Typical Dental Office

### We Can Help With:

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

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

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

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



*As it happens,  
so many  
people tell  
their doctor  
that “I have  
TMJ.”*

So how do you get those pesky little discs back into the sockets? The answer is simple, sort of: Just make more room for the discs. That's easy enough to say, but it takes time and lots of experience to figure out the best way to make that happen. In some cases, just the little buildups called turbos might be enough to make the needed room for the discs. In more severe cases, the patient might need a big splint to really open up the joint space. Having an MRI really helps in figuring out a proper course of treatment and without that information the path of treatment may be incorrect.

As you can well imagine, the TM joint is very important to the human condition and when the discs are displaced the body does not function well. So, find the right doctor to work with and get yourself better.



Jeffrey L. Brown, DDS

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



**Schedule Your Appointment Today: 703-821-1103**

2841 Hartland Road, Suite #301, Falls Church, VA 22043 • [www.sleepandtmjtherapy.com](http://www.sleepandtmjtherapy.com)

# Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

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

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

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

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

## Volunteers Being Sought

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

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

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

The 18-month, randomized, 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.

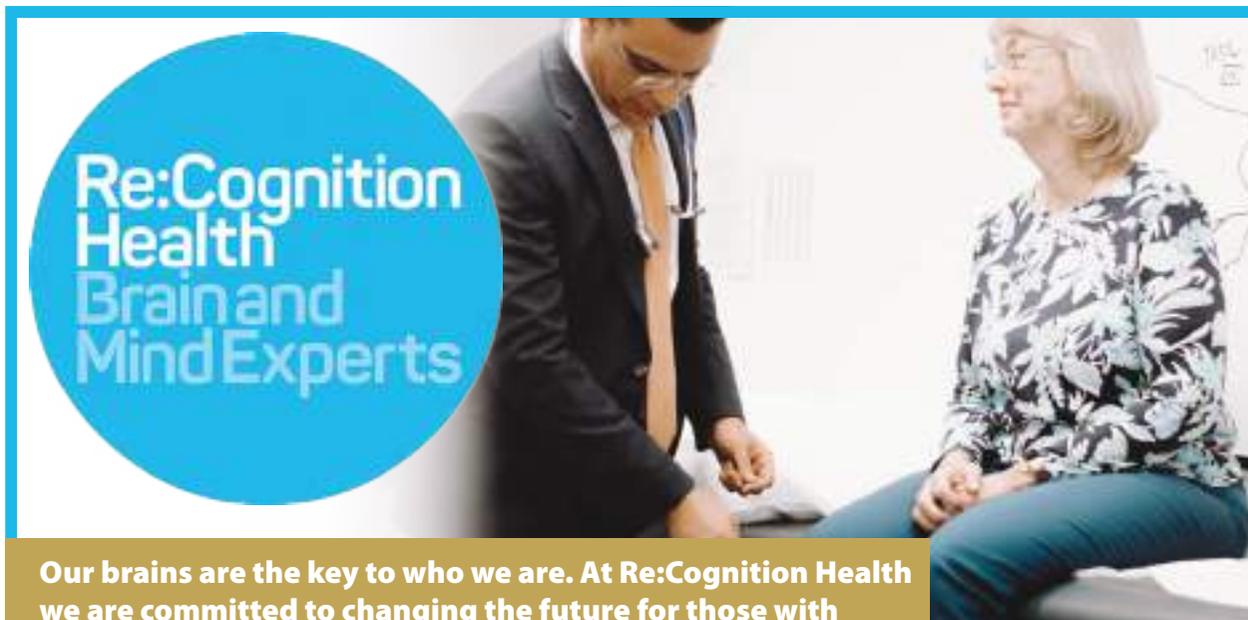
Currently there are no approved drugs that stop or prevent the clinical decline typical of Alzheimer's disease.

## 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.

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

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



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



**Accurate Diagnosis**

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



**Clinical Trials**

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



**Education**

Information, resources and supportive services for complete cognitive care.

## We Are the Brain & Mind Experts

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

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

**571-418-0142**

**Fairfax Clinic**

8316 Arlington Boulevard  
Suite #420  
Fairfax, VA 22031

hello@re-cognitionhealth.com

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

**www.recognitionhealthusa.com**



## Board Certified Physician Associate Medical, Surgical and Cosmetic Dermatology at



## Heather Callahan, PA-C

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

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

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

In 2020 Heather earned the highly prestigious honor of becoming a

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

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

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

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

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

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

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

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

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



**703-698-8162**

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

Follow Us on Instagram: @dermesteticsvienna  
@dermesteticshaymarket – @miss\_heather529

# Mouth Breathing and Dentistry



By Michael Rogers, DDS  
Fairlington Dental

Entire books have been written about the negative effects mouth breathing has on our health. This article will help the reader understand just one of these negative effects: jaw growth and development.

When we breath through our mouth, whether because of nasal obstruction or out of habit, we are creating a situation which causes our upper jaw to become more narrow than normal. This is especially true if mouth breathing occurs during growth and development. As we grow, the tongue is supposed to act as a natural palate expander, counteracting the equal and opposite forces of the lips and cheeks pressing down and in. If the tongue is forced down so we can get air, which is our most immediate need, then the roof of the mouth still grows but in a distorted shape. It becomes narrower than genetically programmed and the palate grows higher than normal. This eventually becomes a self-perpetuating problem because the roof of the mouth is also the floor of the nose. So a high, narrow palate leaves less room in the nose for air to pass and eventually mouth breathing becomes the only way to get air to our lungs.

High narrow palates result in less room for the teeth, creating crowding and misaligned teeth. A narrow palate usually results in an exaggerated overbite, because the growth of the lower jaw is not as affected by tongue posture as the upper jaw. If the upper jaw isn't somewhat larger than the lower jaw to allow the lower jaw to fit directly underneath it, then the lower jaw tends to be forced further back.

When the lower jaw sits further back, this can lead to jaw joint problems know as TMJD (temporo-mandibular joint dysfunction.) TMJD symptoms include clicking

and popping of the jaws, headaches, neckaches, backaches, jaw pain, and forward head posture. Also, with the lower jaw further back, the tongue is forced into the throat making the airway smaller and often leading to sleep apnea later in life, an unhealthy condition where the patient stops breathing due to tongue obstruction during sleep.

Traditionally, dentists and orthodontists have just accepted the size

of the upper jaw as-is and dealt with the consequences by extracting teeth. Physicians have dealt with sleep apnea caused by small palates by using CPAP (continuous positive airway pressure) machines to keep people breathing.

Fortunately, small narrow palates can be prevented if treated during the growing years with retainer-like devices to counteract the lip and cheek pressure. Small narrow palates

in adults can also be treated with oral devices like the DNA appliance, which can encourage jaw growth even in fully grown adults. I can personally relate to this topic because I grew up breathing through my mouth due to severe allergies as a child. This led to orthodontic problems treated by extracting teeth, TMJ problems later in life, and eventually sleep apnea, which I have now managed to eliminate using the DNA appliance.

## Optimum Health Begins With Oral Health



### Dr. Michael Rogers Our Complete Health Approach

At Fairlington Dental, we understand the connection between a healthy

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

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

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

- General Dentistry
- Cosmetic Dentistry
- Missing Teeth
- Invisalign
- Safe Amalgam Replacement
- Sleep Apnea & Snoring
- OralDNA™
- Perio Protect™
- Frenectomies
- Gum Health
- State-of-the-Art Technology

**Schedule Your Appointment Today: (703) 671-1001**

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

**FAIRLINGTONDENTAL.COM**

# Dental Implants Can Be Affordable



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

23 more years 50% of the time and 29 more years 25% of the time. A healthy 65 year old male will live another 20 years 50% of the time and another 27 years 25% of the time.

An investment in their oral health is actually a better investment than a new automobile, that depreciates rapidly after purchase.

Dental implants are 97% successful over ten years. Let's compare a single tooth replacement with a dental implant verses a three tooth cemented bridge. The estimated life span of a cemented bridge is 50% at 10 years.

Cavities are the most common cause of crown or bridge failure. 15% of the teeth anchoring (abutments) require root canal treatment. Failure of abutment teeth is about eight percent to 12% at ten years and 30% at 15 years. 80 percent of teeth adjacent to the sites of missing teeth are with no or minimal fillings.

*Please see "Affordable," page 39*

Due to the advances in modern medicine, nutrition and healthy lifestyles, people are living considerably longer than they use to. Because tooth loss is directly related to age, an increasing number of adults are missing teeth.

When an adult reaches the age of 65, he or she many times feels an investment in health is less appropriate. A healthy 65 year old woman will live

# Non-Surgical Facial Rejuvenation



By George Bitar, MD  
Bitar Cosmetic Surgery Institute

the face should harmoniously interact with the other to achieve a youthful appearance. Each patient's face should be evaluated holistically.

## What Can You Do To Prevent Facial Aging?

Prevention of facial aging is best achieved using a combination of common sense approaches. Maintaining your weight through regular exercise and a healthy diet prevents the effects of large changes in weight on your facial volume and skin. Avoiding tobacco products will reduce the breakdown of elastin and collagen fibers of the skin. Sun avoidance and daily protection with an SPF 30 sunscreen will also reduce the risk of sun spots, sun induced skin deterioration, and your long term risks of skin cancer. Stress is ever present in our lives and is very deleterious to our overall health as well as our appearance. Managing stress effectively with exercise and contemplative relaxation techniques can be very beneficial. Regular use of clinically

*Please see "Facial," page 38*

## How Does Facial Aging Affect You?

Facial aging is a combination of changes in skin texture, laxity/descent of soft tissues and loss of facial volume. Our anatomy, lifestyle habits and environmental factors all have a significant impact on the face from the forehead to the neck. If one zone is addressed without taking the others into consideration, it leads to less than optimal results. One zone of

## New Teeth and a Dazzling Smile!

# Teeth in a Day - All on 4

Starting at  
**\$22,777**  
Per Jaw

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



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

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

**Call for a Complimentary Consultation (\$500 Value)**

**Richard Hughes, DDS** - General Dentist  
Diplomate, American Board of Oral Implantology/Implant Dentistry  
(Board Certification)

**703-444-1152**  
[www.erhughesdds.com](http://www.erhughesdds.com)

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

# Sleep-Mouth Issues and Your Baby



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

anxiety, sensory issues, and other behavioral issues seen in many toddlers and young children. Often many of these children are misdiagnosed as having ADHD.

Other symptoms include:

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

- Sleeping with head and neck hyper-extended or with "butt" in the air
- Picky eating
- Bedwetting beyond potty-training
- Sleepwalking

If you notice any of these problems with your child, ask your pediatrician for a referral to a specialist or dental professional who is familiar and educated on the connection of sleep-mouth issues to overall health.



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

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

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

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

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

As the baby grows, non-restorative sleep generally shows as restlessness, lack of focus, attention issues,



IMPROVING  
OVERALL HEALTH  
BY GROWING  
HEALTHY FACES



Dr. Lynda Dean-Duru



Dr. Krystle Dean-Duru

### Preventative & Comprehensive Dental Care

- Regular Dental Exams
- Professional Teeth Cleanings
- Dentistry for Children with Special Healthcare Needs
- Digital X-Rays
- CBCT (Cone Beam Computed Tomography)
- Icon® Cavity Prevention
- Fluoride Treatment
- Sealants
- Pediatric Sedation Dentistry
- Laser Dentistry
- Baby Root Canal (Pulpotomy)
- StemSave™
- Mouthguards
- Tooth Extraction & Space Maintainers

### Child Growth & Development

- Myofunctional Orthodontics
- Infant & Child Frenectomy
- Bebe Munchee® Tool
- BabyLase™
- Sleep Apnea & Sleep Airway Treatments

### Cosmetic & Restorative Care

- Tooth-Colored Fillings
- Dental Crowns
- Teeth Whitening
- Lumineers
- Snap-On Smile®



**Schedule your child's appointment today!**

**Call: 703-723-8440**

**44025 Pipeline Plaza, Suite #225, Ashburn, VA 20147**

**www.kidzsmile.com**

# Live With Bad Breath? No More!

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

Research has shown that chronic bad breath affects more than 65 million people in the United States alone. And, about half those numbers have unrelenting chronic bad breath, making life miserable for millions. The putrid odors that cause untold embarrassment, from the bad taste of morn-

ing breath to the smell of rotten eggs, feces, or dirty socks coming from the mouth of chronic halitosis sufferers can now be eliminated, for good.

Mouthwash, toothpaste, tongue scrapers and brushes are great, but once you develop real bad breath – halitosis – those are unlikely to fix the problem. Why? Because the bacteria that cause halitosis live deep within the biofilm (coating) that adheres to the top of the tongue surface. And, by

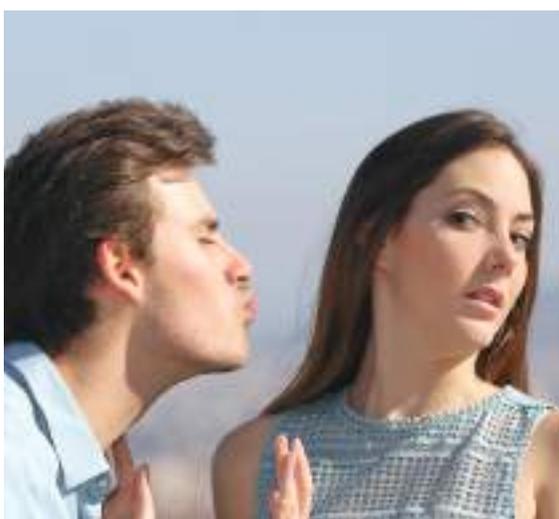
definition, a biofilm grabs on to living tissue and can only be removed by some type of mechanical action, assuming you can get to it. To make it even worse, those bacteria live without air, so they can produce their waste products (odors of bad breath) – no matter how much you clean.

Research is clear on many things about halitosis. We know that bacteria cause the odors of bad breath. We also know that they live in the



Richard A. Miller, DDS

## EMBARRASSED BY YOUR BREATH?



### Do People . . .

Turn Away When You Get Close?

Rub Under Their Nose?

Offer You Gums or Mints?

Talk Behind Your Back?

Exclude You From Social Activities?

## WE CURE BAD BAD BREATH!

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

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

**LIVE THE LIFE YOU DESERVE TODAY!**

**National Breath Center®**

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

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

depths of the biofilm (coating) on the tongue and under the gums. We also know that no matter what we spray on them, rinse them with, or scrape the top layers with, they continue to flourish, multiplying and causing more odor. The key is total removal of the tongue coating and teaching people how to prevent its return. And once done, with simple home-care routines, it need never come back.

The problem is coming from the bacteria and odors within the biofilm. That biofilm is very difficult to penetrate. Over the counter tools and treatments simply cannot penetrate deep enough into the biofilm, so they are unable to reach the millions of bacteria that are causing the problem.

*Original Tongue Rejuvenation®* using new technology in dentistry, along with new halitosis elimination instruments, can eliminate the biofilm and cure bad breath in as little as 2-3 visits.

How do you know if you need *Original Tongue Rejuvenation*? If you are getting cues from others – turning their head a bit, rubbing under their nose, or sudden coughing – you probably have a serious problem with your breath. And no one will tell you!

Because people close to us are mostly too polite or they have gotten used to the odor little by little, they won't tell you.

And, you may not have even smelled your own bad breath for the same reason – you got used to it over time. How to tell if you have a problem? Vigorously wipe a piece of white gauze over your tongue for 30 seconds. If the gauze is discolored, you have a problem. People with no halitosis have a clear colored gauze.

With *Original Tongue Rejuvenation®* you can get it treated today. You will thank yourself, and a lot of other people will thank you too. Remember, **NO BIOFILM = NO ODOR**

And once it's gone, it's gone.



By April Toyer, DDS, FAAPD  
Lifetime Dental Care

# When To Worry About Thumb Sucking?

Many infants and toddlers are using thumb sucking as a method of self-comfort and self-consoling. As the child evolves thumb sucking may be used for more advanced soothing needs from tiredness, sickness, fear, or even boredom.

## What Are the Consequences?

The frequency and the force exerted during the behavior have the most impact on long-term damage. If your child is a vigorous or frequent thumb sucker you may need to curb the habit as early as age three or four.

This may cause a gap to develop between the upper and lower teeth called an open bite. This is not just a dental problem, but results in reshaping of the jaws as well. Once this open bite is formed a tongue thrust may occur, which will continue to alter the alignment of the teeth once thumb sucking has stopped.

The alteration of the tongue muscles can lead to problems making speech sounds like "s" and "th". Though these baby teeth will fall out, the permanent teeth will often follow the pathway of the jaw misalignment and may give an appearance of forwardly positioned or "buck" front teeth.

## How To Stop Thumb Sucking

Provide motivation for your child to break the habit. Review subjects such as spreading germs, tooth posi-

tion, speech and teasing from peers. Find a book or show where your child's favorite or child friendly character talks about the habit.

A daily sticker chart, or positive reward system can also help. Set small goals at first due to your child's habit frequency. Set a big reward for the 2-4 week mark that your child will be excited to work towards. Remember to give verbal praise several times a day.

Over-the-counter products can be used as well, including bad tasting nail polish, plastic thumb devices, finger covers, gloves, ace bandages at the elbow to prevent arm bending, and an alternative comforting object such as a blanket or toy.

## What If Nothing Works?

Attempt to determine if your child has a stressor or underlying anxiety. This will be a difficult process for

your child if they are not ready. Inform all childcare providers and family members of your process so they can receive consistent reinforcement when they are not in your care.

If there is no success after prolonged intervention feel free to reach out to a pediatric dental office to discuss your child's risk for altered tooth alignment and the possible need for an orthodontic appliance.

**LIFETIME DENTAL CARE**  
PEDIATRIC AND ADULT DENTISTRY

**Child Services**

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

**Adult Services**

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

**April Toyer, D.D.S., Board Certified Pediatric Dentist**

**Leonard Toyer, D.D.S., General and Cosmetic Dentist**

**Saturday Appointments Available!**  
**(703) 499-9779**  
14573 Potomac Mills Rd  
Woodbridge, VA 22192

**www.LifetimeDentalCareVA.com**  
Watch our videos on the website!

Our mission is to provide our patients with the highest quality of pediatric, family, and cosmetic dental care in a warm, relaxing, and fun environment.

Dental cleanings are **FREE** with most insurances.

**Not Insured?** New patient exam, cleaning, xrays and fluoride treatment \$79 for adults and \$49 for children.

Get an additional **25% off** deep cleanings or gum therapy with no insurance.

May not be combined with other offers.

## 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.



# FALL SPECIAL

# 50% OFF

## ONE TREATMENT OF YOUR CHOICE:

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

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



2106-B Gallows Road, Vienna, VA 22182

**703-992-9290**

[AstoriaLaserClinic.com](http://AstoriaLaserClinic.com)



# Dental Implants FAQs



By Marvette Thomas, DDS  
The Dental Spa

You can't grow new teeth, but dental implants offer the next best thing if you've lost a tooth. A dental implant looks like a tiny screw and replaces the roots of a tooth. During a minor surgical procedure, your dentist creates a small opening in your jawbone and places the implant inside. Over the course of several months, the implant fuses to the bone, providing a secure foundation for the crown that will be placed on top of it. In some

cases, you may receive a temporary crown the same day you receive your implant.

**Replace Multiple Teeth** – When you have more than one tooth missing, implants provide an ideal replacement mechanism. You don't even need one implant for every missing tooth. Instead, implant teeth can act as supports for fixed bridgework. For example, if you are missing three teeth in a row, we can place two implants, one on either side of the gap, and a crown in between that has no implant underneath. That way, you won't need to use any of your remaining natural teeth as bridge supports, which could weaken them and make them more susceptible to decay.

**Replace All Teeth Permanently** – Implants can support an entire arch of upper or lower replacement teeth that are fixed into the mouth and are never removed. Sometimes the new teeth can be supported by as few as four implants. It's comparable to the

*Please see "FAQs," page 39*

## HOLIDAY SKIN

FROM PAGE 4

### 2. Don't Forget the Sunscreen

We are still vulnerable to sun damage in fall and winter, even though the days are colder and less bright. This includes while driving, as some of the sun's damaging ultraviolet light rays can pass through glass. Year-round sun protection helps prevent skin cancers and pre-cancers, as well as sunspots, wrinkles and premature skin aging.

Your first line of sun defense is clothing. For your hands, ears and the back of your neck, apply a broad-spectrum sunscreen with SPF of 30 or above daily, and re-apply every two hours while you're outdoors. Modern sunscreen options include natural mineral sunscreens, brush-on powders that leave no sticky or greasy residue, and sunscreens with added skin repair ingredients such as antioxidants and peptides.

### 3. Tackle Breakouts

Acne, skin redness or other skin breakouts can be due to blocked pores, hormonal influences, stress and hereditary factors. Wearing a mask can make things worse due to the trapping of skin perspiration, breath droplets, skin oils, and make-up. Washing your face twice a day with a gentle cleanser can help. Effective cleansers for acne can include specific ingredients like

green tea, a natural anti-inflammatory treatment, as well as salicylic acid and other antibacterials. Changing masks at least once a day, washing them daily and avoidance of make-up beneath your mask is helpful. Hanging up your mask to dry in the sunlight exposes it to UV light, which assists in killing bacteria.

A board-certified dermatologist can examine you fully and recommend a holistic plan including prescription creams, plus oral medications if needed for severe acne or rosacea. In-office procedures can also be helpful. Chemical peels with natural fruit acids, or DermalSweep MD with customized skin infusions will cleanse, exfoliate and unblock clogged pores, as well as improving pigmentation and fine lines and restoring skin radiance.

### 4. Health and Beauty Throughout

For true skin health and beauty, your doctor needs to know how to analyze your whole face in 3D with advanced understanding of your facial anatomy. Highly-skilled procedures are individualized for your own skin type and concerns such as under-eye circles, wrinkles, bumpy skin or sagging. Ultherapy is FDA approved for nonsurgical brow, face and

*Please see "Holiday Skin," page 38*

# TIPS TO PREPARE FOR YOUR BABY'S LIP & TONGUE TIE EVALUATION



## 4 Quick Steps to Prepare for Your Baby's Lip and Tongue Tie Evaluation

Maybe you are struggling with feeding your newborn baby, and a fellow parent, Facebook friend, or Pediatrician has told you about a lip or tongue tie that might be at the root of your troubles. Now what?

It can be an overwhelming thought that our little one might need a 'procedure', but don't fret! In Northern Virginia, we are blessed to have many ways of getting help!!

Here are some "basics" and quick tips for the best preparation if you are looking to schedule a Lip & Tongue Tie Consultation for your infant.



### Contact a Lactation Consultant

Begin by reaching out to an IBCLC (International Board Certified Lactation Consultant) that is experienced in caring for babies with 'tethered oral tissues (TOTs)' aka lip and/or tongue tie. If TOTs are interfering with proper function, they may have some great recommendations for release (frenectomy) providers who have the training and experience with oral assessment. These providers have the proper tools for a thorough frenectomy procedure like a Waterlaser.



### Schedule Your Consultation

You can call or text our office to schedule your virtual or in-person consultation. You will be given a link to complete all pre-appointment questionnaires. If you complete the paperwork right away, this gives the office team the best opportunity to help you with any medical or financial/insurance

considerations prior to your appointment. Pro Tip: Try to make sure that both parents/caregivers are able to attend so that everyone benefits from the education and instructions.



### During Virtual or In-Person Consultation

The doctors will perform a detailed exam and have a conversation about clinical oral findings including anatomy of tongue, lips, buccal/cheeks, jaw size/shape/position and their impact on function. The doctors will review current symptoms and future considerations. This is the best time to discuss the benefits, risks, aftercare, any other medical concerns and optimal timing for procedure with your doctors in detail. Above considerations are reviewed and ruled out, we are always happy to schedule procedures for babies so that we are minimizing the number of appointments for your little one.



### Plan to Rest Post Procedure

Plan to keep your schedule clear post procedure (no travel or major activities) and arrange for support at home with siblings if needed.

If you have any questions, please reach out to the office, and we will be happy to make sure you feel 100% prepared for your visits with us!



Dr. Rishita Jaju & Dr. Anh Dang  
Board Certified Pediatric Dentists  
571-350-3663  
11790 Sunrise Valley Drive, Suite 105  
Reston, VA 20191



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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Garima K. Talwar, DDS, MS

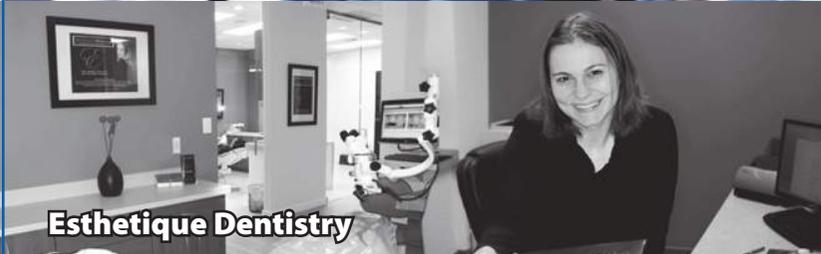
Board Certified Prosthodontist

Specializing in Reconstructive and Implant Dentistry

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

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

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



Esthetique Dentistry



Advanced Dental Care

*Esthetique Dentistry*

THE ORAL AND DENTAL WELLNESS CENTER

**(703) 729-6222**

44345 Premier Plaza • Suite 220, Ashburn, VA

**EsthetiqueDentistryAshburn.com**



*Advanced Dental Care*

AT LEESBURG VILLAGE

**(571) 455-0466**

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

**AdvancedDentalCareLeesburg.com**



IN-OFFICE LABORATORY  
& TECHNICIAN

# 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 November 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)

## Jeffrey L. Brown, DDS

TMJ & Sleep Apnea  
Treatment



2841 Hartland Road  
Suite #301  
Falls Church, VA

**703-821-1103**



### Meet Jeffrey L. Brown:

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

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

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

#### Degrees & Certifications

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

#### Outside the Office

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

#### Professional Affiliations

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

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

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

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

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

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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Rishita Jaju, DMD

*Pediatric Dentistry*



11790 Sunrise Valley Drive  
Suite #105, Reston, VA 20191

**571-350-3663**



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

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

#### **Degrees, Education & Training**

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

#### **Experience & Expertise**

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

#### **Professional Memberships**

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

#### **In the Community**

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

#### **Personal Interests**

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

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

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

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

## Ike Lans, DDS



44110 Ashburn Shopping Plaza  
Suite #166  
Ashburn, VA 20147

**703-729-1400**



### **Meet Ike Lans**

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

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

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

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

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

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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Swathi Reddy, DMD

### Orthodontics



9010 Lorton Station  
Boulevard, Suite # 260  
Lorton, VA 22079

**703-337-4414**



### Meet Dr. Reddy, Your Local Orthodontist!

Dr. Reddy has been serving the Lorton area for over nine years as a full-time orthodontist. She graduated Dental School with high honors from Boston University School of Dental Medicine. She has a deep desire to learn and treat patients in the field of Orthodontics and has pursued further specialty training in the field of Orthodontics and Dentofacial Orthopedics.

Dr. Reddy was invited to join the clinic faculty at UNLV, School of Dental Medicine. Before entering private practice, Dr. Reddy worked as a faculty member at UNLV, School of Dental Medicine, Orthodontics Residency Program.

#### Professional Memberships

Dr. Reddy is an active member of many organizations, including American Dental Association, Virginia Dental Association, American Association of Orthodontics, Southern Association of Orthodontics and Northern Virginia Orthodontic Study Club.

### ALL SMILES ORTHODONTICS

#### Why Choose Us?

Our practice's top priority is to provide you with the highest quality orthodontic care in a friendly, comfortable environment.

We offer the latest in equipment and technology such as Accelerated Treatment, 3D Scanner, digital photographs, digital X-rays, clear aligners and ceramic braces. These are to ensure that you receive the most effective care possible.

We recognize that every patient has different needs, and we pride ourselves in the courteous service we deliver to each person who walks through our doors. We welcome children and adults to our office. Adults have become a larger percentage of our patient-pool in recent years.

Dr. Reddy and her staff are committed to helping you achieve the smile you deserve – a healthy, beautiful one that you will be proud of. We would welcome the opportunity to earn your trust and deliver you the best service in the industry.



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

## Karl A. Smith, DDS, MS

### Comfortable Sedation, Laser Periodontics & Implant Dentistry

601 Post Office Road  
Suite #1-B, Waldorf, MD

**301-638-4867**

2500 North Van Dorn Street  
Suite #128, Alexandria, VA

**703-894-4867**



### Meet Periodontist, Karl A. Smith, DDS, MS

Dr. Karl Smith specializes in periodontics and implantology. As a periodontist, Dr. Smith specializes in treatment of gum disease, the maintenance of periodontal health, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one likes to go to the doctor or dentist, we strive to make your visits with us as comfortable and pleasant as possible. We strongly believe that our patients' comfort is an important part of quality dental care.

Dr. Smith believes that your right to choose a dentist is an important freedom. We work closely with your dentist, but a referral by a dentist is not required to visit our office. We also welcome referrals from patients and friends of the practice. Everyone that is interested in keeping their teeth for a lifetime should see a periodontist.

Dr. Smith's colleagues describe him as a gentle, easy-going person, and people come from near and far to experience the comfort and professionalism of his office and patient-oriented staff. He is consistently rated by his peers as a Top Dentist 2012-2021 in *Virginia Living*, *Washingtonian Magazine*, and *Northern Virginia Magazine*.

#### WHAT TO EXPECT ON A VISIT WITH DR. SMITH:

Dr. Smith says that "From the first phone call you will be treated with care and concern for your unique dental condition. Every question you have ever had about your dental health will be covered as well as any financial considerations you may have. It is my goal to care for each and every person that comes through my doors and to exceed your expectations from a dental office. I promise to always give you honesty and accuracy when it comes to your treatment. I will never start treatment without your full knowledge, understanding, and acceptance of your condition."

"Please call my office to ask about our  
New Patient Special – \$179.00"

Mention: **DRSmithVA1122**

#### Degrees, Training and Certificates:

Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. After graduation immediately entered General Practice in the U.S. Air Force Dental Corps. Successfully completed three additional years of advanced training in the specialty of Periodontics, Dental Anesthesia and Implants in 1992 at the University of Texas Health Science Center, San Antonio and Wilford Hall USAF Medical Center. Retired from the U.S. Air Force as a Lieutenant Colonel after four years of reserve and fifteen years of meritorious world-wide active duty service in 1996. Fellowship in the Academy of General Dentistry and in DOCS, a sedation organization for dentists.

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

## Ginger Delph, Founder/CEO



504 Elden Street  
Suite #2, Herndon, VA  
**866-4 CORE IV**  
**866-426-7348**  
[info@coreivtherapy.com](mailto:info@coreivtherapy.com)

### IV Therapy For Beauty/Anti-Aging



This Drip has everything you need to look your best. Bonus – you'll feel pretty fantastic too. The vitamins, minerals, electrolytes, and amino acids formulated for this drip were designed with your hair and skin in mind. Your hair will be stronger and your skin lighter and brighter. It will aid in the detox of toxins and free radicals to not only illuminate dull skin and hair but people have reported that it has helped even out their skin tones as well. Have an event coming up? Whether you are going to a wedding, party, reunion, or work event this drip is EVERYTHING and you will glow. This is the go-to drip for celebrities before big events.

### Choose This Drip When:

- Wedding
- Uneven skin tones – especially darker skin tones
- Skin and hair are dull and blah
- Going to a party
- Reunion
- Work Conference or event
- You want to look fabulous at any age.



\*\*\*\*\* 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](http://CoreIVTherapy.com)

# 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



18111 Prince Phillip Drive  
Suite #327, Olney, MD

**301-774-6136**

9715 Medical Center Drive  
Suite #221, Rockville, MD

**301-279-7510**

22616 Gateway Center  
Drive, Suite C  
Clarksburg, MD

**301-685-6300**



## MEDICAL ONCOLOGY

### Frederick Barr, MD

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

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

**Residency:** Northwestern Memorial Hospital

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



5454 Wisconsin Ave.  
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

5454 Wisconsin Ave.  
Suite #1300  
Chevy Case, MD

**301-657-4588**

## MEDICAL ONCOLOGY



### Chitra Rajagopal, MD

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

**Medical Education:** Madras Medical College

**Internal Medicine Residency:** Georgetown University

**Certification:** Internal Medicine and Medical Oncology

**Fellowship Training:** Georgetown University

9715 Medical Center Drive  
Suite #221, Rockville, MD

**301-279-7510**

18111 Prince Phillip Drive  
Suite #327, Olney, MD

**301-774-6136**

22616 Gateway Center  
Drive, Suite C  
Clarksburg, MD

**301-685-6300**



## 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



5454 Wisconsin Ave.  
Suite #1300  
Chevy Chase, MD

**301-657-4588**

## WHEN CANCER HITS HOME, YOU'RE NOT ALONE.



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

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

**To schedule an appointment near you,**

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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Soheila Rostami, MD, FAAO, FAACS



Tysons – Reston – Dulles  
**703-893-3937**  
**571-203-1300**

### DR. SOHEILA ROSTAMI IS THE MOST SOUGHT AFTER OCULU FACIAL PLASTIC SURGEON IN THE DMV AREA

Dr. Rostami is a double board-certified oculofacial cosmetic plastic surgeon with more than 21 years of experience. She is much sought-after for her precise technique and skill level with finesse eyelid surgery, dermal filler, and neurotoxin injections. She is highly knowledgeable about cutting edge anti-aging laser and radio-frequency technologies available today. She is also a national trainer for cannula, microneedling, dermal filler and neurotoxin injection protocols.

Dr. Rostami is a graduate of the Howard University School of Medicine in Washington DC, where she was elected by her peers as chief resident of ophthalmology. She then went on to complete her oculoplastic & reconstructive surgery fellowship at the University of Maryland. Dr. Rostami is board certified with the American Board of Ophthalmology (FAAO) and American Board of Cosmetic Surgery. She also serves as the chair of oral examination committee for the American Board of Facial Cosmetic Surgery (ABFCS) & American Board of Cosmetic Surgery (ABCS).

Dr. Rostami is the former Section Chief of Ophthalmology at Reston Hospital Center, the current Assistant Clinical Professor of Ophthalmology at The George Washington University, the adjunct Associate Clinical Professor at State University of New York (College of Optometry), on the Board of the Medical Society of Virginia, the Assistant Professor of Ophthalmology at Howard University, and she is the President of the Medical Society of Northern Virginia.

She has received numerous awards over the years including Dean's Honor Roll, Beta Kappa Chi Honor Society, Phi Beta Kappa Honor Society, Dr. Charles I. West Award, Trustee Scholarship, Member of AOA Medical Honor Society Gamma Chapter, peer-voted Northern Virginia Top Doc, voted Best Eyelid Surgeon of Modern Luxury DC 2021, voted one of Modern Luxury's Dynamic Women 2021 and a Top Doctor 2022 by *Northern Virginia Magazine*.

Having performed thousands of cosmetic and medically necessary eyelid surgeries, Dr. Rostami is known as the surgical eyelid expert in the DC metro area. She is honored that other physicians trust her with their own eyelid surgeries and with those of their patients. Dr. Rostami is also accomplished with facelifts, brow and forehead lifts, mid-face, as well as neck rejuvenation surgery. She is well-known for her natural and never over done aesthetic results.

Dr. Rostami is the CEO and medical director of Rostami Oculofacial Plastic Consultants, a medical/cosmetic practice in Reston, VA with focus on Ophthalmology and Oculofacial plastic surgery. She is also the CEO and Medical Director of Sanctuary Cosmetic Center with locations in Tysons Corner, and Dulles, VA that excels in facial plastic surgery and body rejuvenation treatments of all kinds. She is also the CEO and Medical Director of her en-suite AAAHC-accredited surgical center that operates at the highest standards.

[www.Beauty4Eye.com](http://www.Beauty4Eye.com)

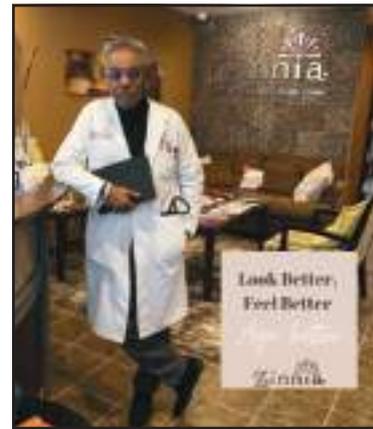
[www.SanctuaryCosmeticCenter.com](http://www.SanctuaryCosmeticCenter.com)

## Anteneh Roba, MD, ABOM, ABAARM

*Aesthetics*



9872 Main Street  
Suite A, Fairfax, VA  
**703-992-9815**



### Meet Anteneh Roba:

Anteneh Roba, MD, and his team of aesthetics specialists offer a wide range of cosmetic and anti-aging treatments for men and women. Zinnia Aesthetics & Anti-Aging Clinic specializes in the latest cosmetic, anti-aging medicine, sexual wellness, regenerative medicine, hormone replacement therapy, preventive medicine, fat grafting and body sculpting procedures. They also offer a range of non-invasive aesthetic treatments, including Botox®, Xeoman, dermal fillers, PRP procedures and the latest in medspa treatments for hair removal, microdermabrasion and chemical peels.

### Look Better Feel Better Age Better

Dr. Roba and his team of medical experts also specialize in reversing the aging process optimizing longevity through a tailored program focused on epigenetics, genetics-based precision medicine, peptide treatment, hormone optimization, and supplementation aimed to reduce the pace of biological aging.

We invite you for a complimentary consultation to enquire about all our procedures and treatments including:

- Fat Transfer (Face, Breast, Buttocks and other areas)
- Lipo360
- NEW! Peptide Treatment
- Sexual Wellness (O-Shot/P-Shot and more)
- Anti -Aging - REVIVE/REBALANCE/REVERSE

Zinnia Aesthetics & Anti-Aging Clinic offers both virtual and one-on-one consultations.

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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## LaSondra Gray, CMLSO, CNNC

**Cosmetic  
Dermatology,  
Aesthetics & Wellness**



44125 Woodridge Parkway  
Suite #220  
Lansdowne, VA 20110

**703-539-6002**



### Meet LaSondra Gray:

LaSondra Gray, CMLSO, CNNC, 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.

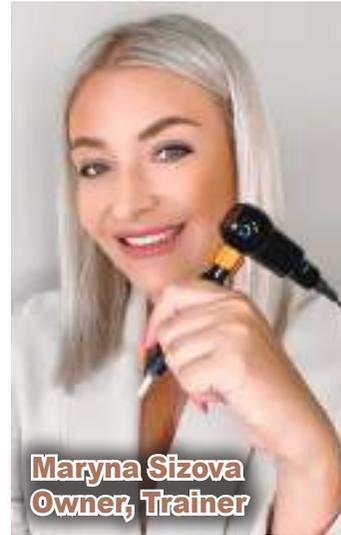
**We accept  
most HSA/FSA  
Plans**

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

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

## RE:PIGMENT.ME

BEAUTY STUDIO & ACADEMY



**Maryna Sizova  
Owner, Trainer**

**100 Hours Virginia State  
Board Approved**

**Permanent  
Cosmetic  
Tattooing  
Fundamentals  
Course**

**GO FROM BEGINNER TO**

*PMU Pro Certified & Licensed*

**IN JUST A FEW WEEKS**

- EARN AMAZING MONEY
- SET YOUR OWN SCHEDULE
- BECOME YOUR OWN BOSS

Total Price - \$7000

FOR ONLY -

**\$6500\***

\*January 2023 class only.



*A non-refundable & non-transferable 50% booking fee is required to save your space in the class & to receive the access to the online theory portal.*

**540-227-0076**

21155 Whitfield Place | Suite #206, Sterling, VA

info@repigment.me | IG @maryna.sizova

[www.Repigment.Me](http://www.Repigment.Me)

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Joseph Davidson, MD



1860 Town Center Drive  
Suite #250, Reston, VA

**571-203-1300**

24430 Stone Springs Boulevard  
Suite #240  
Stone Ridge, VA

**703-893-3937**



**Rostami Oculo Facial Plastic Consultants is pleased to welcome the newest addition, Dr. Joseph Davidson to our qualified team!**

Dr. Davidson brings a blend of excellent clinical and surgical experience, education, and enthusiasm with a strong passion for natural looking results and the safety and satisfaction of our mutual patient's needs!

Dr. Davidson is a board certified ophthalmologist and ophthalmic plastic and reconstructive surgeon. He completed three subspecialty fellowships (medicine's highest form of formal education).

He distinguished himself at several of North America's most prestigious institutions, including Harvard University, Georgetown University, McGill University, and the Armed Forces Institute of Pathology.

Harvard University: B.A degree (1988)

Georgetown University Medical School: M.D. degree (1992)

Armed Forces Institute of Pathology: Fellow, Ophthalmic pathology (1993)

Georgetown University Hospital: Resident, Transitional/Medicine (1994)

McGill University: Resident, Ophthalmology Chief Resident (1997)

McGill University: Fellow, Oculoplastic Surgery (1999)

Dr. Davidson has over 20 years of experience specializing exclusively in cosmetic and non-cosmetic surgery of the eyes and upper face. He has performed tens of thousands of successful surgeries.

In addition to experience handling unique and difficult situations, Dr. Davidson continues to perfect new techniques. These include new procedures for watery eye correction and cosmetic eyebrow lifting with quick recovery and minimal downtime.

In his free time, Dr. Davidson enjoys traveling, computer programming, walking and reading.

### Cosmetic and Non-Cosmetic Surgery of the Eyes and Upper Face.

- Eyelid Surgery
- Removal of Bumps, Spots & Cancers
- Eye Socket Surgery
- Watery Eye Correction

**www.Beauty4Eye.com**

## Michael Rogers, DDS

*We Understand the Connection Between a Healthy Smile and a Healthy Body.*



4850 31st Street South  
Suite A, Arlington, VA

**703-936-4166**

### Meet Michael Rogers:

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

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

He is a member of the International Academy of Oral Medicine and Toxicology, American Academy of Dental Sleep Medicine, American Academy of Craniofacial Pain, and also of Mercury-Free Dentists. He has served as a guest author for *TMJ News & Views*, and when that publication ceased, began his own quarterly newsletter. You may have seen one of his television interviews on "A New Me" or the local PBS station, or seen his articles and features in *Ladies' Home Journal*, *Arlington Magazine*, and *New Beauty*.

Dr. Rogers is an active participant in the community as a sponsor for Encore Theater, Little League of Alexandria, Abingdon Elementary, and the local Fairlington Farmer's Market. He and his wife Terri enjoy spending time with their daughter Megan and her husband Corey traveling around the country and the Caribbean.



**FAIRLINGTON DENTAL**  
COMPLETE HEALTH DENTISTRY

**FairlingtonDental.com**

# Naturopathic Supplements – Which Are Safe?



By Lakita Conley-Ware, PhD  
Naturopathic Health Consultant

Most people when they decide to take various types of supplements, herbs or superfoods assume that they are all safe. As with everything in life, some are better for you than others and becoming educated about which ones are best is going to help you improve your health.

The US Dietary Supplement Current Good Manufacturing Practices states supplements manufactured in the USA cannot be contaminated with heavy metals. There are several US based companies that produce naturopathic supplements that screen against chemicals, are pure organic and are GMO free.

*Most people when they decide to take various types of supplements, herbs or superfoods assume that they are all safe.*

One such solely American based naturopathic firm called Shaklee does extensive screening in their US bases research and development center. Shaklee Corporation is an American manufacturer and distributor of natural nutrition supplements, weight-management products, beauty products, and household products. The company is based in Pleasanton, California with global operations in Canada, China, Indonesia, Japan, Malaysia, and Taiwan.

They screen all new botanicals for 350 contaminants, for 250+ pesticides, and conduct over 100,000 quality product tests yearly for potency, safety and purity. They have over 125 medical/nutritional publications. Their staff – MDs and scientific PhDs – are naturopathic specialists. With this type of testing, this company offers a series of naturopathic products that are healthy and safe for everyone, from children to the elderly. Shaklee has also partnered with NASA to develop products that help astronauts be as healthy as possible. There are even Olympic athletes who claim use of Shaklee products helped them win medals.

It is important to know what is safe and going to help you live healthier. Some products are obviously better than others, and that goes for supplements as well. So, make sure you always read the labels first, before taking them.

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

USDVA funding to help with cost of care

Serving those who served.

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

- ★ Medicare Certified Rehabilitation
- ★ Secure Compassionate Memory Care
- ★ Long-Term Nursing Care for Veterans & Eligible Spouses
- ★ Income-Based Assisted Living
- ★ Fully Subsidized Nursing Care for Veterans with a 70%+ Service Connected Disability Rating
- ★ Physician Services on Premises: Primary Care, Audiology, Dental, Dermatology, Optometry and Counseling

Skilled Care 24-Hours a Day - Social & Fitness Activities - Barber & Beauty Shop - Multiple Dining Rooms - Devoted Volunteer Program - FREE Transportation to VA Medical Center in Washington, DC

**Charlotte Hall Veterans Home**  
Maryland Department of Veterans Affairs

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

[www.charhall.org](http://www.charhall.org) 301-884-8171

## Do It the Shaklee Way!

### Improve Your Heart & Overall Health... with Vivix

**To slow aging you have to start small with your cells!**

Resveratrol and other Polyphenols are clinically proven to slow cell aging by improving cell function while protecting and repairing DNA.

**And Shaklee's Vivix is the best Resveratrol/Polyphenol blend in the world.**

**Dr. Conley-Ware**  
*Your Naturopathic Healthcare Consultant*

Or email:  
[Wellnessconsultant1st@gmail.com](mailto:Wellnessconsultant1st@gmail.com)

**Natural Health Care For Life**

**Visit:**  
[YourWellnessHealth.net](http://YourWellnessHealth.net)

Twitter: [#naturalhealthcareforlife](https://twitter.com/naturalhealthcareforlife)  
Instagram: [natural.health1st](https://www.instagram.com/natural.health1st)

# Veterans Day

Submitted By  
Washington Open MRI, Inc.

The 11th hour of the 11th day of the 11th month was declared as the date and time to end hostilities in World War I.

November 11 is now officially recognized as Veterans Day in which we pause to honor the contributions and sacrifice made by our many

“citizen soldiers” who have fought and died for our freedom in all wars.

There is no question that diagnostic tests like an MRI can cause claustrophobia – or a debilitating fear of being in a confined space – accompanied by the stress and uncertainty of illness or injury.

But for our beloved veterans all these factors can be much worse as they are often compounded by prior

life-threatening experiences.

Open MRIs are often the last resort for those who cannot endure being scanned in the confined space of a standard “closed” MRI. Washington Open MRI is the preferred provider of MRI scans for our Veterans Administration, and we are proud to assist our military veterans or any among us who have a great fear of being confined during this important diagnostic

medical test.

For those who are or who have served we wish to offer our most heartfelt respect and thanks. For those who have passed may they rest in peace.

All of us at Washington Open MRI wish to offer our most sincere thanks to all veterans with a prayer recognized as commemorating the  
“War To End All Wars”  
or  
World War I

*In Flanders fields the  
poppies blow  
Between the crosses,  
row on row,  
That mark our place;  
and in the sky  
The larks, still bravely  
singing, fly  
Scarce heard amid  
the guns below.  
We are the Dead.  
Short days ago  
We lived, felt dawn,  
saw sunset glow,  
Loved and were  
loved, and now  
we lie  
In Flanders fields.  
Take up our quarrel  
with the foe:  
To you from failing  
hands we throw  
The torch; be yours  
to hold it high.  
If ye break faith with  
us who die  
We shall not sleep,  
though poppies  
grow  
In Flanders fields.*



## Need An MRI?

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



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

**WASHINGTON  
OPENMRI**

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

**Call us today 1-866-674-2727**

WashingtonOpenMRI.com

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

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



# CAPITOL CONTOURS

medical weight loss + body sculpting

- Fat Elimination**
- Muscle Toning**
- Wrinkle Reduction**
- Skin Tightening**
- Cellulite Removal**
- Weight Loss**



## Non-Surgical Body Sculpting & Weight Loss

### OFFERING STATE-OF-THE-ART BODY CONTOURING TECHNOLOGY

- ✓ Weight loss program support with a team of dietitian nutritionists.
- ✓ State of the art body contouring devices for Muscle Toning & Fat Reduction, which are more effective than traditional strength training treatments.
- ✓ Effective skin tightening device that preserves the elasticity of the skin during weight loss & improves cellulite.
- ✓ Initial packages & monthly memberships available.
- ✓ Everything to help achieve total body transformation.



*We only offer the best, cutting-edge FDA-approved, body contouring technology in the world. Our specialized treatments target fat elimination, muscle toning, wrinkle reduction, skin tightening, cellulite removal, and weight loss:*

- ✓ EMSCULPT NEO® Fat Reduction & Muscle Build
- ✓ TRUSCULPT FLEX® Advanced Muscle Build
- ✓ TRUSCULPT ID® Fat Reduction
- ✓ EMTONE® Cellulite Reduction
- ✓ EXILIS® Fine Line & Wrinkle Reduction
- ✓ Weight Loss & Metabolism Testing

## Begin Your Journey To An Ideal You:



Call: **703-997-7446** Learn More Online: **CapitolContours.com**

Conveniently Located In **Alexandria**: 3335 Duke Street

# 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



Lauren Grimsley

sebum (oil). If you're currently washing every day, start by taking one wash at a time away so you and your scalp can 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. Use a light oil such as Kevin Murphy Young Again Oil on your mids to ends, never at the root.

**ALYA SALON & SPA**

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

**Special Offer**

**10% off**  
For new Clients

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

**SHARE YOUR SMILE**

Same Day Crowns and Veneers by CEREC

**Dr. Zina Alathari can help you achieve a smile that you can be proud of!**

**ZINA ALATHARI, DMD**

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

**Tysons Dental Corner**  
Family and Cosmetic Dentistry

Contact Us Today and Schedule an Appointment  
**703-237-5600**  
smiles@TysonsDentalCorner.com  
7121 Leesburg Pike, Suite #104, Falls Church, VA  
www.TysonsDentalCorner.com

## What Is CEREC Dentistry?



By Zina Alathari, DMD  
Tysons Dental Corner



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

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

CEREC crowns are more efficient

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

Please see "CEREC," page 39

# Great Smiles At Any Age



By Swathi Reddy, DMD  
All Smiles Orthodontics

Your smile is one of the first characteristics noticed by others and it is never too late to create a beautiful and balanced smile. A smile with beautifully aligned teeth will definitely make a better first impression.

Over the past several years adult orthodontic therapy has increased in popularity. Oral health awareness, longer life expectancy and higher quality of life play into this trend. A study conducted in March, 2010 by Michigan's Wayne State University,

concluded that people with bigger smiles may actually live longer.

Adults want and expect to preserve their natural teeth and maintaining what we have has become more important than ever. According to the American Association of Orthodontics, from 1994 to 2004 there was a 37% increase in adult patients, and the percentage keeps increasing. Some famous adult orthodontic patients who improved their smiles include Tom Cruise, Kelly Brook, Diana Ross, Whoopi Goldberg, Dr. Joyce Brothers, Nicolas Cage, Venus Williams, Cher and the list goes on.

Tom Cruise got his braces when he was 40 years old and filming Minority Report. Check out his smile in Rain Man or The Firm and compare to post-braces Tom in Valkyrie or Tropical Thunder.

The biological process involved in tooth movement is the same in both adults and children. As long as the periodontium (supporting bone and gums) is healthy, teeth will respond to orthodontic

*Please see "Great Smiles," page 39*

# Common Nail Disorders



By Edward S. Pozarny, DPM  
Arlington Podiatry Center

## Ingrown Nails

An ingrown nail is the result of a nail growing into the skin that surrounds it, and often occurs at either edge of the big toe. Improper trimming, inherited nail deformities, injuries, fungal infections, or pressure may cause ingrown nails.

The main symptom is pain at the tip of the toe. An ingrown nail can possibly lead to infection, inflammation, or a more serious condition. It is advisable to see a podiatrist who can determine the extent of your problem.

The podiatrist will examine the infected area, and will take blood tests, cultures, or x-rays if a more severe problem is suspected.

If the nail isn't infected, your podiatrist may trim the corner of it to help relieve your symptoms. He or she may need to remove one side of your nail back to the cuticle. The base of the nail is then treated to keep the ingrown part from growing back.

Severe infections or ingrown nails may require antibiotics and removal of a portion of the nail.

## Thickened Nails

Abnormally thick or crumbling nails may be caused by injuries, pressure from shoes, fungal infections, or conditions such as diabetes, psoriasis, or vascular disease.

A thickening nail may appear ridged, brittle, or yellowish, and may even cause pain when pressure is applied to it. This type of nail disorder may be a symptom of an underlying medical condition.

*Please see "Nail Disorders," page 39*

# Great Smiles Start Here



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

**\*WE OFFER COMPLIMENTARY CONSULTATIONS\***

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

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

# Don't Walk In Pain Anymore!

Relief Is Now More Convenient Than Ever Before!



**Schedule Your Appointment Today!**

**703-820-1472**

**www.ArlingtonPodiatry.com**

**Most Insurance Accepted! Sé Habla Español!**

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

## THE SKINBARRE MEDICAL

INNOVATIVE SKINCARE AND LASER CLINIC



**Andrea Ristic**  
Owner

Call The SkinBarre to schedule an appointment with Andrea at **703-595-2797.**

The SkinBarre Medical is a full service Medical Spa. We are located in McLean, Virginia and have been around for 10 years. We offer high quality Botox treatments, PRP for facial rejuvenation or hair loss, dermal fillers such as Radiesse, Restylane, Juvederm, and Versa, microneedling and VI peels for acne care, Ultherapy, and many different types of body contouring services.

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

**She is certified in:** Plasma IQ pen, Medical grade peels, Microneedling, Dermaplaning, Lasers, and PMU (lip blush).

**Top 5 Services:** Morpheus, IPL/PhotoRejuvenation, Hydrafacial, Diamondglow, and Peels

**www.theskinbarre.com**

# Snoring

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



By Tontra Lowe, DDS  
Awesome Smiles Dental Care

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, 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 hypertension, 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;

Please see "Snoring," page 39

# FACIAL

FROM PAGE 18

active skin care can dramatically reduce the signs of aging. The most important components of a good skin care regimen include sunscreen, Vitamin A derivative creams, alpha-hydroxy acids, and antioxidants like Vitamin C. These products have the strongest level of clinical evidence to support their use.

## Non-Surgical Treatments Available To You

If preventive measures are no longer effective in reducing the visible signs of aging, then you may want to consider some of the therapeutic options currently available. Fine lines, pore size, and hyperpigmentation can be effectively treated with various chemical peels with varying downtimes. Pore size and acne scarring can be improved with a series of micro-needling treatments. Broad Band Light treatments are very effective for treating red and brown spots of the face and stimulating collagen production to achieve skin rejuvenation over the long term with no down-time. There are a plethora of lasers on the market today that improve skin tone and texture through full resurfacing or fractional resurfacing. These laser treatments are usually less aggressive than lasers of the past so multiple treatments are usually required to achieve noticeable improvement.

More aggressive laser treatments yield faster results at the expense of longer downtime. Newer technologies such as radio-frequency devices and focused ultrasound technologies are emerging as the most effective way to tighten facial skin without surgery. When combined with facial fillers and muscle relaxing injections results can be quite impressive.

## How Do You Define Success?

As unique as we all are, the aforementioned treatments require some customization. Physical findings, recovery requirements and cost considerations are all taken into account when developing a treatment plan to meet your objectives. Better results are obtained if more than one modality is combined. Being open to multiple treatments with shorter downtime over an extended period is also helpful in achieving significant improvement. It is important to acknowledge that no one treatment is a silver bullet for this multi-factorial condition.

Most patients find this approach quite acceptable and fit it into their schedules without difficulty. Patients have been very satisfied with this approach and are pleased with how many compliments they get about their refreshed appearance.

# HOLIDAY SKIN

FROM PAGE 22

jawline lifting. Delicate doses of Botox or natural fillers like Restylane, Voluma and Juvederm can relax crow's feet, forehead wrinkles and lines around the mouth, shape your brows and widen droopy eyes, and smooth out neck wrinkles. Expert, European-style techniques achieve a completely natural-looking result with no "frozen" look and little or no down time. Stimulation of new collagen and elastin can take years off your face.

Double chins show more on Zoom because webcams add about ten pounds under the chin and make our necks look more wrinkled. Ultherapy and Exilis Ultra lasers use ultrasound and radiofrequency to tighten skin and melt fat with no down time, to re-define your jawline, and also sculpt the abdomen, waist, hips, buttocks, arms and knees. Kybella is an injectable fat dissolver. Re-contouring the chin and jawline with your own natural fat containing stem cells, or with fillers, can also work wonders for a double chin.

## 5. Hair Removal and Restoration

If you suffer from excess hair, a board-certified dermatologist is the expert who can examine you to identify underlying medical causes such as polycystic ovarian syndrome (PCOS). The hair itself can be removed safely, quickly and painlessly from all skin types with

the state-of-the-art Gentle YAG laser.

A board-certified dermatologist can also help hair loss due to stress or other causes, first with a comprehensive medical evaluation and second with scientifically validated solutions such as platelet rich plasma (PRP), which concentrates natural growth factors from a small sample of your own blood.

## 6. Feminine (Vaginal) Rejuvenation

The changes that women experience as they go through childbearing, hormonal shifts and aging include vaginal laxity, stress urinary incontinence, and uncomfortable vaginal dryness. The first step is a Gyn exam. If there are no underlying health problems, it can be transformative to treat these concerns with rapid, hormone-free non-surgical options such as the CO2RE Intima laser, which is gold standard treatment to remodel the tissue of the vagina and vulva by stimulating new collagen. Fillers can correct volume loss and improve the external shape and appearance of the vaginal lips or vulva. Based on our own patient experiences, these often-overlooked treatments enable women to lift their children and grandchildren without fear of urinary leakage, and revitalize their personal relationships.

**DO YOU SNORE, FEEL TIRED, OR SLEEP DURING THE DAY?** *CALL TODAY!*

You may have a common sleeping problem Obstructive Sleep Apnea (OSA).

**Nobody should hear you sleep.**

Learn about sleep apnea and snoring treatments.

**GET YOUR SCREENING TODAY!**

*CALL TODAY!*

**Awesome Smiles**  
Dental Center

6468 Trading Square, Haymarket, VA  
571.261.2600 • AwesomeSmilesVA.com  
(Conveniently located next to KOHL'S)



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

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

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

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

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

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

## COMPRESSION

FROM PAGE 4

by a compression fracture(s).

During kyphoplasty a small incision is made in the back through which the doctor places a narrow tube. Using fluoroscopy to guide the tube to the correct position, a path is created through the back into the fracture area through the pedicle of the involved vertebrae.

Using fluoroscopy images, the doctor inserts a special balloon through the tube and into the vertebrae and then gently inflates this balloon. As the balloon inflates it elevates the compression of the vertebra and creates a cavity inside the vertebrae, which is filled with a cementlike material called polymethylmethacry-

late (PMMA). This material hardens quickly, stabilizing the bone.

The procedure takes about one hour for each vertebra involved. Patients will be observed closely in the recovery room immediately following the kyphoplasty procedure for about 1-3 hours. Patients should not drive until they are given approval by their doctor.

### Risks and Side Effects

The potential risks of side effects are very low and include infection, bleeding, allergic reaction, and prolonged increases in pain. Your physician will use x-ray guidance and sterile techniques to reduce these risks, as well as to reduce the risk of nerve damage and spinal headache.

## NAIL DISORDERS

FROM PAGE 37

If the nail is not infected, your podiatrist can thin the nail.

If a fungal infection is present, oral or topical anti-fungal medications may be needed.

### Black-and-Blue Nails

A black-and-blue nail is usually caused by sudden or repetitive injury to a toe.

Bruised, broken blood vessels cause the black-and-blue colors under the nail. If the condition is the result of a sudden injury, pain may be severe and an evaluation of your entire foot should be done.

If pain is severe, the nail may be removed or a hole may be drilled in the

nail to allow drainage, which relieves the pressure. Pain may also be relieved with medications, or by soaking or icing the area. If pain is not severe, you may not need treatment.

### Prevention of Nail Problems

Wearing the right shoes and trimming your nails properly can prevent many nail problems. Wear shoes that are supportive, roomy, and made of natural materials such as leather, which allow your feet to breathe.

Trim your nails straight across without cutting down into the corners. To help avoid infection, keep your feet clean and dry.

## SNORING

FROM PAGE 38

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?

## AFFORDABLE

FROM PAGE 18

The potential lifetime cost of a single crown replacement prior to dental implant treatment is at least \$9,000 or more. The potential lifetime cost for a three unit fixed (cemented) bridge replacement is at least \$19,300 to \$22,300. The cost of a single implant, crown and abutment in Northern Virginia is about \$2777 to \$5000 or more.

So one can see that dental

implants are actually a cost effective way to replace missing teeth and maintain their oral health, function and esthetics.

Dental implants are the natural-looking replacement solution to one or more missing teeth. Since implants are permanently anchored into the jawbone, this "fixed" cosmetic dentistry solution allows for better chewing than removable dentures.

## GREAT SMILES

FROM PAGE 37

treatment. With all the recent innovative advancements in orthodontics, wearing braces has never been easier.

The newer appliances greatly reduce discomfort, decrease the frequency of visits and shorten treatment time. Adults have many treatment options available now. Modern metal braces are smaller in size, less visible and more hygienic.

Aesthetic clear braces and lingual braces are another very popular option. Some patients may even be candidates for treatment with Invisalign.

So if you are an adult with orthodontic needs, don't wait. To learn more, call an orthodontist experienced in all the newest innovative technology. Most orthodontists offer complimentary consultations.

## FAQS

FROM PAGE 22

structure of a table, which only needs four legs to hold it up. In cases where jawbone density and volume have deteriorated, five or six implants might be needed to support a row of 10-12 teeth. Dental implant replacement teeth protect your jawbone, won't slip, and should last a lifetime.

### Aren't Implants Expensive? –

The initial costs of dental implants may seem high when compared to the cost of bridges and dentures, but it's important to consider the lifetime costs of each tooth replacement option. With proper care, your implant will last your entire life, while bridges and dentures may need to be replaced several times.

Dental implants offer several

benefits that other replacement options don't, including:

- **No Jawbone Loss** – Your teeth roots constantly stimulate your jawbone and keep it strong. When you lose a tooth, the bone underneath begins to recede. Since dental implants take the place of your roots, you don't have to worry about jawbone loss.
- **Better Chewing** – If you choose dentures to replace lost teeth, you may not be able to eat certain hard foods. Eating isn't a problem with dental implants.
- **Easy Care** – You'll care for your implants the same way you do your natural teeth. Infections are rare if you practice good oral hygiene.

# HEALTH DIRECTORY



## ACUPUNCTURE

Active Care Chiropractic & Acupuncture, 10680, Main Street, Suite 275, Fairfax VA 22030, 703-539-8822 [www.ActiveCareClinic.com](http://www.ActiveCareClinic.com)

Wholife Chinese Medicine & Acupuncture, 301-526-9898, 416 Hungerford Dr., Rockville [www.WholifeHerb.com](http://www.WholifeHerb.com)

## AESTHETICS

The Skin Barre – [www.TheSkinBarre.com](http://www.TheSkinBarre.com) – 703-595-2797 – [info@TheSkinBarre.com](mailto:info@TheSkinBarre.com) – 1320 Vincent Place, McLean, VA.

## ALLERGY & ASTHMA

Allergy & Asthma Centers 703-339-1660 9010 Lorton Station Blvd, Ste. 210 Lorton [www.AllergyAsthmaDoctors.com](http://www.AllergyAsthmaDoctors.com)

## BEAUTY & SKIN CARE

Alya Salon & Spa, 139 Park Street SE, Vienna VA 703-281-2592 [www.AlyaSalon.com](http://www.AlyaSalon.com)

Healthydermis 571-502-0202 [www.MyHealthydermis.com](http://www.MyHealthydermis.com). Locations in Oakton and Gainesville, VA.

## COSMETIC SURGERY

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

## COUNSELING

Loudoun Counseling & Coaching, LLC, 21155 Whitfield Place, Suite #202, Sterling, VA. 571-375-0668, [www.LoudounCounselingCoaching.com](http://www.LoudounCounselingCoaching.com)

## DENTAL CARE

Dental Dynamic Wellness, 703-775-0002, 20755 Williamsport Place, Suite #300, Ashburn, VA

20147. For more information please visit our website today at [www.DynamicDentalWellness.com](http://www.DynamicDentalWellness.com)  
Karl A Smith, DDS, 2550 N. Van Dorn Street, Suite #128 Alexandria, VA. Call 703-894-4867. Visit [www.DrKarlSmith.com](http://www.DrKarlSmith.com)

Lifetime Dental Care, April Toyer, DDS, 14573 Potomac Mills Road, Woodbridge, VA 22192. 703-499-9779 [www.LifetimeDentalCareVA.com](http://www.LifetimeDentalCareVA.com)

Richard Hughes, DDS, 703-444-1152, 46440 Benedict Drive Suite 201 Sterling, VA. [www.SterlingImplantDentist.com](http://www.SterlingImplantDentist.com)

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

Maribel M. Vann, DDS – 703-204-1555 – [www.DrMaribelVann.com](http://www.DrMaribelVann.com) – 8500 Executive Park Avenue, Suite #408, Fairfax, VA

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

National Breath Center® – [www.BeatHalitosis.com](http://www.BeatHalitosis.com) – 7115 Leesburg Pike, Suite #309, Falls Church, VA 22045 – 703-533-0926

Smile Wonders – 11790 Sunrise Valley Drive, Suite #105, Reston, VA 20191 – 571-350-3663 – [www.SmileWonders.com](http://www.SmileWonders.com).

The Dental Spa – 12351 Dillingham Square Woodbridge, VA 22192 – 703-580-8288 – [www.TheDentalSpaOfVirginia.com](http://www.TheDentalSpaOfVirginia.com)

## DERMATOLOGY

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

## INTEGRATIVE HYPERBARIC & WOUND CARE

Holistic Family Health - Thermal Imaging, Herndon, VA. 703-635-6324 For More information visit [www.fhtid.com](http://www.fhtid.com)

## NEUROLOGY

Loudoun Neurology Associates, PC – 703-729-1900 – 19420 Golf Vista Plaza, Suite #340, Leesburg, VA 20176 – [www.loudounneuro.com](http://www.loudounneuro.com)

## OPEN MRI

Washington Open MRI, Inc. – 866-674-2727 – [WashingtonOpenMRI.com](http://WashingtonOpenMRI.com) – Greenbelt, Rockville, Oxon Hills, Chevy Chase, Clinton and Owings Mills.

## OPHTHALMOLOGY

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

## ORAL & FACIAL SURGERY

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

## ORTHODONTICS

All Smiles Orthodontics. 9010 Lorton Station Boulevard, Suite #260, Lorton, VA 22079. [www.AllSmilesBraces.com](http://www.AllSmilesBraces.com). For more information call us at 703-337-4414

## PHYSICAL THERAPY

Alliance Physical Therapy – Alexandria/Arlington – 703-751-1008, Falls Church/Bailey's Crossroads – 703-820-1015, Fairfax – 703-205-1919, Herndon/Reston/Sterling – 703-581-8999, Manassas – 703-366-3626, Mount Vernon – 703-704-5771, Springfield (Backlick Road) – 703-750-1204, Springfield (Bland Street) – 703-451-3494, Tysons/Vienna – 703-356-3470, Woodbridge/Occoquan – 703-492-5050 and Woodbridge/Smokeytown – 703670-9935.

## PLASTIC SURGERY

Thesiger Plastic Surgery – 301-951-8122 – 5530 Wisconsin Avenue, Suite #1235, Chevy Chase, MD 20815 – [www.ThesigerPlasticSurgery.com](http://www.ThesigerPlasticSurgery.com)

## PODIATRY

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

## SENIORS

Chevy Chase Home Care. Help at time you need it most. Any Ages. Any situations. Any shifts. MD, DC, VA. 202-374-1240 [www.CHCH-Homecare.com](http://www.CHCH-Homecare.com)

## SLEEP & TMJ THERAPY

Sleep & TMJ Therapy – 2841 Hartland Road, Suite #301, Falls Church, VA 22043 – [www.Sleepandtmjtherapy.com](http://www.Sleepandtmjtherapy.com) – 703-821-1103.

## SPINAL CARE

The Spine Care Center, 8525 Rolling Road, Suite #200, Manassas, VA. Call 703-257-2266 or visit [www.SpineCareVA.com](http://www.SpineCareVA.com)

## Subscribe Today!

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

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



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

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

CHECK EDITION (\$24 each edition):

- MARYLAND  VIRGINIA  
 WASHINGTON, DC

SUBSCRIBING IS EASY:

1) Call 301-805-6805

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

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

Your Health Magazine  
4201 Northview Dr. Suite 102  
Bowie, MD • 20716

NAME: \_\_\_\_\_  
STREET: \_\_\_\_\_  
CITY: \_\_\_\_\_  
STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
EMAIL: \_\_\_\_\_

## DIRECTORY OF HEALTH PROFESSIONALS ORDERING

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

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

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

Call (703) 288-6805 for assistance.

## NORTHERN VIRGINIA EDITION

MARYLAND/WASHINGTON, DC OFFICE

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

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

VIRGINIA OFFICE

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

**20% OFF**  
on your  
tile selection!

When you purchase from  
our tile distributors



You Need the  
Ceramic Tile Experts



For Your Spring & Summer  
Remodeling Projects

Your Kitchen, Your Bath,  
and Beyond.

Doing it right from the start  
makes all the difference!

Contact our Award-Winning Team for a

**FREE ESTIMATE: 703-772-1836**

[www.aetileva.com](http://www.aetileva.com) • [aetileandmarble@gmail.com](mailto:aetileandmarble@gmail.com)



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



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

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

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

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

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

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

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

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

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

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



Follow us on IG @theskinbarre  
TikTok: <https://www.tiktok.com/@theskinbarremedical?>  
Facebook: <https://www.facebook.com/theskinbarre1/>

**Check us out online at: [www.TheSkinBarre.com](http://www.TheSkinBarre.com)**

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

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

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

**National  
Research  
Center**

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

NOW OFFERING PRP  
PLATELET RICH  
PLASMA for  
HAIR RESTORATION

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.

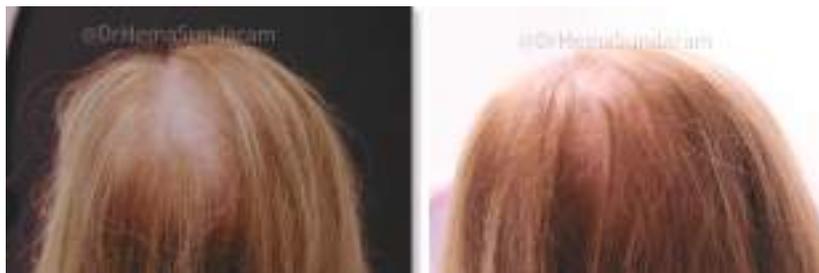
My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert 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.

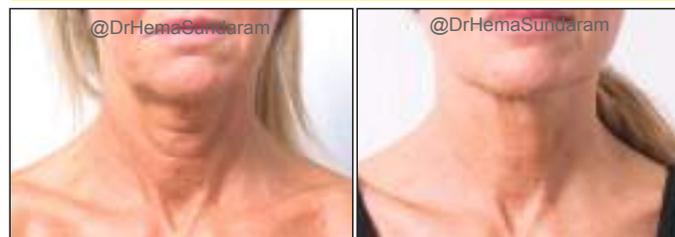
Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology  
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

- 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.
- Medical Advisor to Fitness magazine and for tv and radio shows.
- Charities supported include Skin Cancer Foundation, Breast Cancer Awareness and The Leukemia & Lymphoma Society.



Before & After 1st 2 sessions of PRP Hair Restoration

Expert French Cannulas for Safe and Bruise-Free Filler Injections



Before & After Nonsurgical Neck Restoration



Before & After Facial Contouring

Through commitment to research and education, Dr. Sundaram has been involved in pivotal studies of many of the advanced aesthetic technologies available in North America, and teaches them nationally and internationally to dermatologists and plastic surgeons

Se Habla Español • Now Open Saturdays

Rockville/Bethesda      Fairfax

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

www.doctorhema.com

Follow us on Instagram: @twicebornbeauty and @drhemasundaram

HEMA A. SUNDARAM, MA, MD, FAAD

BOARD CERTIFIED DERMATOLOGIST

TIFFANY DINH, PA-C, CERTIFIED PHYSICIAN ASSISTANT

Dermatology, Cosmetic & Laser Surgery for Women and Men



Interest-Free Financing Available • FREE PARKING

SEE PAGE 4 FOR MORE INFORMATION

**Choose Skin and Hair Health**

**Join us for our Spring Specials**

Call Now to Reserve Your Appointment

Additional special offers on all our services including:

Exilis Ultra, Botox, Dysport, Jeuveau, Xeomin, Juvederm, Restylane, Radiesse, Belotero, Sculptra, Platelet-Rich Plasma, Hair Restoration, Fat Grafting, Fraxel, Ulthera, eMatrix Sublative, Laser Lipo, all other Lasers, DermaSweep MD, Chemical Peels, Skin Care Products

# BITAR COSMETIC SURGERY INSTITUTE

FOUNDER & MEDICAL DIRECTOR DR. GEORGE BITAR  
BOARD CERTIFIED PLASTIC SURGEON

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

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



MODEL LIFT™ (non surgical)



*Actual Patient*

NOSE SURGERY



*Actual Patient*

HIGH DEF LIPOSUCTION



*Actual Patient*



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



Call 703-206-0506 today for your consultation!

