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# YOUR HEALTH

**March 2023**  
**Washington DC Edition**

**Colorectal Cancer Awareness Month**



**Rami Makhoul, MD**  
Metro Colon and Rectal Surgery, PC



**Matthew Skancke, MD**  
Metro Colon and Rectal Surgery, PC

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**PRP INJECTIONS**

**ALZHEIMER'S  
TREATMENT**

**NATIONAL  
SLEEP MONTH**

**HEALTH AND  
WELLNESS COACHING**

**NON-SURGICAL  
PAIN MANAGEMENT**

**SENIOR LIVING**

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**Dr. Melo Forchu**  
Best Pharmacy



**Jaklin Bezik, DDS, MDS**  
Metro Dental Health



**Lynda Dean-Duru, DDS**  
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**Directory Of  
Health Professionals**  
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his story



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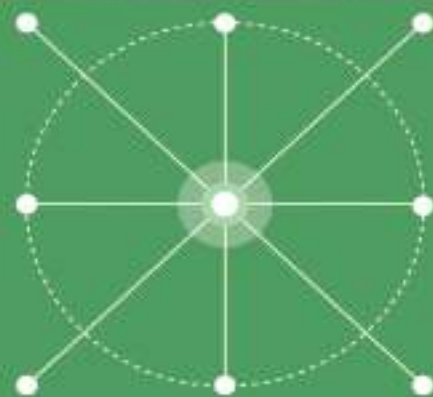
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If you're considering treatment options, we invite you to learn more about the Tranquillo clinical trial



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Wherever you are on your journey with vitiligo, we want to meet you where you are. By taking part in the Tranquillo trial (or study), you can help us learn if an oral investigational or study medicine is safe and if it could potentially treat vitiligo.

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

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

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

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

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

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

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

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

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# PRP Injections Treat a Variety Of Pain



By Madhavi Chada, MD  
Synergy Spine and Pain Center

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

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

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

## Risks and Side Effects

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

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

# Live a Longer, Happier, and Healthier Life With a Virtual Physical

Submitted by Virtual Physical™

Taking care of your health is one of the most important things you can do to lead a longer, healthier, and happier life. While regular check-ups with your doctor are crucial, there's another approach to preventative medicine that's gaining popularity: the virtual physical.

The virtual physical is a comprehensive diagnostic screening procedure that uses state-of-the-art technology to take a global look at your body and identify a variety of conditions at early stages where intervention can be most helpful. This includes heart scans, lung scans, virtual colonoscopies, and full-body scans.

By undergoing a virtual physical, you have the power to see your future and change it. The scan is easy, simple, and accurate, taking only about 10 minutes. It can help you catch poten-

tially serious medical issues early on, when treatment is most successful.

The benefits of a virtual physical are numerous. For one, it can help you be your own health advocate. Rather than waiting for symptoms to appear, you can take a proactive approach to your health and catch issues before they become bigger problems. This can save you time, money, and stress in the long run.

Another benefit is the ability to personalize your health care. By receiving a personalized consultation from a board-certified radiologist, you can get a better understanding of your individual health risks and how to address them. This can include implementing treatment plans and changing behaviors to help you live longer, healthier lives.

Please see "Virtual Physical," page 39



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# Root To Rise

## 5 Tips For Spring Transition



Submitted By  
Marie Rodriguez, ND

Did winter hit you so much harder  
than in years past?

This winter have you felt an unfamiliar and pervasive heaviness/lack of motivation – symptoms of depression that were more pervasive than SAD?

Here are five tips to support us in having a smooth transition:

### 1) Rebalance

What does your work/life/self-care rhythm look like?

How connected do you feel to your body? Spring is a big transition

and not everyone springs forth effortlessly, a portion of the population can feel anxious or depressed. Consider getting some bodywork or massage in March and April to support your body in opening to the Spring season.

### 2) Release

It's time to remove a layer of winter 'gunk' – consider a GI reset (and a good declutter of your closet at the same time!)

Commit to a week or two of clean eating:

- Eliminate the trifecta of gluten, dairy, and sugar
- Start your day with lemon in warm water to support your liver
- Hydrate (adding in electrolytes to support)
- Fiber – 2 Tbsp of ground flax daily is a great way to promote regularity

If you feel a force has been driving you to eat carbs this winter, or you tend to suffer from seasonal allergies, inflammation signs, you may consider a more focused GI reset (check out the

*Please see "Root To Rise," page 39*

# When Physical Therapy Is Not Enough

## *Integrative Pain Relief With Prolotherapy*



By Mary Babcock, DO, DAPMR  
Artius Integrative Medicine

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

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

*Please see "Prolotherapy," page 38*

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

Chronic pain can be a debilitating condition that can make it hard to enjoy life to the fullest. Fortunately, modern chiropractic treatments offer several noninvasive solutions to help manage pain without surgery. One such treatment that has gained popularity in recent years is the Matrix electroanalgesia system.

Electroanalgesia is a chiropractic treatment that uses electrical pulses to alleviate pain by stimulating the peripheral nerves. By doing so, the nerves' ability to send pain signals to the brain is disrupted, which leads to reduced discomfort. Additionally, electroanalgesia promotes blood flow to the affected area, which aids in the healing process.

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

Electroanalgesia can help with various types of chronic pain, including peripheral neuropathy, which results from damage to peripheral nerves due to injury, infection, metabolic issues, or other causes. It is also effective for orthopedic pains that can occur in the back, shoulder, knees, and hip, and is often suggested as an alternative to surgery.

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

Typically, multiple sessions are required to manage chronic pain ef-

# Electroanalgesia

## *The Non-Surgical Pain Relief Solution You Need to Know About*

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

Electroanalgesia is a safe and noninvasive alternative to traditional pain management techniques. It does not require anesthesia or surgery and

does not have any major side effects. However, it is not suitable for everyone, and your chiropractor will assess your medical history to determine if it is appropriate for you.

Electroanalgesia is a modern chiropractic treatment that can help manage chronic pain by stimulating the peripheral nerves using electrical impulses. It is effective for various

types of pain, including peripheral neuropathy and orthopedic aches and pains, and is often recommended as an alternative to surgery. It is a safe and noninvasive treatment that does not have any major side effects. If you are experiencing chronic pain, consult with your chiropractor to determine if electroanalgesia is a suitable treatment for you.

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# Kyphoplasty

## Treatment For Spinal Compression Fractures

By Netsere Tesfayohannes,  
MD, ABA, ABAP  
Georgetown Pain Management

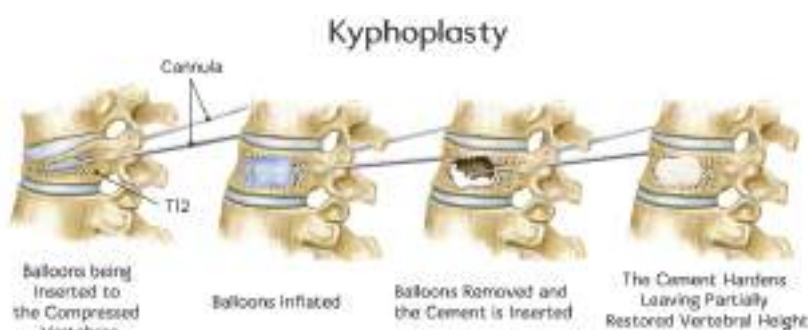
In the United States this year, 700,000 people and one out of every four post-menopausal women will suffer from a painful bone injury called a vertebral compression fracture. This common type of bone injury results in the collapse of a vertebra, a type of bone that makes up the spine. Although there is a safe, effective, and minimally invasive therapy available, two-thirds of these fractures fail to be diagnosed. This is unfortunate, as missing this condition can result in under-treated pain, limitations on daily activities, breathing problems, and dependence on dangerous pain medications.

Bone density in both women and men starts to decrease after age forty, but the loss of density greatly accelerates after women enter menopause and can progress to osteoporosis, a disease characterized by very low

bone density. Although most compression fractures occur in patients with osteoporosis, one-third of vertebral compression fractures occur in patients without osteoporosis.

If a fracture occurs suddenly, patients can experience sudden severe back pain that often wraps around the sides and is felt in the chest. Because of this, it is sometimes confused with diseases of the heart or the lungs. The pain is often worse when standing, sitting-up, or walking around. If very severe, the patient can have trouble breathing.

Patients who have symptoms of a fracture should see their doctor for evaluation. After an examination that suggests a vertebral compression fracture, they will often be sent for an MRI. This imaging shows the level of the fracture and also reveals whether it is old or new. Some doctors treat compression fractures with pain medicine, physical therapy, and bracing. However, many cases continue to cause severe pain and long-lasting health effects unless treated more definitively. Unfortunately, many patients and physicians are not aware that there is



Netsere Tesfayohannes

a minimally invasive procedure called kyphoplasty that can quickly, safely, and effectively treat a patient's pain without the long-term use of opioids and other pain medications.

If an acute compression fracture is present on an MRI, a patient should be referred to a pain management physician or another physician who performs kyphoplasty. This procedure can often be performed in a doctor's office, preventing the need for an overnight stay in a hospital. On the day of the procedure, the patient is given a medicine to relax and then is asked to lie on their belly. An x-ray machine is then used to locate the fractured bone and a narrow tube is placed into it through a very small opening in the skin. A small balloon is inflated within the bone to create a small space and the fracture is then filled with bone cement. The entire procedure can take as little as 45 minutes. Many patients feel immediate pain relief and are able to return to their daily lives the day after the procedure. However, some patients may take a week or longer to feel better.

Kyphoplasty most successfully reduces a patient's pain within two weeks following a fracture. Unfortunately, if the window of opportunity is passed, the pain can become more challenging to treat and further complications can occur.

If you think you or someone you care about is experiencing symptoms of a vertebral compression fracture, be reassured that there are safe, effective, and minimally invasive therapies available. Schedule an initial pain evaluation at Georgetown Pain Management to determine if you're eligible for kyphoplasty or other pain therapies. Most insurances are accepted and new patient evaluations are currently being scheduled. As awareness of this condition increases and more patients are offered kyphoplasty as a minimally-invasive therapy, it is hopeful that fewer patients will have to live with the severe pain that results from vertebral compression fractures and can return to their full lives more quickly and comfortably than before.



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Netsere Tesfayohannes, MD, ABA, ABAP  
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# Car Crashes Can Be a Real 'Pain In the Neck'

Submitted by  
Washington Open MRI, Inc.

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

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

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

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

neck. Whiplash can cause a variety of symptoms, ranging from mild to severe.

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

This injury can have a significant impact on a person's quality of life. It can interfere with daily activities and make it difficult to work or participate in recreational activities. It can also cause financial strain due to the cost of medical care and lost wages. For these reasons, it is important to seek medical attention immediately after an auto accident to ensure that any po-

*Please see "Car Crashes," page 38*

# A Reason To Smile Again *All-On-Four Dental Implants*



Submitted By Sivakumar Sreenivasan, DMD, MDS

Dental Implant Center of Rockville

Can just four implants replace all of the teeth on the top or the bottom of your mouth? Thanks to advances in dental implant technology, that answer is a resounding yes.

Believe it or not, tooth loss is extremely common among adults, especially as we age. In fact, more than 35 million people in America are missing

all of their upper and/or lower teeth. Rather than living with the discomfort and hassles of dentures, many people are opting for what is called "all-on-four" dental implant restoration.

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*Please see "All-On-4," page 38*

## *All-On-4: Same Day Smiles*



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# High Blood Pressure Can Affect Your Vision

By Jacqueline D. Griffiths, MD  
New View Eye Center

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

## Branch Retinal Vein Occlusion (BRVO)

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

year.

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

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

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

## Central Retinal Vein Occlusion (CRVO)

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

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

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

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

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



Jacqueline D. Griffiths, MD

Selected as a  
"Super Doctor"

Washington Post Magazine

Voted  
"Top Ophthalmologist"

Washingtonian Magazine  
& Northern Virginia Magazine

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

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

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

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

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


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

Sleep apnea is a serious sleep disorder that affects millions of people around the world. It is a condition where breathing repeatedly stops and starts during sleep, causing interrupted sleep and other serious health problems. If you suspect that you may have sleep apnea, it is important to seek medical attention to receive a proper diagnosis and treatment. In this article, we will discuss the signs that you may have sleep apnea.

#### Snoring

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

#### Daytime Fatigue

People with sleep apnea often experience excessive daytime fatigue, even after a full night's sleep. This can cause difficulty staying awake during the day, poor concentration, and irritability. If you find yourself struggling to stay awake or feeling excessively tired during the day, it could be a sign of sleep apnea.

#### Insomnia

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

#### Headaches

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

#### High Blood Pressure

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

# Suffering From Poor Sleep?

## *The Signs You Might Have Sleep Apnea*

#### Dry Mouth or Sore Throat

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

#### Restless Sleep

Sleep apnea can cause restless sleep, leading to tossing and turning and waking up frequently during the

night. If you wake up frequently during the night or cannot get comfortable, it could be a sign of sleep apnea.

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

sedatives, and sleeping on your side.

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

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

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

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

By Michelle Fisher, Owner  
Loudoun Medical Aesthetics

As women age, many experience a range of symptoms including vaginal dryness, urinary incontinence, and painful sex. These symptoms can have a significant impact on their quality of life and sexual well-being. However, the

good news is that there is an innovative and effective solution - the O-Shot.

The O-Shot is a non-invasive and safe procedure that uses the patient’s own blood to create a concentrated solution of platelet-rich plasma (PRP). The PRP is then injected into the clitoris and vaginal walls to stimulate tissue growth and improve the health of the

sexual organs. The process is quick, simple, and painless, with patients experiencing little to no discomfort.

The benefits of the O-Shot are vast and include the enhancement of libido, heightened vaginal and clitoral sensitivity, decreased urinary incontinence, improved vaginal lubrication, reduced pain during intercourse, and increased



Michelle Fisher

## O-SHOT

### Rediscover Your Sexual Well-Being

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

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



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ability to experience a G-spot orgasm. The O-Shot has also been proven to be effective in treating lichen sclerosis, a condition where the skin on the vulva can itch and lead to atrophy.

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

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

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

The procedure can be a game-changer for many women dealing with incontinence, vaginal dryness, painful sex, and lichen sclerosis. Patients have reported significant improvements in their sexual function and well-being after the treatment.

The O-Shot is an innovative and effective solution for women dealing with age-related symptoms. With its ability to stimulate tissue growth and improve the health of the sexual organs, it has the potential to enhance sexual pleasure and improve quality of life. It is a safe and non-invasive procedure that is changing the lives of many women. If you are dealing with any of the symptoms mentioned, it may be worth considering the O-Shot as a potential solution.





By Michael Rogers, DDS  
Fairlington Dental

# Cosmetic Dentistry Know ALL Your Options

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

## Invisalign®

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

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

## The Comprehensive Approach

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

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

## Whitening

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

## Porcelain Veneers

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

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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.

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# Future Trends In Spine Research

By Deeni Bassam, MD, DABPM  
The Spine Care Center

The United States is the world leader in medical innovation by far. Over the past 10 years more medical drug discoveries have occurred in the United States than in Japan, the UK, Germany, and Canada combined.

Some of the most significant discoveries in medicine in our lifetime have come from the great engine of innovation that is the United States including MRI, CT scans, and cholesterol lowering "statin" drugs to name a few.

Plus, our understanding of normal and pathological processes of the spine has grown exponentially during the

modern era. The future holds great promise for patients who suffer from painful and debilitating conditions of the spine and patients in the US will continue to enjoy first access to these cutting edge technologies.

Our understanding of the basic science of spine anatomy at the cellular level in both normal and pathologi-



Deeni Bassam, MD, DABPM

cal states will certainly expand in the next decade. Already we are learning more about the role of inflammatory mediators in the propagation of pain signals in acute back pain and how microscopic disruptions of our aging discs are associated with these painful episodes.

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

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

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

A surgical option for painful degenerative disc disease which is safe and effective will one day materialize. Disc replacement surgery is being performed in very select individuals at this time and this will likely grow as surgical techniques improve. Look for improvements in accurate diagnosis of painful conditions of the spine to guide practitioners treatment options. The trend is towards a multi-disciplinary approach to treatment of spine disorders, particularly patients afflicted with chronically painful conditions.

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

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



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

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

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

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

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

We specialize in helping you keep the hair you have and adding hair with either hair extensions or a very advanced non-surgical hair enhancement that is completely customized for you using the best quality hair available. We can make the reflection in the mirror be exactly what you want to see. We can create length, fullness, color and texture.

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

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

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

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# PMTI



# Back Pain Affects People Of All Ages



By Levi Pearson  
MD, DABA, DABPM  
Metropolitan Pain and Spine

Back pain is a common ailment that affects people of all ages. It can be caused by a variety of factors, including poor posture, muscle strain, injury, or a medical condition. The pain can range from a dull ache to a sharp stabbing sensation, and it can be felt in the lower back, upper back, or middle of the spine.

One of the most common causes of back pain is poor posture. Sitting or standing for long periods of time in a slouched position can put strain on the muscles and ligaments in the back, leading to pain and discomfort. Additionally, carrying heavy bags or purse, or using a poor technique while lifting heavy objects can also contribute to back pain.

*Back pain is a common ailment caused by a variety of factors.*

Another common cause of back pain is muscle strain. This can happen when the muscles in the back are overworked or fatigued, causing them to become tight and sore. This type of pain is often felt after physical activity, such as exercise or manual labor.

Injuries, such as a herniated disk or a fracture, can also cause back pain. Herniated disks occur when the soft inner material of a disk pushes through a crack in the outer layer, compressing a spinal nerve. Fractures can happen from a fall or a direct blow to the spine. These injuries can cause severe pain and limited mobility.

Certain medical conditions can also lead to back pain. These include arthritis, osteoporosis, scoliosis, and spinal stenosis. Arthritis is a degenerative

joint disease that can cause inflammation and pain in the back. Osteoporosis is a condition where the bones become brittle and fragile, leading to a higher risk of fractures. Scoliosis is a condition where the spine is curved to one side, and spinal stenosis is a narrowing of the spinal canal which can compress the spinal cord.

Treatment for back pain can vary depending on the cause. In cases of muscle strain or poor posture, rest and physical therapy can be effective. Over-the-counter pain medications such as ibuprofen or acetaminophen

can also provide relief. In more severe cases, a doctor may prescribe stronger pain medication or suggest physical therapy.

For injuries or medical conditions, treatment may include surgery or other forms of medical intervention. In cases of herniated disks, a doctor may recommend a spinal injection or surgery to remove the disk. For fractures, a cast or brace may be used to immobilize the spine and allow it to heal.

Prevention is always the best cure, so it is important to maintain

good posture and engage in regular exercise to strengthen the muscles in the back. Additionally, it is important to avoid heavy lifting when possible, and to use proper lifting techniques when it is necessary.

Back pain is a common ailment that can be caused by a variety of factors including poor posture, muscle strain, injury, or a medical condition. It is important to consult a healthcare professional for proper diagnosis and treatment. Additionally, regular exercise and maintaining good posture can help prevent back pain.

**Don't let pain  
limit your health  
and quality of life.**



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Dr. Pearson offers surgical and non-surgical solutions for back and neck pain, as well as diabetic neuropathy, including an expert diagnosis and evaluation, individualized treatments, and rehabilitation.

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# GUM HEALTH IS IMPORTANT FOR CHILDREN

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

## *How young should gum health begin?*

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

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

## *Good Gum Health Practices Can Help Prevent Gum Diseases*

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

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



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

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

Signs of gum disease can include:

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

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



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# 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 Re:Cognition Health – a clinic in Fairfax, Virginia. Travel expenses are paid, for all visits.

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

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



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



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## We Are the Brain & Mind Experts

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

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

**571-418-0142**

### Fairfax Clinic

8316 Arlington Boulevard  
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hello@re-cognitionhealth.com

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

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# Sleep-Mouth Issues and Your Baby



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

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

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

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

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

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

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

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

Other symptoms include:

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

- 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.



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Dr. Lynda Dean-Duru



Dr. Krystle Dean-Duru

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# Featured Health Professionals

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## Sleep Apnea Treatment How Oral Devices Can Help Improve Your Sleep



By Jaklin Bezik, DDS, MDS  
Metro Dental Health

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

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

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

This device is worn over the

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

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

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

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

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



## Jaklin Bezik, DDS, MDS

2112 F Street, NW  
Suite #203  
Washington, DC  
**202-363-5720**

11150 Fairfax Boulevard  
Suite #301  
Fairfax, VA  
**703-934-4474**



### Meet Jaklin Bezik:

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

Dr. Bezik is committed to providing advanced, state-of-the-art periodontal and implant related treatments in a relaxing environment to improve the general and dental health of our patients.

**Areas of Expertise:** General Dentistry, Implant Dentistry, Periodontal Treatments, Oral Surgery, Invisalign®, FastBraces®, Dentures, Cosmetic Dentistry, Oral Hygiene.

**Practice Philosophy:** We are a group of dental providers that take pride in caring for our patients the same way that we would take care of our own family. Our mission is to enhance the life of our patients by helping them improve and maintain their oral health. We believe in preventive care to eliminate cavity and gum disease and the need of future dental treatments. Whether you're looking to fix a single crooked tooth or desire more extensive implant or cosmetic work, the dedicated team at Metro Dental Health is at your service to provide cost-effective dental treatments.

*To customize your care we'll take the time to address your concerns before we get started. Looking forward to meeting and knowing you.*



**MetroDentalHealth.com**

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## Lynda Dean-Duru, DDS

### Ashburn Children's Dentistry

44025 Pipeline Plaza  
Suite #225, Ashburn, VA

**703-723-8440**

info@kidzsmile.com



#### About Lynda Dean-Duru

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

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

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

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

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

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



**www.KidzSmile.com**

## Ebere Azumah, MD, MPH, FACOG



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- Public Health Professional (MPH)
- Certified Life and Career Coach (ACC)
- Menstrual Equity Consultant

Ebere Azumah, MD, MPH, FACOG is a Board Certified Obstetrician and Gynecologist trained DONA Doula whose interest is in high-risk Obstetrics, Perinatal Anxiety, and Mood Disorders, and providing holistic care to female patients to provide hope during their pregnancy to ensure care is individualized.

Dr. Azumah received her Bachelor of Science with a dual degree in General Biology and African American studies from the University of Michigan, Ann Arbor. She attended Wayne State School of Medicine in Detroit, Michigan for her Medical degree. She completed her Ob/Gyn training at Long Island Jewish Hospital in New York City, New York. She also completed her Master's in Public Health from Harvard T. H. Chan School of Public Health.

She is a Life and Executive Coach, an Organizational Consultant, Professional Speaker, Author, and Blogger. She has authored books: *Jonathan and the Hole in his Shoes*, and *The Warrior Women Project*. She is currently working on three other books that will be released soon.

Dr. Azumah has many interests but one mission is to empower and motivate people, especially the youths, to thrive and flourish as they journey through life.

Dr. Azumah is the Co-founder and President of Love Your Menses, Inc. a non-profit organization that provides menstrual equity to girls, menstruating youths, and women. Love your Menses, Inc. also empowers young girls and their parents to love their menses and their bodies during this important transitional period in their lives.

**Find out more or Donate at:**

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## Yemi Adesanya-Famuyiwa, MD, FACOG

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#### Meet Yemi Adesanya-Famuyiwa:

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

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

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

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



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**Associations:** Nath - (National Association of Transpersonal Hypnotherapists), NGH - (National Guild of Consulting Hypnotist), Y.A. (Yoga Alliance)

**Areas of Interest:** Hypnosis for Everything, (Fears, Phobias, Nail biting and more), Ayurveda Yoga, Yoga for Couples, Yoga for Diabetes, Yoga Teachers Training, and Life Coaching.

Hypnosis is a very useful tool to use in alleviating or diminishing pain in the body by at least 50% to not having pain at all. Hypnosis is a process whereby you are lead into a deep state of relaxation. In this state of deep relaxation you become aware of the pain. In hypnosis you are put in a hypnotic trance. In this trance it is suggested that you become aware of your breathing; breathing is emphasized to help regulate your sympathetic nervous system.

The sympathetic nervous system is the system in the body that serves to accelerate the heart rate, constrict blood vessels and raise blood pressure. It also becomes out of balance because of our unawareness of our thoughts, and actions. Pain and disease in the body has a lot to do with the imbalances in the body due to our diet and lifestyle. Mental or physical stress and an unhealthy diet, including refined sugars, fried food and over indulgence in food and drink, can cause pain in the body as well. This is a major cause of inflammation in the body that causes pain.

Acidic foods, and left over or stale foods, build up toxins in the body and can cause pain and inflammation in the joints that cause joint pain such as arthritis, burning sensation, swollen ankles, knees, and legs. Hypnosis will help you through the hypnotic suggestion so that you are mindful of the foods you eat and the thoughts we think. Stress in the body and mind is intimately related with causing pain in the body.

We use hypnosis in controlling the thoughts to manage or alleviate the pain in the body. With positive suggestions to you in a hypnotic state (trance), you will be reminded to be mindful of the new suggested way of eating with awareness, and you will realize as a result of awareness the lack of pain in the body. Hypnosis is a useful, natural tool that can be used to manage pain, stop over eating, smoking, phobias and more. Hypnosis is used to ease the pain of surgery or excessive pills taken for pain management.

When the conscious part of the brain is temporarily relaxed the person focuses on relaxing and letting go of distracting thoughts, thereby allowing the mind to slow down the pulse and respiration. When the pulse and respiration is slowed, the heart rate and respiration is then slowed causing relief in the body and mind and the pain is released or just simply gone.

When using hypnosis for pain management there may need to be a series of sessions. There are different levels of pain, and discomfort we carry in the body and mind. The sessions can vary depending on the severity of the discomfort in the body and mind.

Hypnosis is a pain-free technique used in healing the body and mind. Hypnosis only requires your participation and willingness and it will happen, the pain will be gone from the body, or three degrees milder, or more. Give it a try.

**yhm.news/Happy-Hour-Yoga**

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## Barbara J. Brown, PhD



Washington, DC  
Maryland & Virginia

**202-544-5440**

support@ccccmentalhealth.com



### Meet Dr. Barbara Brown:

With a lifetime of professional experience and personal passion in the field of mental health, Dr. Barbara Brown founded Capitol Hill Consortium for Counseling and Consultation in 2009, and currently serves as the leader of CCCC's five DC-area practices and more-than 80 clinicians and administrative staff. Out of the office, her work continues; Dr. Brown is a fixture in the community, and frequently dedicates her time to spreading mental health awareness to groups like churches, schools, and corporations.

As founder, Dr. Brown brings more than three decades of psychological experience to CCCC, LLC. With a passion for community, Dr. Brown leads a team that values diversity first and foremost, and the pursuit of ensuring that each client has an experience that allows them to live an elevated life.

Coming from a simple, but persistent desire to normalize caring for our minds, just as much as our bodies. Dr. Brown built this consortium with you, your neighbor, your family, your friends, and your community in mind.

"There is no health without mental health." These words said by Dr. David Satcher, the first Black Surgeon General of the U.S., served as the spark that fueled her determination to provide accessible, quality mental health care to all, especially in communities of color.

The clinicians and administrative staff who choose to work here do so because of their dedication to our mission of providing high-quality, accessible, and culturally responsive mental health services. We strive to provide a community of therapists that reflects the communities where we work. We are a multicultural and multidisciplinary practice. Our wish is that everyone who wants to receive mental health care can do so.

**www.ccccMentalHealth.com**

## Akshay Garg, MD

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### Meet Dr. Garg - Leading Pain & Spine Interventionalist:

Akshay Garg, MD is a double Board Certified, Fellowship trained, interventional pain management physician and the founder of Capital Interventional Pain & Spine Center in North Bethesda, MD. He is a compassionate, patient-focused physician who offers the most advanced pain-relieving procedures to address a wide range of painful and debilitating conditions, including spine-related back and neck pain, joint pain and arthritis, neuropathy, and sports-related injuries. His expertise includes non-surgical orthopedic care using non-opioid pain-relieving treatments performed under precise image guidance. Originally from the metropolitan D.C. area, Dr. Garg completed his undergraduate and medical school training as a part of the highly selective seven-year dual degree B.A./M.D. program at The George Washington University School of Medicine. He completed his residency in Physical Medicine & Rehabilitation at the Mount Sinai Hospital, one of the country's most prestigious physiatry residency programs. He served as Chief Resident during his final year. Dr. Garg subsequently completed a highly competitive ACGME-accredited Interventional Pain Medicine fellowship at the Weill Cornell Tri-Institutional Pain Medicine Program. Prior to founding the Capital Interventional Pain & Spine Center, Dr. Garg served as an Assistant Professor at the George Washington University where he focused on providing patient care, resident, fellow, medical student education, and clinical research. Dr. Garg is committed to providing advanced, minimally invasive care to restore patient function. He is humbled to serve his community and looks forward to helping you get back to doing the things you love today!



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# Featured Health Professionals

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## Rami Makhoul, MD

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### Meet Dr. Rami Makhoul:

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

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

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

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

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

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

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## Matthew Skancke, MD

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### Meet Dr. Matthew Skancke:

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

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

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

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# Featured Health Professionals

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## Denise R. Gooch, MD

### Radiation Oncology

7503 Greenway Center Drive  
Greenbelt, MD 20770

**301-446-3540**



**Degrees, Training and Certificates:** B.S. Zoology – George Washington University, School of Arts and Sciences; M.D. – Georgetown University School of Medicine, earned honors in radiology, neurology, and family medicine; Completed two years of Internal Medicine training at Western Reserve Care System; Residency and Fellowship – Arthur James Cancer Institute, Ohio State University Hospital; Chief Resident in Radiation Oncology during her senior year of residency training.

**Professional Memberships:** Board Certified in Radiation Oncology by the American Board of Radiology and is Board Eligible in Internal Medicine, American Board of Internal Medicine.

**Additional:** Extensive experience in radiation oncology, including CyberKnife Stereotactic Radiosurgery training and was a Co-Investigator on the CyberKnife Research Protocol at Sinai Hospital; recognized as one of the “Champions of Care” at Sinai Hospital in 2009. Has participated in multiple Tumor Board and Cancer Committees as well as chairing Cancer Conferences in Chesapeake General Hospital in Chesapeake, VA. Has published original articles in the *Columbus Post*, as well as the *St. Louis American* newspapers and in *A Magazine*, a St. Louis-based informative magazine.

**Special Interests:** Women’s health issues, including breast and GYN oncology, as well as CNS, lung and stereotactic radiosurgery; enjoys interacting with the public, and has participated in many community outreach programs, including speaking at screening health fairs and church-based health programs and seminars.



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## Vladimir Ioffe, MD

### Radiation Oncology

7503 Greenway Center Drive  
Greenbelt, MD 20770

**301-446-3540**



**Degrees, Training and Certificates:** B.S. Biochemistry and Molecular Biology – University of Maryland; M.D. – University of Maryland School of Medicine; Completed his training in Radiation Oncology at the Eastern Virginia Medical School in Norfolk, VA.

**Special Expertise:** Prostate High Dose Rate (HDR) Brachytherapy, Stereotactic radiosurgery for brain metastases, head and neck cancer, breast cancer, thyroid cancer, non-Hodgkin’s lymphoma, and thoracic malignancies.

**Additional:** Passionate about improving the treatment of cancer patients thus strongly supports clinical research; the first author of five investigational papers and co-authored an additional three works; presented research work at major scientific meetings across the nation; instrumental in the creation and implementation of the intensity modulated radiation therapy program for head and neck malignancies.

**Personal:** Born in St. Petersburg, Russia. His family immigrated to the U.S. in 1980 when he was 6 years old. He grew up in Baltimore County and is an American citizen. He is married to Kecia Ioffe and they have four children.

As a physician with GenesisCare, Dr. Ioffe is dedicated to the creation of a comprehensive cancer center of excellence offering the most advanced technology as well as meticulous, individualized care for each patient.



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# Traditional Chinese Medicine For Epilepsy

By Quansheng Lu, CMD, PhD, LAc  
Wholelife Chinese Medicine  
& Acupuncture Center

Traditional Chinese medicine has been used therapeutically in China for thousands of years and is growing in prominence in Europe and the United States. More and more people search the health care from Chinese

medicine and other complementary and alternative medicine (CAM). The National Center for Complementary and Alternative Medicine (NCCAM) showed that about 38% of all adults, 44% of adults from 50-59 years old, and 12% of children reported using CAM in 2007. At least 24-44% of epilepsy patients appear to already be using CAM in some form.

Epilepsy had been described in the book, Chinese Medicine Classic (Huang Di Nei Jing), which was written more than 2,000 years ago. Chinese herbal medicine and acupuncture are the main professional methods of Chinese medicine. Recent studies indicate that Chinese medicine therapy including herbal medicines and acupuncture for epilepsy are promising.

Herbal remedies have been used in traditional Chinese medicine and other traditional medical systems since ancient times for the treatment of epilepsy. For example, tian ma, the root of Gastrodia, is commonly used in China for epilepsy and other conditions.

There have been three cases in which patients with refractory epilepsy showed substantial improvement with the use of the traditional herbal formulation Bu-yang-huan-wu-tang. Some reviewers cited several compelling open-label studies of Chinese herbal remedies, including Qingyangsen and Zhenxianling, suggesting that these medications may have anticonvulsant effects, with fewer side effects



Quansheng Lu, CMD, PhD, LAc

than standard antiepileptic drugs.

Along with herbal remedies, acupuncture is used in traditional Chinese medicine to treat epilepsy. Case reports have demonstrated the potential efficacy of acupuncture in patients with epilepsy, and mouse studies have shown that acupuncture may inhibit kainic acid-induced epileptic seizure and hippocampal cell death.

In one Norwegian trial, 29 patients with intractable epilepsy were randomized to receive acupuncture or sham acupuncture. Seizure frequency was reduced in both groups, but the reduction did not reach a level of statistical significance and a larger sample size may have been needed to see differences.

Generally, the combination of herbal medicine with acupuncture is needed to treat epilepsy and usually the treatment is about 3-6 months depending on the condition.



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## Healthy Eating For the Family



By Janet V. Johnson, MD  
Loving Care Pediatrics

Natural preferences for the foods we enjoy the most are developed, so the challenge in most families is to make healthy choices appealing. Children should be eating whole foods or minimally processed food. We should consume foods that are as close to their natural form as possible.

Restaurant and takeout meals have more added salt, sugar and unhealthy fat. Strive to cook more

meals at home, where the family gathers. Everyone can come together and the time spent can offer an opportunity to catch up on the activities of each family member. Get the children involved in shopping for groceries and preparing meals. You can teach them about different foods and how to read food labels. In addition, they are more likely to eat what they helped prepare. Be aware of portion sizes, you can obtain this information on MyPlate.gov. Never insist that your child clean their plate, and never use food as a reward or bribe.

Make healthy snacks available. Keep plenty of fruit, vegetables, and healthy beverages (water, milk, and limited amounts of pure fruit juice) on hand so the children can avoid unhealthy snacks like soda, chips, and cookies.

Be a role model for your children. Their impulse to imitate is strong so don't ask your child to eat vegetables

Please see "Healthy Eating," page 38





By Hannah Rose, DC, LMT  
The Visceral Body

Arvigo® Therapy, also known as The Arvigo® Techniques of Maya Abdominal Therapy, is a form of holistic healing that focuses on restoring balance and harmony in the body by addressing the position and health of the reproductive and digestive organs. This therapy is based on ancient Maya techniques and was developed by Dr. Rosita Arvigo, a naprapath, herbalist, and apprentice of the Maya healer Don Eljio Panti.

The foundation of Arvigo® Therapy is the belief that many common health issues, such as menstrual cramps, fertility problems, prostate enlargement, and digestive disorders, are caused by a misalignment or congestion of the organs in the abdomi-

nal area. By gently manipulating the organs and surrounding tissues, Arvigo® Therapy aims to improve blood-flow, release tension, and promote the body's natural healing ability.

The therapy begins with a detailed assessment of the client's medical history, lifestyle, and current health concerns. The therapist will then perform a physical examination, including a gentle massage of the abdomen, to identify any areas of tension or misalignment. Based on this assessment, the therapist will develop a customized treatment plan that may include abdominal massage, herbal remedies, nutritional counseling, and lifestyle recommendations.

During an Arvigo® Therapy session, the client lies on their back while the therapist applies gentle pressure to the abdomen and pelvic area using a combination of techniques, including massage, stretching, and acupressure. The therapist will work to release any tension or blockages in the organs and tissues, while also teaching the

client self-care techniques to maintain their progress between sessions.

In addition to its reproductive benefits, Arvigo® Therapy can also improve digestive health by relieving constipation, bloating, and other digestive issues. By improving blood flow and nerve function in the abdominal area, the therapy can also help to alleviate back pain, sciatica,

and other musculoskeletal issues.

Arvigo® Therapy is a gentle and non-invasive treatment that can be used alone or in combination with other therapies, such as acupuncture and chiropractic care. It is suitable for people of all ages.

Overall, Arvigo® Therapy is a

*Please see "Arvigo® Therapy," page 38*

## The Mighty Egg



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

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

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

These initial cells develop into the primary egg cell that are rapidly

multiplied to 6-7 million egg cells by the time the embryo is five months old. The fascinating part about the human egg is that the vast majority of eggs die before a child is born.

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

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

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

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

*Please see "Mighty Egg," page 39*

# Arvigo® Therapy

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**What is Arvigo® Therapy?** It is a specifically targeted techniques are used to help align & reposition organs, as well as increasing blood flow to the gut and to the entire pelvic region, effecting reproductive & digestive health. Additionally, this work may help to balance emotional health and promote overall functioning of the whole human body.

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By Howard Horowitz, DPM  
Bowie Foot & Ankle

# New Treatment For Heel Pain

appropriate treatment option for approximately 5-10% of people suffering from plantar fasciitis; most others are successfully treated with traditional conservative therapies.

## Am I a Candidate For ESWT?

You and your podiatrist will decide if ESWT treatment is right for you after looking at all the options. You could be a candidate if you have been diagnosed with chronic plantar fasciitis for at least six months and if your symptoms have failed to respond to three conservative treatments which may include rest, physical therapy, heel cushions, nonsteroidal medications (Motrin or other anti-inflammatories), cortisone injections, taping, orthotics, shoe modifications, night splint and casting. In the past, surgical intervention for chronic plantar fasciitis was required when these other treatments had failed, but today, ESWT is available as an alternative, non-invasive treatment option.

Extracorporeal shockwave therapy, or ESWT, is a non-surgical treatment option for the intense, persistent heel pain associated with chronic plantar fasciitis. Extracorporeal means outside the body. Shockwaves, also known as pressure or sound waves, are generated by a special ESWT device, and focused onto the targeted tissue. The shockwaves are delivered to stimulate and reactivate the body's repair mechanism to advance normal tissue healing. ESWT is an appro-

## What Happens During Treatment?

After registering, you will recline in a comfortable chair or bed, with your affected foot resting on a large, fluid-filled cushion. Either an ankle block utilizing local anesthet-

ics is administered to create a numb feeling throughout the foot or, if your physician chooses, IV sedation may be used to administer a light sleep until the procedure is complete. After localizing the inflamed area, the af-

Please see "Heel Pain," page 38



**Howard Horowitz, DPM**  
Medicine & Surgery of the Foot

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# Unraveling Fascia For Your Fitness and Health



By May Kesler, MTh, PT  
Kesler Physical & Massage Therapy

Physical therapy was originally taught to evaluate muscles. But we now know that muscles are embedded in fascia, a 3-4 dimensional web of collagen, light filled, fluid filled tubules that is within us, head to toe, finger to finger. Every cell is surrounded by a thread of the web like tubules, and it even goes into the nucleus of every cell – bone, nerve, organs, heart, brain, muscle, fat, etc. There are no dividing lines or spaces between muscles, tendon, ligament, bone. The tissue is continuous between spine to tongue to heart to lungs to organs.

This means as a physical therapist that we now look at the body as a whole continuous unit, whose parts are intimately interconnected, and communicate instantaneously with

each other. When a thread in the web is pulled, all the other places in the web are affected by that strand being pulled, and instantly change in relation to it.

This is a profound difference in our approach to healing. An injury is never isolated; it always affects other areas. Fascia tubules exert tension and compression in the web that give us the ability to maintain our shape with gravity. When there is inflammation, whether due to an injury, illness, or overuse, the ground substance becomes sticky and forms a gel, and the web forms adhesions, knots, twisting in its fabric, dehydrating the cells, causing more inflammation and restrictions.

This can cause pain, as the fascial tension can create 2,000 pounds of pressure per square inch on the tissues it surrounds. The structures can't move as they were meant to, whether it's musculoskeletal tissue or any other organ in the body. So we now check for many of the systems in the body, even if the complaint seems to simply be one area. We use myofascial release, manual therapies, and fascial fitness methods, mind-body movement techniques to help unwind and unravel the restrictions, returning hydration, coordination, strength, and

Please see "Fascia," page 38

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By Ranti Aryani, DDS, FAAOSH  
Presidential Dental

The Vivos® Method is a non-pharmaceutical, non-surgical, all-natural therapy for the treatment of

# The Vivos® Method for Snoring

snoring and sleep apnea. It is a scientifically-proven solution that has been developed to provide an alternative to traditional treatments such as CPAP machines and surgery. The Vivos® Method is based on the principles of oral appliance therapy, which involves the use of a custom-fitted oral device to gently reposition the jaw and tongue to improve airway flow and reduce the symptoms of sleep apnea.

The Vivos® Method utilizes cutting-edge technology and state-of-the-art diagnostic tools to ensure

that each patient receives a personalized treatment plan. The process starts with a thorough evaluation, including a sleep study, to determine the specific cause of the patient's sleep apnea. Based on this information, a custom-fitted oral appliance is created that is specifically designed to address the patient's individual needs. The appliance is made from a flexible material that is comfortable to wear and can be adjusted as needed to provide optimal results.



Example courtesy of Dr. Tara Griffin, Emerald Coast Dental

medications, the Vivos® Method does not have any potential for dependence or addiction.

In conclusion, the Vivos® Method is a highly effective, all-natural therapy for the treatment of snoring and sleep apnea. With its personalized approach, non-invasive nature, and affordable cost, it is an excellent alternative to traditional treatments such as surgery and CPAP machines. If you are suffering from snoring or sleep apnea and are looking for a safe, effective solution, consider the Vivos® Method.

One of the key benefits of the Vivos® Method is its non-invasive nature. Unlike surgery or CPAP machines, the Vivos® Method does not require any incisions or the use of any foreign objects. This means that there is no need for any downtime, and patients can return to their normal activities immediately after treatment. Additionally, the Vivos® Method is a much more affordable option compared to surgery.

Another advantage of the Vivos® Method is that it is completely natural and safe. The oral appliance is designed to be worn while sleeping, and there are no adverse side effects associated with its use. Unlike prescription

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## Surprising Benefits Of a Regular Yoga Practice



By Betsy Paul  
Just "B" Yoga with Betsy Paul

Every year, yoga increases in popularity. The practice of yoga dates back to India 5,000 years ago; however, the practice has changed quite a bit since its inception. Here are some of the benefits in a nutshell:

1. Emotional Health Boost
2. Back Pain Relief

3. Improves Heart Health
4. Reduces Insomnia
5. Reduces Fatigue
6. Boosts Memory
7. Decreases Blood Pressure
8. Helps Prevent Disease Through Massaging of Organs
9. Strengthens the Immune System.
10. Helps to Increase Strength and Flexibility
11. Improvement in Balance
12. Improvement in Core Strength
13. Reduces Stress
14. Reduces Anxiety
15. Reduces Depression

These are just a few of a whole host of ways that your body and mind can benefit from a yoga practice.



# Laser Dentistry Can Provide Amazing Benefits



By Karl A. Smith, DDS, MS

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

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

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

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

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

This is a dramatic improvement

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

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

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

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

Using the Waterlase for procedures reduces bleeding, post-operative pain, swelling and the need for

pain medication in many cases.

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

Use a laser dentist and periodontist whenever possible to gain the benefits of what laser dentistry has to offer.

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# PROLOTHERAPY

FROM PAGE 8

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

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

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

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

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

# ALL-ON-4

FROM PAGE 11

the top of your mouth, and four on the bottom, to restore your full smile. That's the beauty of the all-on-four. And because the implant is made of titanium, it has the unique ability to fuse to living bone and function as part of it. So eventually, the dental implant becomes part of the jawbone and serves as a strong, long-lasting foundation for your new teeth.

Besides ensuring that your implants are permanently fixed in place, this bone fusion has another important benefit: it prevents future bone loss in the jaw. This helps to maintain a more youthful facial structure – and better oral health. But perhaps the biggest surprise about the all-on-four is how quickly it can transform your life.

## What's The All-On-Four Dental Implant Procedure Like?

It can be scary to get implants for the first time. Most of that fear is probably due to the uncertainty, so here is the step-by-step process for getting an All-On-Four dental implant.

First, your dentist will want to make sure your comfortable, so either local or general anesthesia will be administered.

Second, the dentist or surgeon will prepare your mouth for the im-

plants, which involves removing your remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

Next, they will begin the implantation process. This means they will insert the titanium screws into your jawbone. Most likely, they will place two implants toward the front of your mouth and two towards the back of your mouth so the "anchors" can evenly bare the force of the denture.

After the implants have been placed, they will thoroughly clean the surgical sites and suturing all the incisions. Then you'll be taken to a recovery room where you can relax and take time to wake up from the anesthesia.

## How Do You Know If The All-On-Four Procedure Is The Right Option For You?

At your All-On-Four consultation, you'll receive a 3D CT Scan. This scan will help determine if you need implants and assist your doctors in creating your treatment plan. So if you want to learn more about dental implants, simply schedule a consultation with an All-On-Four provider. It's the best way to find out how dental implants can change your life.

and improve overall quality of life. If you are interested in exploring Arvigo® Therapy, be sure to seek out a trained and certified practitioner who can guide you on your healing journey.

# ARVIGO® THERAPY

FROM PAGE 33

powerful tool for restoring balance and promoting health in the body. By addressing the root cause of common health issues, rather than simply treating symptoms, this therapy can provide long-lasting relief

# HEEL PAIN

FROM PAGE 35

affected heel receives several thousand shockwaves during the approximately 20 minute outpatient procedure.

The recovery time is very short, and after a recuperative period, usually 24-48 hours, you should be able to return to normal daily activities. You may begin to feel relief immediately, or it could take from three to six months to improve.

Are There Any Side Effects?

# FASCIA

FROM PAGE 35

stability, allowing the body to use it's pathways to heal itself.

That's a lot of technical information, so here's an easier way to think about it – compare fascial restrictions to hair. When you don't comb your hair, it gets knotted up easily, and the more knotted it gets, the drier it gets and the more easily it knots. Trying to untangle the knots with a fine tooth-comb will only tear the fibers more. We want to use a soft brush, gently

Compared to invasive or endoscopic surgery, ESWT has fewer side effects and a much shorter recovery time. The most common side effects include temporary pain (bruising and soreness), swelling and petechiae (broken blood vessels that are generally of no concern). These possible occurrences, however, usually clear within a few days. Moreover, the risks associated with surgical incisions and general anesthesia are eliminated.

unwind the tangles. "Conditioners" can be rest, decreasing stress, good nutrition, frequent short bouts of exercise, moving the body in motions the opposite of what you spend your day doing (lengthening out arms, hands, back instead of facing phone or computer for example). Learning about how to sense and unwind your fascial fabric is one of the most important selfcare things you can do, for your health and longevity.

# CAR CRASHES

FROM PAGE 11

tential whiplash injuries are properly diagnosed and treated.

You are not alone!

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

musculoskeletal injuries.

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

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

# HEALTHY EATING

FROM PAGE 32

or fruits while you eat cookies, chips or other less healthy foods.

## Healthy Eating Tips For Families On The Go

**School Lunches For Your Kids.** Pack lunches with whole grains, fruits, lean, all natural meats and healthy snacks, such as nuts and dried fruits.

**Healthy Breakfasts – Quick and Easy.** Get rid of the sugar-filled neon-colored "breakfast" cereals. There are dozens of great-tasting, all-natural, organic cereals. Also, try a breakfast smoothie. MyPlate.gov

**Healthy Snacks In the Car.** Have non-perishable healthy snacks in your car for when your little one is hungry on the road. Dried fruits, nuts and healthy individually-packaged snacks are a good option.

**Freeze Your Meals.** If you take the time to make a healthy, home-

made meal, they are safe to be placed in a vacuum-sealed container and put in the freezer, they can often keep for several weeks.

**Make Time For Sit-Down Meals.** Try to have at least three (preferably four) family sit-down meals a week. It helps strengthen the family bond. There is nothing that brings people together like food! It also helps show children the importance of taking time to be with people they love.

**Fiber.** Not an essential nutrient, performs several vital functions: Natural laxative and may lower cholesterol concentration in the blood. A high-fiber intake also supplied greater amounts of vitamins A, B6, B12, C, niacin, thiamin, riboflavin and folate, as well as the minerals magnesium, iron, zinc, calcium and phosphorus.



# ROOT TO RISE

FROM PAGE 8

tend to suffer from seasonal allergies, inflammation signs, you may consider a more focused GI reset (check out the DIY Cleanse under the 'For You' tab on my website).

## 3) Reconnect

Spring carries the energy of the wood element. It's an upward and outward extroverted energy that propels buds and shoots to emerge from the deep winter slumber.

What drives you, what are your dreams and passions? Take time to attune to the extroverted energy of spring, with the intention of reconnecting to your path. Spend more time outside to connect to nature in your locale with intentionality. How many different species of birds and trees do you see, what is blooming? Aligning in this way enables us to live with more flow versus 'force.'

## 4) Rest

The time change can be exhausting for those who continue to burn the candle at both ends even in the dead of winter. If you didn't put enough fuel back into the tank during the darker months, then your adrenals could be feeling it now. Commit to a minimum of five earlier nights in a row, lights out by 10 pm at the latest and get out of bed 7-8 hours later. Add in legs over a chair for 12 minutes before bed to nourish your parasympathetic nervous system for quality restorative sleep.

## 5) Root

Take a week to unplug from technology for 12 hours a day. (Yes, 12 hours!) Even consider a tech free day/weekend sometime. You'll be surprised at how this creates the space and ease – all the better for acclimating to the seasonal transition.

# MIGHTY EGG

FROM PAGE 33

As a matter of fact, the entire orchestra of events that occurs before the human zygote's own DNA can take over the process of division, is

regulated by the RNA contained in the human egg.

*Originally published on Medium.com*

# VIRTUAL PHYSICAL

FROM PAGE 7

One specific type of virtual physical is the virtual colonoscopy. While traditional colonoscopies can be uncomfortable and invasive, a virtual colonoscopy is much simpler and less invasive. Prior to the scan, you will need to properly cleanse your bowels, which can be done with a bowel prep kit purchased over-the-counter at your local pharmacy. During the scan, a small enema tip will be inserted into your rectum and your colon will be filled with air to visualize your bowels. The only discomfort may be a feeling of fullness due to the air, and the scan itself takes only about ten minutes.

It's important to note that virtual colonoscopies are contraindicated in certain situations, including rectal bleeding, history of diverticulitis, Crohn's disease, or those who have had a recent colonoscopy with positive findings.

The virtual physical is a revolutionary approach to preventative medicine that can help you lead a longer, healthier, and happier life. By being your own health advocate and taking a proactive approach to your health, you can catch potentially serious medical issues early on and personalize your health care. Consider talking to your doctor about whether a virtual physical is right for you.



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By Gregory Taylor, MS, Owner  
Taylored 4 Life Wellness, Inc.

Health and wellness coaching is a growing field that seeks to help individuals achieve optimal health and wellbeing. The aim of this coaching is to empower clients to take charge of their health and make lasting changes that support a healthy lifestyle. Health and wellness coaches work with clients to develop customized plans that meet their specific needs, goals, and desires.

The approach to health and wellness coaching is holistic, taking into account the client's physical, mental, and emotional health. The coach works with the client to identify areas of their life that are impacting their overall health, such as stress, poor nutrition, lack of physical activity, or unhealthy relationships. By understanding the client's unique challenges, the coach can help them develop strategies to overcome these obstacles and support the pursuit of a healthier lifestyle.

One of the main benefits of health and wellness coaching is that it is personalized to the individual. No two people have the same health challenges, goals, or lifestyles, and a health and wellness coach will work with each client to develop a unique plan that is tailored to their specific needs. This personalized approach has been shown to be more effective than traditional, one-size-fits-all approaches to health and wellness.

Another important aspect of health and wellness coaching is the focus on sustainable change. Unlike crash diets or quick-fix solutions, a health and wellness coach will work with the client to develop long-term habits and practices that will support continued health and wellbeing. This approach helps clients avoid the yo-yo effect of losing weight and gaining it back, and instead create a sustainable lifestyle that supports health and wellness in the long-term.

Health and wellness coaching also addresses the emotional and mental aspects of health. Many people struggle with stress, anxiety, depression, or other emotional issues that can negatively impact their physical

# Health and Wellness Coaching

health. A health and wellness coach can help clients develop strategies to manage these emotional challenges, such as stress-reducing techniques or cognitive behavioral therapy. By addressing both the physical and emotional aspects of health, the client can achieve a more comprehensive and holistic approach to wellness.

The role of the health and wellness coach is to empower clients to take charge of their health and make changes that support a healthy lifestyle. The coach serves as a supportive and knowledgeable guide, helping

clients to develop the skills and habits necessary to achieve their health and wellness goals. They provide motivation, guidance, and accountability, helping clients stay on track and achieve their desired outcomes.

While health and wellness coaching is not a substitute for medical care, it can complement medical treatment and support clients in managing chronic conditions. For example, a health and wellness coach can work with a client with diabetes to develop a healthy eating plan and exercise routine, helping to manage their condition

and improve overall health.

In conclusion, health and wellness coaching is a growing field that offers individuals a personalized and holistic approach to achieving optimal health and wellbeing. By working with a coach, clients can develop long-term habits and practices that support a healthy lifestyle, overcome challenges, and achieve their health and wellness goals. If you're looking to take charge of your health and improve your overall wellbeing, consider working with a health and wellness coach.



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Fax: 410-414-3563

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Waldorf, MD 20603  
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Fax: 301-885-2501

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Frederick, MD 21701  
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**HAGERSTOWN**   
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Hagerstown, MD 21740  
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### BALTIMORE METRO AREA

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Baltimore, MD 21201  
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Columbia, MD 21045  
Phone: 410-381-2999 • Fax: 410-381-3012

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Dundalk, MD 21222  
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Glen Burnie, MD 21061  
Phone: 410-863-5939 • Fax: 410-863-5936

**ROSEDALE / WHITE MARSH**    
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**Hours of Operation:** Active Physical Therapy is open Monday through Friday from 7AM to 7PM with Saturday hours by appointment only. Hours vary by location. Please check with individual clinic if you have questions.





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