

GREAT Information From Local Doctors To Help You Live Healthier!



View Latest Editions



Scan me

YOUR HEALTH

Washington DC
Edition

April 2024

**READ
ABOUT...**

PAIN RELIEF

SLEEP DISORDERS

ORTHOPEDIC HEALTH

SURROGACY

YOUR PET'S HEALTH

WEIGHT LOSS

DENTAL IMPLANTS

PRIMARY CARE

SPECIAL FOCUS

Beauty

Skin Care & Gorgeous Smiles

FEATURED PROFESSIONALS



Jeffrey L. Brown, DDS
TMJ & Sleep Therapy



Elizabeth "Andie" Shin, DDS
Pediatric Dentistry



Sivakumar Sreenivasan, DMD
Oral and Maxillofacial Surgeon



Shawn Samad, DDS
Oral Surgery



Ike V. Lans, DDS
Family Dentistry



Yolanda C. Holmes, MD, PC
Cosmetic Dermatology

PLUS

Women's Health



Don't Miss Our Next Edition!

Senior Living

Plus - **Healthy Vision Month!**

50 CENTS



8 60005 35000 1

Health Directory
page 40



Toni Greene, Owner
Hypnosis and Yoga



Lubrina Bryant, DPM
Podiatry



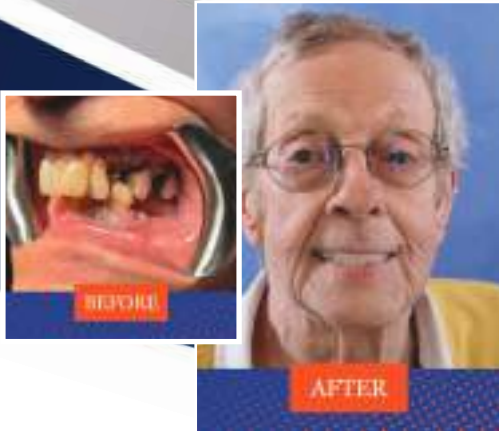
Dr. Melo Forchu
Wellness Solutions



Gustavo Mottola
Skin Care

LOCAL DOCTORS & ARTICLES at YOURHEALTHMAGAZINE.NET

Are You Tired Of Dentures and Many Trips To Dentists?



Would you like to regain your confidence and smile back with teeth that are perfectly fitted and stable in one day under IV sedation?



Does that sound too good to be true?!

Please visit our Instagram page, YouTube and website to gain insight with this revolutionary procedure:

Full Mouth Dental Implants ("Teeth In One Day")

Regain your confidence and smile back!



Pashapouroralfacialsurgery



www.drpushapour.com



Dr. pashapour



Schedule Today:
703-566-1990

1016 North Highland Street | Arlington, VA 22201

A Kidney Transplant TURNS FRIENDS TO FAMILY

Paul Smith was facing kidney failure and years of dialysis to keep him alive, unless he could undergo a kidney transplant. When his friend and fellow football coach, Jafau Delane, found out he was a match, he had no hesitation about being Smith's donor.

"I just wanted Paul to have a good quality life," Delane says.

After a successful transplant at GW Transplant Institute, Smith recovered and now lives a healthy life, feeling 10 years younger.

Smith didn't just receive a new organ. He made a life-long bond with Delane, whose mother now calls Smith her other son. "I'm not a believer in chance," Smith says. "It was just meant to be."



WATCH SMITH AND
DELANE'S STORY

gwhospital.com/kidneydonation



OUR TRANSPLANT SERVICES

GW Transplant Institute now offers pancreas transplants, in addition to kidney and liver procedures. According to the National Kidney Foundation, many patients who require a kidney transplant also need a new pancreas. Also, when performed at the same time, a pancreas transplant can prolong the life of a kidney transplant.

Our ability to perform kidney-pancreas transplants helps to address diabetes and kidney failure, two leading causes of death in the DMV area.

For additional information or to schedule an appointment please call: **1-888-4GW-DOCS**

Visit gwhospital.com/transplant



Transplant Institute

THE GEORGE WASHINGTON UNIVERSITY HOSPITAL

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



Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if transplant surgery is right for you. Physicians are independent practitioners who are not employees or agents of The George Washington University Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 2021/93750.2204644 2/24



Empowering Women Through Orthopedic Health

Understanding Bone Health, Exercise, and Injury Prevention

By Easton L. Manderson, MD
Manderson Orthopedic Clinic
& Joint Pain Center

As we celebrate Women's Health Month, it's essential to shed light on an often-overlooked aspect of wellness: orthopedic health. While women are generally proactive about their overall health, orthopedic issues can sometimes take a back seat. However,

prioritizing bone health, understanding the role of exercise, and preventing injuries are crucial steps in empowering women to lead active, fulfilling lives.

Bone health is a cornerstone of overall well-being, especially for women. Women are at a higher risk of developing osteoporosis, a condition characterized by weakened bones, due to factors such as hormon-

al changes, genetics, and lifestyle choices. As orthopedic surgeons, we advocate for bone density screenings and early interventions to detect and manage osteoporosis effectively.

Exercise plays a pivotal role in maintaining bone health and preventing orthopedic issues. Weight-bearing exercises, such as walking, jogging, or dancing, help stimulate bone growth and strengthen existing

bone tissue. Resistance training with weights or resistance bands can also improve bone density and muscle strength. Additionally, incorporating flexibility and balance exercises can reduce the risk of falls and fractures, particularly important for women as they age.

However, it's essential to approach exercise mindfully to prevent injuries. Overtraining or improper form can lead to orthopedic issues such as stress fractures, tendonitis, or ligament tears. Women, in particular, may face unique challenges due to differences in anatomy and biomechanics. Understanding one's body and gradually increasing exercise intensity can help mitigate these risks.

Injury prevention should be a key focus for women of all ages. Simple steps like wearing appropriate footwear, warming up before exercise, and using proper lifting techniques can significantly reduce the risk of orthopedic injuries. Additionally, maintaining a healthy weight and avoiding smoking can promote musculoskeletal health and facilitate healing in case of injury.

Orthopedic health encompasses not only physical well-being but also emotional and social aspects. Chronic orthopedic conditions or injuries can impact one's quality of life and independence. Therefore, fostering a supportive environment that encourages women to seek timely orthopedic care and adhere to treatment plans is crucial.

As orthopedic surgeons, we are committed to empowering women to take charge of their orthopedic health. By promoting awareness, providing education, and offering personalized care, we can help women of all ages lead active, vibrant lives. Together, let's prioritize orthopedic health this Women's Health Month and beyond.

Remember, your orthopedic health is an integral part of your overall well-being. By prioritizing bone health, engaging in regular exercise, and taking steps to prevent injuries, you can empower yourself to live life to the fullest. Here's to strong, resilient women and their orthopedic health journey!

Say Goodbye to Joint Pain and Embrace a Life in Motion



- **Unleash Pain-Free Living:** Dr. Easton Manderson, MD, is your key to a vibrant life without joint pain. With over 30 years of dedicated experience, he's your trusted partner in regaining the freedom to move.
- **Your Expert Guide:** Specializing in relieving joint pain and addressing musculoskeletal concerns, Dr. Manderson is your expert navigator through the path to pain-free living. No more limitations – just a life in motion!
- **Top-Tier Credentials:** A graduate of Howard University and a Board Certified Orthopedic Surgeon, Dr. Manderson's accolades speak volumes. Trust in expertise backed by the American Board of Orthopaedic Surgery and affiliations with leading medical institutions.
- **Your Wellness Advocate:** Beyond a skilled surgeon, Dr. Manderson is your advocate for total well-being. As a member of elite organizations like the American Academy of Orthopaedic Surgeons, he's at the forefront of the latest advancements for your benefit.
- **Comprehensive Care Hub:** Experience care that revolves around you. As the founder of Manderson Orthopedic Clinic and affiliated with Providence Hospital and MedStar Washington Hospital Center, Dr. Manderson ensures you have access to diverse treatment options.

Reclaim your life from joint pain!

Schedule a consultation with Dr. Easton Manderson today and embark on a journey to pain-free living. Don't miss out on the chance to move freely and live vibrantly – your best days are yet to come!

1140 Varnum St NE, Washington, DC 20017

202-526-5300

KEEP YOUR TEETH FOR LIFE!



- Focus on Systemic and Dental health
- Adult + Children Dentistry
- Full Mouth Reconstruction
- Payment Plans
- Invisalign and Cosmetic Dentistry
- Same Day Emergency
- TMJ and Sleep Apnea



TIRDAD FATTAHI, DDS

NEW PATIENT: \$150.00

(\$250.00- \$314.00 VALUE)

INCLUDES CLEANING, FULL MOUTH XRAYS,
COMPREHENSIVE EXAM AND FLUORIDE

(NOT VALID WITH INSURANCE)

invisalign

**Care
Credit**

yelp

(202) 338-7499 | www.drftattahi.com | admin@drftattahi.com

4840 MacArthur Blvd NW., Suite 101 Washington, DC 20007

Across from Black Salt Restaurant

In This Edition...

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

- 4 | **Empowering Women Through Orthopedic Health** | By Easton L. Manderson, MD
- 7 | **The Concept Of Beauty In a Shifting World** | Submitted by Me Time Healing
- 8 | **Sparkling Smiles Start Early** | By Elizabeth Shin, DDS
- 9 | **The Art Of Putting Your Phone Down** | By Priya Kaur Tahim, LPC
- 11 | **Your Smile Investment Is Protected by Complete Periodontal Health** | By Karl A. Smith, DDS, MS
- 12 | **Get a Gorgeous Smile With Lip Repositioning Surgery** | By Marc P. Stanard, DDS
- 13 | **Is Toenail Fungus Contagious?** | By Lubrina Bryant, DPM
- 14 | **What To Expect From a Holistic Veterinary Hospital Visit** | By Deborah Cheryl Mallu, DVM, CVA, MAC
- 15 | **Post-Laminectomy Syndrome: When Back Surgery Fails** | By Madhavi Chada, MD
- 15 | **The Root Causes Behind Most Burn Injuries** | By Paul Samakow
- 16 | **All-On-Four Dental Implants** | Submitted By Sivakumar Sreenivasan, DMD, MDS
- 17 | **Can Electrical Stimulation Help My Pain?** | By Deeni Bassam, MD, DABPM
- 18 | **Surrogacy: A Journey Through Time and Across Cultures** | By Yemi Adesanya-Famuyiwa, MD
- 19 | **Why Not 'SPRING' Into Women's Health Month?!** | By Tammy Leiner, Certified Clinical Thermographer
- 20 | **What Is Uninsured Motorist Automobile Insurance?** | By James A. Cleaver, Esq.
- 20 | **The Relationship Between TMJ and Headaches** | By Michael Rogers, DDS
- 22-29 | Featured Beauty, Skin Care & Gorgeous Smiles + Women's Health**
- 31 | **Robotic Surgery In Colorectal Procedures** | By Matthew Skancke, MD & Rami Makhoul, MD
- 32 | **Chinese Medicine For Infertility** | By Quansheng Lu, CMD, PhD, LAc
- 32 | **Children's Health and Spring Time** | By Janet Johnson, MD
- 39 | **OTC Medicines and Drug Interactions** | Submitted By Kensington Pharmacy
- 41 | **New Techniques For Healthy Lips, Jawline and Neck** | By Hema Sundaram, MA, MD, FAAD
- 43 | **Lose Years Off Your Face In Just One Hour** | By Jacqueline D. Griffiths, MD

Articles and information about health professionals is available at
www.YourHealthMagazine.net

In the next edition of Your Health Magazine...

SENIOR Living

Assisted Living • Retirement Planning
Aging In Place • Financial Planning
Legal Advice • Disability • Social Security
Hearing & Hearing Aids • and More

Featuring professionals who can help you **live your best** life as you grow older!
SENIORS: Be sure to check out this special edition, coming next month.

Plus...

It's Healthy Vision Month!

Articles and information about: LASIK and other Eye Surgeries
• Diabetic Eye Care • Retinal Disorders Glasses & Contacts • Glaucoma
• Eye Exams • & more!

Your Health Magazine is here to Help People Find the Healthcare They Need! Information from local doctors and other health professionals lowers the barriers to getting better healthcare and living healthier.

It Makes A Difference!

HEALTH PROFESSIONALS: Your information can make a difference!
Contact us today to publish your articles and information in the magazine, and online.

Space Is Limited:
301-805-6805
info@yourhealthmagazine.net



SERVING MARYLAND & VIRGINIA Since 1990

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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

MARYLAND & WASHINGTON, DC OFFICE

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

Office (301) 805-6805 • Fax (301) 805-6808
info@yourhealthmagazine.net

VIRGINIA OFFICE

Office (301) 805-6805
production@yourhealthmagazine.net

© Your Health Magazine, 2024. The magazine and all of its contents are protected by copyright. For permission to reproduce any materials in this magazine, contact publish@yourhealthmagazine.net.

EDITOR-IN-CHIEF
Gregory Scott Hunter

MANAGING EDITOR
Heather L. Mahoney

SALES & MARKETING CONSULTANT
Mili Parra

PRODUCTION & DESIGN ADMIN ASSISTANT
Alison Doner - MD

The Concept Of Beauty In a Shifting World

Submitted by
Me Time Healing

Beauty is a concept that has been constantly evolving throughout human history. In a constantly changing world, the concept of beauty has been subject to significant shifts over time. The shifting nature of beauty is reflected in the various ideals that have emerged in different cultures and eras.

With developing technology and social media, we tend to fit a beauty concept, which we may not even consider beautiful. What if trying to fit in does not make us feel good physically and mentally? The concept of beauty has traditionally been associated with physical attractiveness, symmetry, and harmony. However, in recent years as cultures and norms have evolved, so too has the definition of beauty. Today, beauty is often viewed as something that is more inclusive and diverse, encompassing a wider range of physical features and attributes.

In some cultures women try to manage their lives around the concept of beauty, which could potentially create a lot of pressure on them. Avoiding certain foods, feeling guilty if they put on some weight and developing an unhealthy relationship with food.

To start building a good relationship with food we must understand the whole concept. A healthy relationship with food does not necessarily mean a healthy diet, or counting calories and the nutrients of the food. In most cases it is related to emotions, thoughts, perceptions and are most likely linked to childhood memories such as eating grandma's meatball pasta. There is possibly a wide range of emotions stored in those memories. These feelings are complex, not linear and could be tricky.

Building a healthy relationship with food involves changing the way we view and approach eating. It means prioritizing nourishment and pleasure over restriction and guilt. This can be achieved by practicing mindful eating, listening to our body's hunger and fullness cues, and avoiding labeling foods as "good" or "bad." It's also important to focus on the overall quality of our diet rather than individual foods, incorporating a variety of nutrient-dense whole foods while allowing for occasional indulgences. Building a healthy relationship with food takes time and effort, but it can lead to a more positive and

sustainable approach to eating and overall wellbeing.

In recent years, the beauty industry has increasingly recognized the need to cater to diverse body types, skin tones, and ethnic backgrounds, reflecting a broader and more inclusive understanding of beauty.

Another significant shift in the concept of beauty has been the growing importance of inner beauty. While

physical attractiveness still plays a role in defining beauty, the emphasis on inner qualities such as kindness, empathy, and intelligence has become more prominent. This reflects a growing recognition that true beauty goes beyond outward appearances and encompasses a range of inner qualities that are essential to leading a fulfilling and meaningful life.

The shifting concept of beauty is

not just a reflection of changing cultural values but also reflects the impact of technology and globalization. Advances in technology have made it possible to manipulate and enhance physical features, challenging traditional notions of beauty. Similarly, globalization has led to the exchange and fusion of cultural ideas and ideals, resulting in a more complex and diverse understanding of beauty.

Healing Without Borders Is Our Global Promise!



MeTime Healing provides fast access to mental well-being in an affordable & convenient virtual setting by expert mental health professionals!

EXPERT CARE PROVIDERS YOU CAN TRUST!

Tap into a large network of compassionate, accredited, and experienced Care Providers, who can help you with a range of issues including depression, anxiety, worries, stress, self-compassion, relationships, sleep deprivation, grief, and more. Our client centered approach ensures the best quality and ethical online therapy and counseling at all times!



301-200-2397
info@metimehealing.com
www.MeTimeHealing.com

Sparkling Smiles Start Early

A Guide To Pediatric Dental Health For Gorgeous Grins

By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

A radiant smile not only lights up a room but is also a testament to good oral health. As parents, ensuring your child's dental well-being begins early in life, setting the foundation for a lifetime of sparkling smiles. This guide to pediatric dental health aims to provide valuable insights into culti-

vating healthy habits and maintaining gorgeous grins in the little ones.

Importance Of Early Dental Care

The journey towards a beautiful smile starts with the eruption of a baby's first tooth, usually around six months of age. Early dental care is crucial for preventing dental issues, promoting proper jaw development, and instilling oral hygiene habits. Neglecting baby teeth can lead to more

severe problems in the future, affecting adult teeth and overall health.

Establishing a Dental Routine

1. Teething Care: When those tiny teeth begin to emerge, provide relief with a clean, cool teething ring. Gently rubbing the baby's gums with a clean finger can also alleviate discomfort.

2. Brushing Basics: As soon as the first tooth appears, start brushing



with a soft-bristled infant toothbrush and a smear of fluoride toothpaste. Teach your child to spit out the excess toothpaste but avoid rinsing, as it enhances the fluoride's effectiveness.

3. Regular Dental Check-ups:

Schedule your child's first dental appointment by their first birthday or as soon as their first tooth erupts. Regular check-ups allow the dentist to monitor development, provide preventive care, and address concerns promptly.

Healthy Eating For Healthy Teeth

1. Nutrient-Rich Diet: Encourage a balanced diet rich in calcium, phosphorus, and vitamin D for strong teeth and bones. Limit sugary snacks and drinks, opting for water and nutritious options instead.

2. Avoid Sippy Cup Dependence: Discourage prolonged use of sippy cups filled with sugary beverages. Sipping throughout the day exposes teeth to continuous acid attacks, increasing the risk of cavities.

Creating a Positive Dental Experience

1. Lead by Example: Children often learn by observing. Brush your teeth together, turning it into a fun and positive bonding experience.

2. Use Child-Friendly Products: Choose toothbrushes and toothpaste with appealing colors and characters to make dental care engaging for your little one.

Addressing Concerns

1. Thumb-Sucking and Pacifier Use: While common in infancy, prolonged thumb-sucking or pacifier use can impact dental development. Encourage cessation by age three to prevent potential issues.

2. Orthodontic Assessments: If concerns arise about the alignment of your child's teeth, consult with an orthodontist for early assessments and interventions if needed.

By prioritizing pediatric dental health, parents play a pivotal role in nurturing gorgeous grins and setting the stage for a lifetime of dental wellness. Early interventions, positive reinforcement, and regular dental check-ups will contribute to those sparkling smiles that light up every room.



Leading The Way In Pediatric Dentistry!

We provide expert pediatric dentistry to help your child improve and maintain oral health and hygiene, repair and address problematic teeth, and treat teeth, tongue and gum issues that require immediate attention. Partner with our Pediatric Dentist in Bethesda and Chevy Chase to help your child achieve lifelong oral health.

Throughout life, good oral health has a very positive impact on your child's general health, self-confidence, and discipline. We believe early positive experiences with oral health and hygiene – at the dentist and at home – set the stage for a life filled with good health, love, and success.



Pediatric Partial Denture to Replace Missing Teeth

4825 Bethesda Avenue, Suite #220, Bethesda, MD 20814

301-941-7374

smile@bccpediatricdentistry.com

BCCPediatricDentistry.com



Elizabeth Shin
DDS



By Priya Kaur Tahim, LPC
Kaur Counseling

How many times have you been out to dinner with someone, and the very first thing they do is take their phone out and place it next to them? Better yet, how many of you are guilty of doing the exact same thing? I am. Ever find yourself surrounded by your friends, but you all are on social media looking at pictures, making comments like, “OMG, look at (fill in blank)!?”

Naturally, almost all of us, can admit that we’re guilty of paying too much attention to our phones and not enough attention to our actual surroundings. About a month ago, I was out to dinner with my family. We were at our favorite pizza place, waiting for our pizza, when I looked around, every one of us was on our phones, even my mom and dad. I couldn’t believe it. We were still talking, but it was like we needed our phones as a conversational piece, or show-and-tell product to make our stories more vibrant.

There used to be a time when phones weren’t as important, and life still went on. What would happen if you spent a whole day without your phone? Well, I thought to myself, this would be an awfully hard challenge. Would one day really kill me? So I took a challenge. I put my phone down for most of the day, minus work calls. I left my phone on ‘Do Not Disturb’ while I went about my daily business.

It was eye awakening how much you can miss, while you dedicate seconds, minutes and hours to your phone. I enjoyed the beauty of reading a real book, rather than a blog post or news article. I dabbled in conversation with my family, that didn’t involve me showing them pictures

or videos. I was able to enjoy the company of those around me, without shielding myself with the comfort of my phone.

We tend to rely on our phone to get us out of awkward situations, boring meetings, and even just to pass time. There is a whole world around us, that doesn’t involve your phone. Imagine, be-

ing at dinner with your loved one, and having a real conversation, without any disturbances, without your phone ringing. Picture your mind at rest, instead of it constantly running through tasks it must complete.

I challenge each of you to put your phone down, maybe not for a whole day, but while you spend

time with others, so you can truly enjoy each other’s company. I urge you to give your mind a break, by shutting off your phone before you sleep, so you can have a good night’s rest. Take a moment and enjoy the beauty that nature has to offer; you’d be surprised how breathtaking reality can be.

Kaur Counseling supports individuals, couples and families through their journey of empowerment, love, growth and happiness.



Kaur Counseling works to serve individuals, families and couples’ from diverse backgrounds who suffer from depression, anxiety, re-building intimacy, marital conflict, familial conflict, PCOS, Infertility, low self-esteem, imposter syndrome, divorce/uncoupling, parenting and more. Therapy can be an intimidating process, and our goal is to provide an open, safe environment to help instill support, understanding and empowerment throughout your therapeutic journey.

Whether you’re looking to build confidence as an individual or within your relationships, together we can build the tools you need to succeed.



2168 Wisconsin Avenue, NW
Washington, DC 20007

Virtual Offices: Washington, DC, Virginia & Texas
info@KaurCounseling.org

214-507-2248
KaurCounseling.org

Start Losing Weight In 3 Easy Steps!



Complete Medical Intake
so your Medical Doctor can develop the best treatment plan for you.



Meet with Doctor
a licensed Doctor with weight loss experience will review your information.



Receive Medication
Receive your GLP-1 medication in the mail every month. Free shipping directly to your door.

WITH OUR SEMAGLUTIDE PROTOCOL

4 Month Supply – Self Injections Supplies – Initial Consultation

Only **\$396.00** per Month (\$99.00 per Week)

No Hidden Fees – No Insurance Needed



**Suppress
Appetite**



**Improve
Health**



**Lose
Weight**

CALL FOR RISK-FREE APPOINTMENT!

301-472-4290

Financing Available

richard cook. md & betty siu. md
BOARD CERTIFIED INTERNAL MEDICINE

3450 Old Washington Road
Suite #103, Waldorf, MD 20602

CookandSiuMD.com 

Your Beautiful Smile Investment Is Protected by Complete Periodontal Health

By Karl A. Smith, DDS, MS

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

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

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

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

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

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

Are You Missing Teeth?

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

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

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

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

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

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

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



Meet Your Smile's New Best Friend!

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



- Dental Implants To Restore Your Beautiful Smile
- Caring & Kind Dentist & Team
- State-of-the-Art Equipment
- Laser Periodontic Therapy
- Affordable Gum Treatment
- Insurance Accepted & Filed
- Ultra-Sterile Environment
- No Referral Needed
- Comfortable Sedation Dentistry



\$209 **New Patient Special**

Includes Initial Exam, Full Mouth Digital Film, Consultation with Dr. Smith (Reg. \$428)



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

New Patient appointments available daily!

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

www.Dr.KarlSmith.com



Get a Gorgeous Smile With Lip Repositioning Surgery



By Marc P. Stanard, DDS, PC

Your smile is your signature, reflecting your joy, confidence, and personality. However, for some, a “gummy smile” can detract from its beauty, causing self-consciousness and affecting overall well-being. Fortunately, advances in periodontal surgery offer a transformative solution: lip repositioning surgery.

Understanding the Gummy Smile

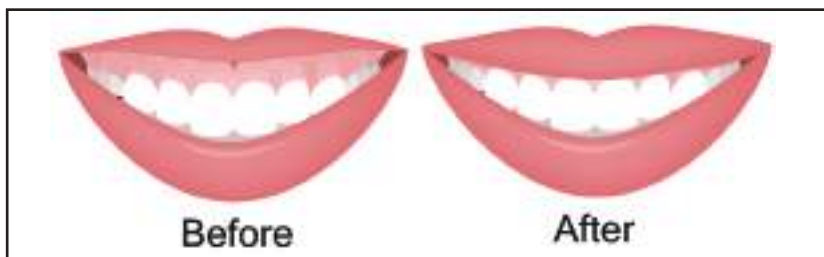
A gummy smile occurs when an excessive amount of gum tissue is displayed above the upper teeth when

smiling. While this condition is often harmless, it can lead to feelings of insecurity and impact one’s self-esteem. The underlying causes vary, including excessive gum tissue growth, abnormal tooth eruption, or hyperactive upper lip muscles.

The Solution:

Lip Repositioning Surgery

Lip repositioning surgery, in the qualifying patient, is a minimally invasive procedure, performed by a periodontist, designed to correct a gummy smile by repositioning the upper lip to reveal less of the gum while smiling. During the procedure, an incision is made in the mucosa inside the upper lip, allowing the surgeon to adjust the position of the lip to reveal less of the exposed gum above the teeth while smiling. This procedure works alone only if the lengths and shapes of individual teeth are normal and need not be corrected. It solely addresses the excess vertical dimension of gum above these teeth. The result is a more balanced and aesthetically pleasing smile.



Benefits Beyond Aesthetics

Beyond its cosmetic benefits, lip repositioning surgery can profoundly impact your overall well-being. By enhancing the harmony of your smile, this procedure boosts confidence and self-assurance, allowing you to engage more confidently in social and professional settings. Moreover, it can alleviate the psychological distress associated with a gummy smile, fostering a positive self-image and mental health.

Look and Feel Your Best

Investing in your periodontal health through lip repositioning surgery is an investment in yourself. By addressing an underlying cause

of a gummy smile, you can unlock newfound confidence and radiate positivity in every interaction. Moreover, improved dental aesthetics can enhance your overall facial harmony, complementing your natural features and accentuating your beauty.

Your smile is a reflection of your inner happiness and confidence. If a gummy smile has been holding you back, consider the transformative power of lip repositioning surgery. Embrace the opportunity to look and feel your best, radiating confidence with every smile. Consult your periodontist to see if you are a candidate for this procedure and explore how it can enhance your overall appearance.

Periodontist In Washington, DC

Maintaining good dental hygiene is crucial, and Dr. Marc Stanard, a periodontist and specialist in surgical implant dentistry, can help you achieve healthy teeth comfortably. We offer a wide range of specialized procedures and services to cater to your periodontal needs, such as bone surgery, scaling, and root planing, gum grafts, crown lengthenings, and sinus lifts.

Why you should choose Dr. Marc Stanard:

- We provide advanced, affordable dental care tailored to meet your unique needs.
- Our team offers oral hygiene instruction and education on gum disease, bone loss, and other dental health conditions.
- Dr. Marc Stanard has decades of experience and a passion for his work, and he’s earned numerous designations, affiliations, and awards, including Top DDS by Washingtonian and high ratings on Google and Yelp.
- Our office is friendly and welcoming, making it the perfect place to receive top-quality dental care.

Contact us today to schedule an appointment and experience the benefits of our specialized periodontal care.



Call: (202) 887-5441

1350 Connecticut Avenue, NW, Suite #305 • Washington, DC 20036

wdcperioimplant.com

Is Toenail Fungus Contagious?



By Lubrina Bryant, DPM
District Podiatry, PLLC

The toenails can look disfigured with a severe case of toenail fungus. It is caused by the human papillomavirus (HPV) and is considered to be highly contagious. This virus lives and thrives in warm and moist environments, such as public swimming pools, shower rooms, or similar areas.

Some of the symptoms that are associated with toenail fungus can include yellowed nails that can become brittle, and the affected nails may emit an odor. It is beneficial to implement certain methods that are successful in preventing toenail fungus. These can consist of wearing appropriate shoes, such as flip flops or water shoes, and refraining from sharing shoes, socks, and towels.

Toenail fungus does not improve without medical attention. If you have developed this condition, it is suggested that you confer with a podiatrist who can guide you toward the correct treatment options, which may include prescribed medicine.

If left untreated, toenail fungus may spread to other toenails, skin, or even fingernails. If you suspect you have toenail fungus it is important to seek treatment right away. For more information about treatment, contact your local podiatrist. Your doctor can provide the care you need to keep you pain-free and on your feet.

Symptoms

- Warped or oddly shaped nails
- Yellowish nails
- Loose/separated nail
- Buildup of bits and pieces of nail fragments under the nail
- Brittle, broken, thickened nail

Treatment

If self-care strategies and over-the-counter medications does not help your fungus, your podiatrist may give you a prescription drug instead. Even if you find relief from your toenail fungus symptoms, you

may experience a repeat infection in the future.

Prevention

In order to prevent getting toenail fungus in the future, you should always make sure to wash your feet with soap and water. After washing, it is important to dry your feet thoroughly especially in between the toes. When trimming your toenails, be sure to trim straight across instead of in a rounded shape. It is crucial not to cover up discolored nails with nail polish because that will prevent

your nail from being able to "breathe".

In some cases, surgical procedure may be needed to remove the toenail fungus. Consult with your podiatrist about the best treatment options for your case of toenail fungus.

If you have any questions, please contact your local podiatrist. They can offer the newest diagnostic and treatment technologies for all your foot care needs.



We Provide Foot Care For the Whole Family

From routine checkups to minor foot surgery, Lubrina Bryant, DPM is a podiatrist who is equipped to handle all your foot and ankle needs.

SERVICES INCLUDE:

- Routine Foot Care
- Diabetic Foot Care
- Wart Removal
- Ingrown Toenails
- Foot, Ankle or Heel Pain
- Toenail Fungus
- Bunions

Our feet are important in our everyday lives. The problem is that we tend to neglect them. When this becomes a habit, it can cause significant trouble. Ignoring foot problems can mean pain, limited mobility, and expensive doctor's visits. On the other hand, if feet are cared for and looked after regularly, they will perform without pain or complication.



**DISTRICT
PODIATRY,
PLLC**

1647 Benning Road, NE
Suite #301, Washington, DC 20002
202-388-5303
www.DistrictPodiatry.com



By Deborah Cheryl Mallu
DVM, CVA, MAC
Holistic Veterinary Healing

What To Expect From a Holistic Veterinary Hospital Visit

the norm in mainstream healthcare. When it comes to our pets, however, non-traditional forms of healthcare are often not considered simply because pet owners are not familiar with these types of treatments.

A holistic veterinary offers only the best holistic care for your pet. If you are not sure what a holistic veterinary hospital can offer your pet, we invite you to read on to learn more about this exciting and effective philosophy of treatment.

The Holistic Pet Care Philosophy

The goal as holistic veterinarians is to stop any problems before they start. They help pet owners adjust their pet's lifestyles so that their pets can enjoy a longer and healthier life without suffering from illness and disease.

With that said, a number of pets that are seen are already suffering from various ailments and issues. When they see these pets, they take

a "holistic" approach. They consider every aspect of your pet when determining what could be causing the issue and what the best form of treatment is. Apart from looking at the actual wound or pain point affecting your pet, they consider:

- Other physical areas of your pet which may be contributing to the health problem
- Your pet's environment and how that can be impacting their health
- Your pet's emotional response to the injury and their stress level

A veterinary hospital strives to provide a treatment that is not only as minimally invasive as possible, but that is also empathetic and understanding of the unique needs of your pet.

What To Expect From Holistic Pet Care

A visit to a holistic veterinary clinic will be a bit different from a traditional vet visit. They ask a number of questions regarding your pet's behaviors and lifestyle while also performing the physical exam. Pet owners can prepare themselves for the visit by writing down some notes regarding:

- Your pet's daily routine
- What your pet eats and in what quantities
- Notable changes in your pet's behavior
- Notable changes in your pet's toileting habits or stool

Holistic pet veterinary clinics will use this information to determine the best form of treatment for your pet. In some situations, they may opt for traditional types of treatment and remedies. However, they also have a number of alternative solutions which are often just as effective and even safer for your pet than conventional medicines. Some common treatments you can expect from a holistic vet include:

- Chiropractic care
- Acupuncture
- Herbal remedies
- Nutritional therapy and guidance
- UVB Ozone Therapy

Regardless of the type of vet you see, it is in everyone's best interest that your pet gets well and returns to a happy and healthy state. The benefit that we see in choosing a holistic veterinary hospital is that they provide you with more options for the treatment of your pet.

Holistic Veterinary Healing, where your pets will find a whole-listic approach to their healthcare.

Types of *physical* HOLISTIC PET CARE

Alternative Therapies: Incorporating practice such as acupuncture, chiropractic care, and physical therapy.

Natural Remedies: Using herbal medicine and homeopathy for preventive and therapeutic purposes.

Massage and Bodywork: Providing massages and other physical therapies to enhance well-being.



Deborah Cheryl Mallu
DVM, CVA, MAC



Germantown Square Shopping Center, Lower Level
12627 Wisteria Drive, Suite C & D, Germantown, MD

240-715-6570

HolisticVeterinaryHealing.com

Post-Laminectomy Syndrome

When Back Surgery Fails



By Madhavi Chada, MD
Synergy Spine and Pain Center

Post-laminectomy syndrome refers to chronic and unexplained pain you experience after back surgery. If you're suffering from neck or lower back pain of an unknown origin that develops following surgery, it could be post-laminectomy syndrome, also known as failed back surgery syndrome. Post laminectomy syndrome is associated with a specific type of back surgery called a laminectomy.

There is no definitive reason as to why back pain persists after surgery for some patients.

Before treatment, you need a diagnosis. The first step is visiting a doctor. A physical examination will be completed followed by imaging tests, which are done to pinpoint the cause of your back pain and help with treatment planning.

Once your doctor has finished tests, they can help you determine if you're suffering from post laminectomy syndrome.

Treating post-laminectomy syndrome can be difficult, as the cause for your pain is often unknown. If you're suffering from this condition, discuss your symptoms in detail with your pain doctor. With a full list of symptoms, they can begin to develop the most effective treatment plan to manage your pain. Treatments for post-laminectomy syndrome may include:

Please see "Back Surgery," page 38

Don't Let PAIN Control Your Life

Pain Conditions We Treat:

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

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

SynergySpineMD.com

Synergy Spine and Pain Center
 INTERVENTIONAL PAIN MANAGEMENT SPECIALISTS



Madhavi Chada, MD - Triple Board Certified Physician
 ABIM certified in Internal Medicine; ABA certified in Anesthesiology and Pain Medicine
 Glenn Dale: 240-929-6652 | Ft. Washington: 240-260-3828 | Silver Spring: 240-641-5922

12150 Annapolis Road, Ste 209, Glenn Dale, MD 20769
 10709 Indian Head Hwy, MD-210, Suite D, Fort Washington, MD 20744
 11233 Lockwood Drive, Silver Spring, MD 20901



The Root Causes Behind Most Burn Injuries

By Vienna, Virginia Attorney Paul Samakow

Burn injuries are distressing and often painful incidents that can have severe consequences for those affected. From minor scalds to life-threatening burns, understanding the root causes behind these injuries is crucial for prevention and safety. While the causes of burn injuries can vary widely, several common factors contribute to most incidents. In this blog post, we'll delve into the primary causes behind most burn injuries and discuss strategies for prevention.

1. **Heat Sources:** Heat-related sources are among the leading causes of burn injuries worldwide. Contact with hot objects such as stovetops, irons, and cooking utensils can result in thermal burns. Additionally, exposure to flames from fires, candles, or fireworks poses a significant risk of burns, especially in residential settings. Mishandling fireworks, improper storage of flammable materials, and accidents involving open flames contribute to a substantial portion of burn injuries each year.
2. **Scalding Liquids:** Scald burns, caused by contact with hot liquids or steam, are another common cause of burn injuries, particularly among young children and older adults. Spills from hot beverages, cooking fluids, and bathwater can result in scald injuries, often causing severe burns to sensitive areas such as the face, neck, and hands. Failure to regulate water temperature, improper use of microwave ovens, and lack of supervision around hot surfaces contribute to the prevalence of scald injuries. Note, particularly, that hot coffee and tea served at many fast-food restaurants is typically delivered to you at temperatures in excess of 135 degrees – this is extremely dangerous! Often the temperature reaches 190 degrees! Wait until you consume these beverages!
3. **Electrical Hazards:** Electrical burns occur when the body encounters electrical currents, resulting in tissue damage and internal injuries. Electrical hazards in the home, workplace, and outdoor environments pose a significant risk of burn injuries, especially in industries such as construction, manufacturing, and utilities. Faulty wiring exposed electrical outlets, damaged appliances, and contact with power lines are common sources of electrical burns.
4. **Chemical Exposures:** Chemical burns, caused by contact with corrosive substances such as acids, alkalis, and solvents, can result in severe tissue damage and long-term complications. Accidental spills, improper handling of cleaning products, and workplace accidents involving hazardous chemicals can lead to chemical burns. Exposure to household cleaners, automotive fluids, and industrial chemicals without proper protective gear increases the risk of chemical injuries.
5. **Radiation and Sun Exposure:** Radiation burns, resulting from exposure to ultraviolet (UV) radiation, X-rays, or radioactive materials, can cause skin damage and increase the risk of skin cancer. Prolonged sun exposure without adequate sun protection, such as sunscreen and protective clothing, can lead to sunburns and long-term skin damage. Additionally, occupational exposure to ionizing radiation in industries such as healthcare, nuclear energy, and radiology poses a risk of radiation burns.
6. **Explosions and Fire-related Incidents:** Explosions and fire-related incidents, including house fires, vehicle fires, and industrial accidents, are significant contributors to burn injuries. Explosive devices, combustible materials, and malfunctioning equipment can cause devastating burns and traumatic injuries. Inadequate fire safety measures, lack of smoke detectors, and improper handling of flammable materials increase the likelihood of fire-related burn incidents.
7. **Cooking Accidents:** Cooking-related accidents, such as oil spills, grease fires, and hot oil splatters, are common causes of burn injuries in residential kitchens. Mishaps during food preparation, distraction while cooking, and improper use of cooking appliances can lead to burns. Carelessness with hot surfaces, failure to use oven mitts or potholders, and leaving cooking unattended contribute to cooking-related burn incidents.

In conclusion, burn injuries can result from a variety of causes, ranging from heat sources and scalding liquids to electrical hazards and chemical exposures. Understanding the root causes behind most burn injuries is essential for implementing preventive measures and promoting safety in various settings. By raising awareness, practicing caution, and adhering to safety protocols, individuals can reduce the risk of burn injuries and create safer environments for themselves and others.

Attorney Paul Samakow has a national practice representing burn injury survivors. If you or a loved one has suffered a burn injury, please call 1-833-MY-BURNS and be sure to visit his website www.nationalburnattorney.com for additional resources.



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.

All-On-Four: One Full Arch Of Teeth, Four Dental Implants

To fully understand this remark-

able technique for replacing teeth, you should first understand what a dental implant is. An implant is a small titanium screw that fits inside your jawbone and replaces the root-part of a missing tooth. Minor surgery is required to insert the implants. Once the implant is in place, a crown is attached to give you a highly realistic-looking and functional prosthetic tooth.

Here’s where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four precisely placed implants on 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 implants, 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.

All-On-4: Same Day Smiles



Missing Teeth or Tired of Wearing Dentures?

Thanks to advances in dental implant technology, just **four implants** can replace all of the teeth on the top or the bottom of your mouth.

Courtesy 3D Planning For Implants

When patients bring a 3D scan with them to or have one taken in the office.

Appointment needs to be scheduled before March 15, 2024

CALL TODAY TO GET YOUR OLD SMILE BACK!

301.294.8700



DENTAL IMPLANT CENTER OF ROCKVILLE
Dr. Sivakumar Sreenivasan & Associates
OMFS MD, P.A.

Dental Implant Center of Rockville
77 South Washington Street, Suite #205
Rockville, MD 20850 • www.DrSreeni.com



By Deeni Bassam, MD, DABPM
The Spine Care Center

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

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

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

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

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

In general, stimulation works

Can Electrical Stimulation Help My Pain?

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

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

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

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

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

Back Pain?

Back and neck pain *can* be treated.

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

SPECIALIZING IN TREATMENTS FOR:

<ul style="list-style-type: none"> • Neck Pain • Low Back Pain • Herniated Discs • Facet Arthritis • SI Joint Dysfunction • Musculoskeletal Pain • Complex Regional Pain Syndrome • Reflex Sympathetic Dystrophy (RSD) • Radiculopathy 	<ul style="list-style-type: none"> • Neuralgia • Sciatica • Post Laminectomy Syndrome • Shingles (Post Herpetic Neuralgia) • Diabetic Neuropathy • Post Amputation Pain • Cancer Pain Management • Persistent Pain after Back Surgery • Spinal Tumors 	<ul style="list-style-type: none"> • Spinal Injuries • Spine Trauma • Spine Fractures • Spine Infections • Degenerative Discs • Scoliosis in children and adults • Spinal Stenosis • Spinal Arthritis
---	--	---

Top Quality Minimally Invasive Surgical and Non-Surgical Spine Treatments

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

THE SPINE CARE CENTER

For more information or to schedule an appointment please call:

703-705-4471

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

We can help you live your BEST LIFE!

www.spinecareva.com



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Surrogacy has been a beacon of hope for countless individuals and couples around the world. This process involves one woman carrying and giving birth to a child on behalf of another individual or couple who, for various reasons, cannot conceive or carry a pregnancy themselves.

Surrogacy has deep historical roots. In Roman society, where infertility was a prevailing concern, infertile women could seek the help of fertile women, known as “maters,” to carry a child on their behalf. Legally, the child born belonged to the husband and wife who commissioned the surrogacy.

In ancient Greece, infertile couples turned to close relatives, often sisters, to serve as surrogate mothers.

Surrogacy

A Journey Through Time and Across Cultures

The child born in this context was recognized as the offspring of the intended parents.

However, it’s essential to acknowledge that these ancient practices, while resembling modern surrogacy, were distinct due to the absence of contemporary assisted reproductive technologies and genetic connections.

In ancient China and ancient Africa explicit evidence of surrogacy is limited. It’s plausible that surrogacy-like practices existed but were not extensively documented.

In the modern era, surrogacy has taken on two primary forms:

1. Traditional Surrogacy: This method involves the surrogate mother using her own egg to conceive the child through artificial insemination. However, traditional surrogacy has become less common due to its legal complexities and the preference for a genetic link between the child and the intended parents.

2. Gestational Surrogacy: Gestational surrogacy, the prevalent

form today, entails the surrogate mother carrying a child conceived using the egg and sperm of the intended parents or donors. This method ensures a clear genetic connection between the child and the intended parents.

Surrogacy laws vary significantly across different countries and regions, requiring all parties involved to seek legal counsel to fully comprehend their rights and responsibilities. Ethical considerations in surrogacy revolve around issues of informed consent, autonomy, and the welfare of everyone involved, particularly the child. Ensuring that the surrogate mother fully understands and willingly consents to the process, along with receiving fair compensation, is paramount.



Surrogacy is a profoundly emotional journey. Open and honest communication among all parties, supplemented by mental health support when needed, is vital to navigate the emotional peaks and valleys inherent in surrogacy.

*Previously published on
SoMeDocs Magazine and Medium.com*



Where Science Meets Compassion

Our mission is to assist our patients in creating the families of their dreams, whether it be at the present or to maintain the possibility in the future.

Medical Director Dr. Famuyiwa, a double board certified fertility specialist and an advocate for personalized holistic fertility care, is at the forefront of providing state-of-the-art care based on emerging and advanced new technologies in the most compassionate of manners.

3202 Tower Oaks Blvd, Suite 370 Rockville, MD 20852 | 301-946-6962 | MontgomeryFertilityCenter.com



By Tammy Leiner, Certified Clinical Thermographer, Level 3
The Longevity Center

The Holiday decorations come down. The gym memberships and diets fade. Yet, we still have that need to get healthy, feel better and thrive!

A health check is the perfect opportunity to get inspired and kickstart your reset into summer!

Consider a Women's Wellness Thermography Screening.

This non-invasive tool can visualize so many different areas – safely, effectively and affordably.

This test assesses not only areas needing improvement – but what is working just fine. Some of the many things thermography assesses:

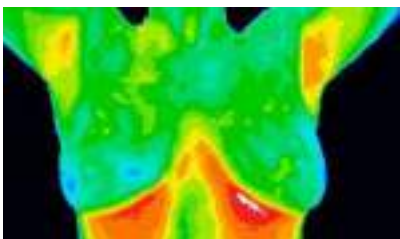
Functional: includes thyroid, upper & lower digestive, sinus and lymphatics

Inflammation: sinus, dental, liver, spine, ovaries, uterine

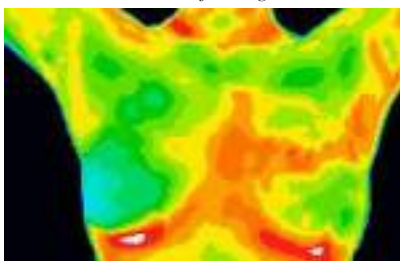
Vascular: breast health, carotid artery

Also: circulatory, lung, kidney health. Regularly Priced: \$349

See your health in FULL COLOR
– Book your appointment NOW!



Normal findings



Suspicious findings

Why Not 'SPRING' Into Women's Health Month?!

SPRING SPECIAL!



Take
\$40⁰⁰ OFF
Our Women's Wellness Screening

Now thru Memorial Day 2024
NEW AND EXISTING CLIENTS!



The Longevity Center

Proudly Serving Maryland, Delaware, DC, Virginia & West Virginia.

Call now to schedule your appointment:

888-580-0040

Or book online at:

LongevityThermography.com

**Prevention
is the key to
Longevity.**

CELEBRATING 20 YEARS of SERVICE - EXPERIENCE MATTERS!!!

What Is Uninsured Motorist Automobile Insurance?



By James A. Cleaver, Esq.
Alexander & Cleaver

Most people are familiar with liability, collision and comprehensive insurance coverage. Chances are you have been in an accident, your car has been damaged or you have had a broken windshield so you have used these coverages.

Nothing, however, is more important than uninsured motorist coverage. This coverage protects you if

the wrongful driver is uninsured or insured but does not have enough insurance to pay your damages.

This insurance is mandatory in Maryland which means you must purchase uninsured motorist coverage. Where most people get into trouble is not having enough uninsured motorist coverage. Remember, when you purchase automobile insurance you purchase two things: coverages and the amount of coverage. The minimum per person coverage for uninsured motorists is \$30,000 in Maryland. Having the bare minimum is like having a ticking time bomb. Consider this, by far the most "go fund me" accounts are for medical bills. A minor motor vehicle accident can easily result in medical bills and loss of earnings in excess of \$30,000. Add to that the pain and discomfort that goes along with motor vehicle injuries and you can

Please see "Auto Insurance," page 38

The Relationship Between TMJ and Headaches



By Michael Rogers, DDS
Fairlington Dental

medical doctor due to this pain and be tested for many different things such as tumors or herniated discs, only to find there is nothing wrong in those areas. This can become quite expensive after the use of MRI's or CT-Scans. TMJ and headaches are extremely common and often is a relatively easy thing to treat after diagnosis from a dental expert.

Many times, people that have TMJ will go years with severe headaches that doctors can find no reason for. It is often stumbled upon during a dental exam, or only after a patient learns what the symptoms are and proceeds to make an appointment with a dental practitioner that specializes in TMJ and headaches. Some of the symptoms may be a clicking or popping sound in the jaw when the jaw is fully opened, or even the inability to open the jaw completely. For many people this creates no pain or is not evident, but it may be noticed that when

TMJ disorders, otherwise known as Temporomandibular Joint Disorder, include the joint of the jaw and the muscles that surround it. These disorders can often be very painful and may include symptoms that mimic other conditions. These may include neck and shoulder pain and headaches and often make it difficult to yawn, eat, or swallow. It is not unusual for people to go to their

Please see "TMJ and Headaches," page 38

Injured in an Auto Accident? Let's build your case!



Your Lawyers for LIFE

Our Wide Range of Focus

- Auto Accidents
- Trucking Accidents
- Motorcycle Accidents
- Pedestrian Accidents
- Slip & Fall / Premises Liability

More Than Courtroom Representation

At Alexander & Cleaver, we believe that a successful representation goes beyond just showing up in the courtroom. When you come to us, we sit down with you and explain the entire process required for your case. We forge a strong relationship with you and help you in every way possible throughout the entire process. The law firm of Alexander & Cleaver, is ready to win your case.



Alexander & Cleaver
PROFESSIONAL ASSOCIATION

Free Consultation

(800) 292-5297

6710 Oxon Hill Road, Suite 330

Oxon Hill, MD 20745

alexander-cleaver.com

Optimum Health Begins With Oral Health



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!

Dr. Michael Rogers Our Complete Health Approach

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

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

Schedule Your Appointment Today: (703) 671-1001

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

General Dentistry – Cosmetic Dentistry

Missing Teeth – Invisalign

Safe Amalgam Replacement

Sleep Apnea & Snoring

OralDNA™ – Perio Protect™

Frenectomies – Gum Health

State-of-the-Art Technology

FAIRLINGTONDENTAL.COM



Chiropractic, Physical Therapy, Rehabilitation

Fairmount Heights NE DC Location:

525 Eastern Avenue, NE, Suite B2, Fairmount Heights, MD 20743

Suitland Location:

5855 Allentown Road, Unit #19, Suitland, MD 20746

301-925-2013

PainRehabCenterMD.com



Dr. Gela provides personal injuries and rehabilitation services. She works with a network of medical professionals and personal injury attorneys to ensure that you receive the highest quality of care and support. Most of her new patients are referred through this network; she has the experience they rely on, and so can you!

Our Services:

- Auto Injury
- Work Injury
- CDL/DOT Physical Exam
- Digital X-Ray
- Spinal Decompression Therapy
- Dry Needling



Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



2841 Hartland Road
Suite #301
Falls Church, VA

703-821-1103



Meet Jeffrey L. Brown

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

Do you have TMD or Sleep Apnea?

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

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

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

www.SleepandTMJTherapy.com

Elizabeth "Andie" Shin, DDS



4825 Bethesda Avenue
Suite #220, Bethesda, MD

301-941-7374

smile@BCCPediatricDentistry.com



Meet Elizabeth "Andie" Shin

Dr. Shin is the founder and president of BCC Pediatric Dentistry. She is a Board-Certified Pediatric Dentist with more than 20 years of practice experience. Among other awards and recognitions, Dr. Shin has been selected by her peers as a Washingtonian Top Pediatric Dentist and a Bethesda Magazine Top Pediatric Dentist.

Dr. Shin's experience spans a diverse range of locations, settings, and organizations. She was Associate Professor of Pediatric Dentistry for the Advanced Post-Graduate Pediatric Dentistry Residency at the University of Southern California (USC). Dr. Shin practiced pediatric dentistry at a Native American Reservation in Montana. After 911, she joined the Army and served as an active-duty military officer and pediatric dentist at Walter Reed Army Medical Center, in Washington DC. Dr. Shin was also the first Korean-American female to hold the position as the division head of the Pediatric Dentistry and Orthodontic Dental Clinic at the Children's Hospital of Los Angeles. These and other positions throughout the years have provided Dr. Shin with invaluable pediatric dentistry experience and unique expertise.

Most of all she loves children, likes to make them laugh, and is constantly trying to learn more about them and their accomplishments. That includes her patients and her son, daughter, grandkids, and your child too!

***Leading The Way In
Pediatric Dentistry!***

BCCPediatricDentistry.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



DENTAL IMPLANT CENTER OF ROCKVILLE

Sivakumar Sreenivasan, DMD

*Oral and
Maxillofacial Surgeon*

*Diplomate, American
Board of Oral &
Maxillofacial Surgery*

DMD, MDS • OMFS, MD, PA

77 South Washington Street
Suite #205, Rockville, MD

301-294-8700

www.OMFSMD.com



Meet Dr. Sreenivasan:

Dr. Sreeni came to the United States as an Oral and Maxillofacial Surgeon in the year 1990 and put himself through dental school again at Boston University and Oral and Maxillofacial Surgery residency at University of Medicine and Dentistry of New Jersey.

As an Oral and Maxillofacial Surgeon, Dr. Sreeni manages a wide variety of problems relating to the Mouth, Teeth and Facial Regions. He practices a full scope of Oral and Maxillofacial Surgery with expertise ranging from Corrective Jaw Surgery to Wisdom Teeth Removal. His passion is in implant surgery and he is well known for same day placement of implants following teeth removal be it for single teeth or a complete "makeover" (Smile in a day). He can also diagnose and treat Facial Pain, Facial Injuries and TMJ disorders and perform Bone Grafting and Sinus lift procedures.

Dr. Sreeni completed a residency in Anesthesiology at Mount Sinai Hospital, New York in 1994 and has worked as an Attending providing anesthesia services for children and adults in the ambulatory out-patient center of the hospital.

Dr. Sreeni is an Advanced Cardiac Life Support instructor with the Adventist group. He is also certified in Pediatric advanced life support and is very capable of handling emergencies that could possibly arise in the office. Dr. Sreeni's staff are trained in assisting with IV Sedation/General Anesthesia within our state of the art office setting. Patients are continuously monitored during and after surgery. The goal of our office is to provide professional service with compassion and an understanding of the patients' perspective.

Boost Your Confidence.
Get the smile you deserve!

Shawn Samad, DDS

7508 Wisconsin Avenue
Ground Level, Bethesda, MD
301-951-9500
www.BethesdaDentalGroup.com

4373 Northview Drive
Bowie, MD
301-464-8707
www.TheBowieDentalGroup.com

14333 Laurel Bowie Road
Suite #100, Laurel, MD
301-953-3081
www.LaurelPinesDental.com



Meet Dr. Shawn Samad

Raised in Severna Park, MD, Dr. Shawn Samad is the proud son of Fred and Mary Samad, a working class couple that raised their children in a humble household. Dr. Samad grew up to be an avid sports fan. He still plays soccer regularly and is a HUGE Ravens fan!

He went to college in Westminster, MD, where he received his Bachelor of Science degree with majors in Biology and Chemistry with a special focus on Physics. He then continued his education at UMBC where he worked on a Masters degree in Biology. And finally attended University of Maryland School of Dentistry where he received his Doctor of Dental Surgery (DDS) degree.

Although he has achieved one of the highest educational degrees, he still continuously partakes in Continuing Education (CE) regularly to learn about all of the newest, latest, and greatest techniques and technology. He has received extensive training and experience in Cosmetic Dentistry, Endodontics (Root Canals), Oral Surgery, Implantology, and Invisalign Orthodontics. His belief is Knowledge is Success!!

And it must be mentioned that his office is filled to the teeth (Pun intended) with world class, state of the art, technology in a modern and sophisticated office layout. Dr. Samad's motto in his work is, "Changing lives, one tooth at a time." Come on in and meet him. You won't be disappointed!

BETHESDA DENTAL GROUP

ALL DENTAL SPECIALTIES IN ONE LOCATION

The Bowie Dental Group



Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Ike V. Lans, DDS



44110 Ashburn Shopping Plaza
Suite #166
Ashburn, VA 20147
703-729-1400



Meet Ike V. Lans

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

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

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

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

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

LansFamilyDentistry.com

Yolanda C. Holmes, MD, PC



Medical & Cosmetic Dermatology

**Cosmetic
Dermatology,
Aesthetics & Wellness**



Dr. Yolanda C. Holmes, M.D., P.C., is a highly respected and board-certified expert in General and Surgical Dermatology, known for her unwavering commitment to providing exceptional care to her patients.

A Distinguished Career in Dermatology

Dr. Yolanda C. Holmes, M.D., P.C., is a highly respected and board-certified expert in General and Surgical Dermatology, known for her unwavering commitment to providing exceptional care to her patients.

Dr. Holmes is a distinguished alumna of Drexel University, where she earned her Doctor of Medicine degree. Following her medical journey, she pursued a residency in dermatology, further honing her skills in diagnosing and treating a wide range of skin conditions. Her commitment to excellence is underscored by an internship in internal medicine, equipping her with a comprehensive understanding of skin health complexities.

An Empowering Partnership

Reflections Image Center & Skincare Institute is proud to partner with Dr. Yolanda C. Holmes, bringing her expertise to our esteemed team. With her exceptional knowledge and passion for General and Surgical Dermatology, Dr. Holmes elevates our commitment to providing unparalleled care and transformative results for our valued patients.

Unveiling Your Radiant Skin

Specializing in the treatment of acne, hair loss, dark spots, rosacea, and other common skin conditions, Dr. Holmes is well-versed in the latest advancements in dermatological care. Her expertise extends to surgical dermatology, offering services such as mole checks and removal to minimize the risk of skin cancer. With her personalized approach, patients can trust that their concerns will be heard, and tailored treatment plans will be crafted to achieve their unique goals.

A Trusted Expert and Beacon of Excellence

Dr. Yolanda C. Holmes is more than a dermatologist—she is a trusted expert, a compassionate healer, and a beacon of excellence in the dermatology community. Her dedication to her patients' well-being has garnered her the trust and loyalty of those she serves. If you are seeking exceptional results and top-tier service, look no further than Dr. Yolanda C. Holmes for all your General and Surgical Dermatology needs.

Dr. Yolanda C. Holmes enhances our dedication to setting new standards in skincare excellence across two locations. If you're in Maryland or D.C., join us at Yolanda Holmes, MD, or in Virginia, we welcome you to Reflections Image Center & Skincare Institute. We invite you to embark on a transformative journey towards achieving radiant and rejuvenated skin with us.



Medical & Cosmetic Dermatology

1737 20th Street NW
Washington, DC 20009

202-737-6800

YolandaHolmesMD.com



44125 Woodridge Parkway
Suite #220
Lansdowne, VA 20110

703-539-6002

ReflectionsImageCenter.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Toni Greene, Owner

Toni's Happy Hour Yoga

6504 Old Branch Avenue
Temple Hills, MD 20748
301-449-8664



HAPPY HOUR YOGA ON "ZOOM"

Your Space, Your Energy, Your Sacredness
Yoga on a more relaxed, deeper level at home.

Meet Toni Nandini Greene

Mission: To help people to be comfortable in their own skin, to love themselves, like themselves and be themselves and most of all accept and forgive themselves. "I'm here for you".

Specialized Degrees: Hypnotherapy, G.I.A. of America Gem (stone specialist), Advanced Yoga Training in Rishikesh India, continuing yearly training of Yoga and Ayurveda in Rishikesh India. Certified Astrologer - Charts interpreted for as little as \$49. The Big 3: Sun, Moon, Rising Ascendant.

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.

Lubrina Bryant, DPM

You Don't Have To Live With Foot Pain

1647 Benning Road, NE
Suite #301
Washington, DC
202-388-5303



Meet Lubrina Bryant

Foot doctor Lubrina Bryant, DPM is dedicated to getting to the root of your foot or ankle problem. District Podiatry, PLLC specializes in general foot and ankle care. Having chronic foot and ankle pain can affect the quality of your life and finding the right foot and ankle specialist can be just as difficult. We know how hectic life can be and we are committed to making our practice and care convenient and accessible.

WE ACCEPT MOST INSURANCE PLANS AND WELCOME NEW PATIENTS!

From routine checkups to minor foot surgery, Lubrina Bryant, DPM is a podiatrist who is equipped to handle all your foot and ankle needs.

Services Include: Routine Foot Care, Diabetic Foot Care, Wart Removal, Ingrown Toenails, Foot, Ankle or Heel Pain, Toenail Fungus, and Bunions.



DISTRICT PODIATRY, PLLC

www.DistrictPodiatry.com

yhm.news/Happy-Hour-Yoga

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



Melo Rejuvenation

800-710-0917

301-366-8848

MeloRejuvenation.com



Dr. Melo Forchu
Wellness Solutions

BEST PHARMACY

6495 NEW HAMPSHIRE AVE.
#B130, HYATTSVILLE, MD 20783

NEW LOCATION:

6869 NEW HAMPSHIRE AVE.
TAKOMA PARK, MD 20912

Laboratory

Best Medical Center

X-Ray • Pharmacy • Weight Loss
& Rejuvenation • Stem Cells

OFFERING THE FOLLOWING, ALL UNDER ONE ROOF:

Best Laboratory

Reference Lab
Walk-Ins Welcome
COVID Testing

Best X-Rays

Get results within
10 minutes!

Best Pharmacy

Refills
Transfer your prescriptions

Best Medical Center

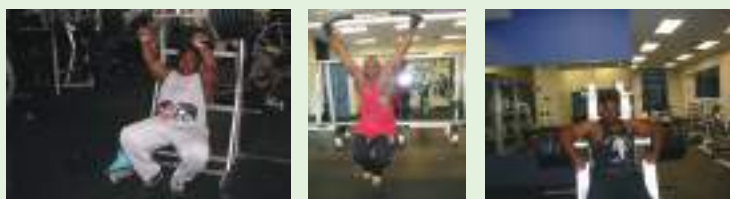
Weight Loss & Rejuvenation
Stem Cells
All treatments, including
complete physical
Immunizations
Travel Vaccinations

**We accept cash
or most insurances**

We are here to assist you to "Treat the cause... not the symptom." Melo Rejuvenation Laboratories, is a group of dedicated scientists, researchers, doctors and chemists who are committed to serving the wellbeing of humankind. That means going the extra mile in taking the complexity out of self education and spending the time with any individual who genuinely wishes to learn living a balanced life, what we call Omnistasis.

For nearly two decades, our company has done this by researching and producing products that get powerful results in your balanced and healthy lifestyle. We maintain the highest safeguards to ensure that all of our customers receive the highest quality, yet affordable, nutritional support products for the results they desire. Through our web sites, numerous distribution outlets, and distribution partners, we specialize in and proudly offer the finest anti-aging products to not only Internet consumers, but also traditional health food stores as well as specialty item stores. We provide our customers the choice of using advanced Internet ordering, or conveniently calling our state-of-the-art calling center.

At present, we have strategic partner alliances in place with doctors and researchers in many areas of nutrition science with a special focus on hormones, nutrition and balanced health. We are continually researching the very latest science and medical data to continually offer only excellence in natural anti-aging and weight loss supplements to ensure the highest level of customer loyalty and satisfaction.



We can help you remain young, physically and mentally sound with a strong body and mind!

- Weight Loss Products & Solutions – 100% Safe, Doctor Recommended
 - Hormone Evaluation – Cortisol, Testosterone, and More
- HGH – Hormone Growth Hormone – Anti-Aging, Sports Performance
- Complete Reference Lab – CBC, Vitamin D Level Testing, and More
 - Medical Center, Pharmacy, and X-Ray on-site
- Adrenal Gland Evaluation • Autoimmune Disorders

**Visit or Call us Today
to find out how we can help you!**



Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



ORGANIC SKIN CARE



Gustavo's Natural Skin Care with organic ingredients combines the power of plants with ancient knowledge and up-to-the-minute technology and science. Our ingredients are founded on the knowledge of skin varieties and natural advances from the botanical world.

Our entire formulations offer active botanicals and phytonutrients in each product. By using the most beneficial botanicals in an optimal combination, we can deliver healing results for the most

particular, super sensitive and challenging skin types.

Our goal is to make your daily routine with our products specifically picked out for you as stress-free and healthy as possible. PETA and Cancer Center Approved.

Schedule a
FREE CONSULTATION
with **GUSTAVO**,
our creator and owner
to get personalized product
suggestions and free samples!



15% OFF
Your Next Order

Buy Online Now:
GUSTAVOLLC.com

Dr. Tiffany Daniel, EdD



137 National Plaza
Suite #300, Oxon Hill, MD

202-498-5678



Meet Dr. Tiffany Daniel

Degrees: BS in Psychology, MDiv; Doctorate in Christian Education, EdD

Certificates: Behavioral Health and Nutrition, Personal & Small Group Fitness Instructor, Certified Health & Wellness Coach, IIN Alumni, MRT & SEL(F) Instructor, Yoga 200Level and Zumba Instructor

Training: Mindful Movement and Breathwork

Areas of Interest: Healthy Eating and Regular Exercise

Specialties: Nutrition, Meal Planning, Weight Loss, Rehabilitation and Maintenance, and Standards for Excellence Licensed Consultant

Practice Philosophy: Your Health is Your Wealth

Hosts a monthly women veterans peer support group with Peer Outreach Solutions, Inc., (Posi) for Sista's of the Posi.

Give An Hour, Ambassador supporting veterans and their families.

Veteran Yoga Project, State Director for Yoga - MRT Breathe for Change, Yoga Instructor Yoga - SEL(F) Mental Health First Aid Certified

Hobbies: Reading, Researching Preventive Measures for Autoimmune Diseases and other Health Conditions plus Advocate for Veterans and Mental Health Awareness

www.ctldomGroup.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

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

Krystle Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Krystle Dean-Duru

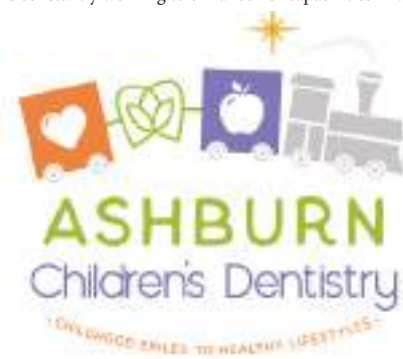
Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn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

It is an honor to join my mother in practice at Ashburn Children's Dentistry where I get to fulfill my commitment to helping each child and parent have a positive and transformative dental experience, with compassion and fun! Having matured as an integrative laser pediatric dental surgeon and absorbing the ethos of Ashburn Children's Dentistry, I work tirelessly to stay abreast of emerging research, and improve the quality of life for children by learning from the world's leading researchers and clinicians. Through these means, we are continually integrating critical aspects of oral structure, craniofacial development, and its impact on the pediatric airway in the service of providing optimal patient outcomes. Caring for children is so powerful and rewarding and with that, understanding the importance of utilizing gentle and minimal intervention therapies. Treating the source of their issues—instead of the symptoms—and focusing on early prevention, has been critical to my role in educating parents and assisting their blossoming child's development into a healthy and resilient adult.

I hold an undergraduate degree from Columbia University in New York, where I studied Psychology. I received a Doctorate of Dental Surgery from Virginia Commonwealth University in Richmond, Virginia and completed my Pediatric Residency at Interfaith Department of Dental Medicine in Brooklyn, New York, where I served in a leadership role as Chief Resident. Board certified, I am a proud Diplomate of the American Board of Pediatric Dentistry.

When not helping my young patients build happy smiles, I enjoy spending time with family and friends, growing in my faith, improving my dancing skills, learning boxing moves, traveling — and cheering on Washington sports teams!

"Dr. Krystle," as she is known by her patients, is thrilled to join her mom, Dr. Lynda, in practice. Patients and parents compliment her fun, compassionate approach. They are also impressed by her commitment to helping each child and parent have a positive dental experience. Having matured as a dental surgeon, she is constantly working to enhance her capabilities in the field.



www.KidzSmile.com



2106-B Gallows Road,
Vienna, VA 22182

703-992-9290

AstoriaLaserClinic.com

SPECIAL 60% OFF

ONE TREATMENT OF YOUR CHOICE:

Limited time, call today for your free consultation.

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



UltraSlim

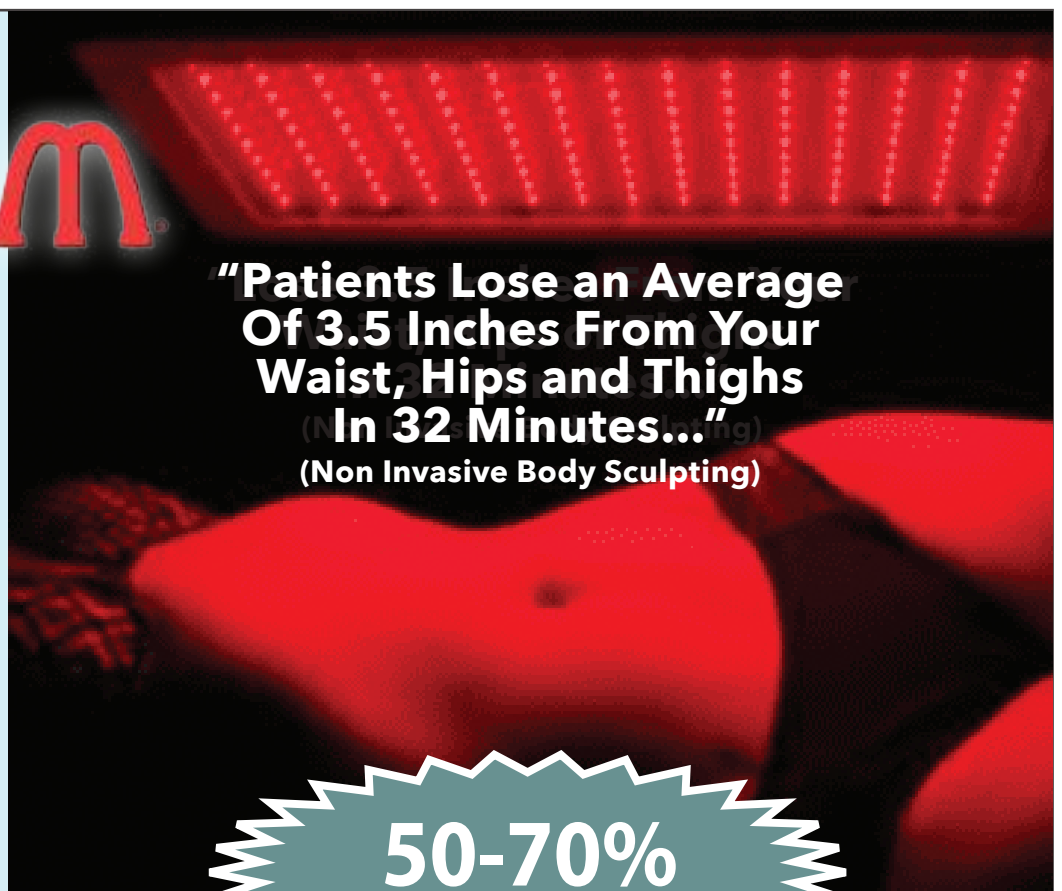
What were your goals at the beginning of the year? Have you met your goals? Are you moving in the right direction? Is it hard to stay on track?

Losing "stubborn fat" is hard and as you get older - it just gets harder and harder. You might go to the gym five days a week, sweat on the treadmill for an hour, and see maybe a pound or two drop in a month. Is that really worth your time?

Or... imagine going to a medical facility, laying down, spending 35 minutes relaxing, then getting up and finding out you've lost two inches around your waist. Which do you prefer? What if you could keep doing that and losing more and more fat until you looked like you did years ago?

If you have any interest in this and how it works when it comes to inch loss, you should stop what you're doing and call the office for an appointment immediately. This new treatment technology uses a special laser therapy to trick your mitochondria (in your fat cells) to release their fat contents.

If you eat better, drink plenty of water, stay away from sugars, and carbohydrates, this can lead to permanent fat loss without surgery. Here's a heads up. If you have tried liposuction in the past - you know that when you "regain the weight" it goes to different place(s) - making your body look distorted and then unfortunately, you're back to where you started, only worse. With this technology we don't destroy your fat cells. What we do is we simply drain the contents of the fat cells so you lose the inches and look good again.



**"Patients Lose an Average
Of 3.5 Inches From Your
Waist, Hips and Thighs
In 32 Minutes..."**
(Non Invasive Body Sculpting)

**50-70%
OFF!**

- No Pain • No Surgery
- No Downtime • No Dieting
- No Exercise

(Lose 2" on Your First Visit OR You Don't Pay!)

richard cook. md & betty siu. md
BOARD CERTIFIED INTERNAL MEDICINE

CALL FOR RISK-FREE APPOINTMENT!

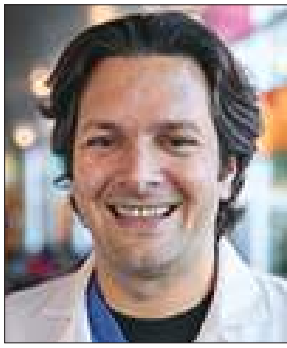
301-472-4290

**3450 Old Washington Road, Suite #103
Waldorf, MD 20602**

CookandSiuMD.com

Financing Available





By Matthew Skancke, MD & Rami Makhoul, MD
Metro Colon and Rectal Surgery

The Revolution of Robotic Surgery In Colorectal Procedures

Smaller Incisions, Faster Recovery

Colorectal surgery has entered a new era of advancement, thanks to the remarkable innovation of robotic surgery. This cutting-edge technology has not only reduced the risk of complications but also revolutionized the recovery process for patients. In this article, we will explore how robotic surgery is transforming the landscape of colorectal procedures, making them safer and more efficient.

The Robotic Revolution

Robotic surgery has made significant strides since its inception in the late 1990s when the first procedure was performed in the United States. Today, it has become a staple in the field of surgery, with around 400,000 robotic-assisted procedures conducted annually. As multi-armed robotic systems gain popularity, the applications for this technology continue to expand.

Minimal Incisions, Maximum Benefits

One of the key advantages of robotic colorectal surgery is the minimal invasiveness it offers. Patients typically require only three or four small incisions, each averaging just two centimeters in length. This not only reduces the risk of infection but also accelerates the healing process, leaving little to no scarring behind.

Reduced Risk Of Complications

Another remarkable benefit of robotic surgery is the significantly lower rate of blood transfusions during the procedure compared to traditional open surgery. Patients who undergo robotic colorectal surgery experience nearly zero percent transfusion rates, contributing to a safer surgical experience.

Swift Recovery

The speed of recovery after a colorectal procedure can be a critical factor in a patient's overall well-being. While recovery timelines can vary depending on the specific procedure and individual health, robotic surgery consistently leads to shorter hospital stays compared to open surgery. Patients typically experience less pain and a quicker return to their normal diet and bowel function.

Personalized Care

It's important to note that each patient's experience with robotic

colorectal surgery is unique. Factors such as the type of procedure and individual health can influence the recovery process. However, the overall trend points toward a smoother, faster, and less painful recuperation period.

Looking Ahead

As technology continues to advance, the field of robotic surgery is expected to evolve even further. These innovations will likely improve patient outcomes and expand the range of conditions that can be treated with robotic assistance.

Robotic surgery has ushered in a new era of colorectal procedures,

offering patients minimally invasive options that reduce the risk of complications and expedite recovery. With smaller incisions, lower transfusion rates, and shorter hospital stays, robotic colorectal surgery is transforming healthcare, ensuring a brighter and healthier future for those in need of these life-changing procedures.



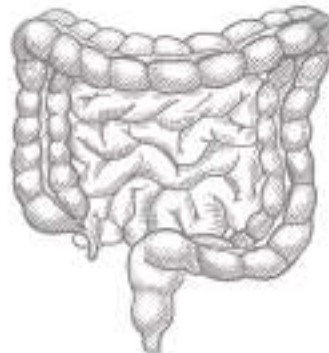
Feel Confident Entrusting Your Health In Our Hands

We Provide Care For

Cancer And Polyps



Hemorrhoids And
Anorectal Disorders



Diverticulitis And
Inflammatory Bowel
Diseases



Colonoscopy



Our practice has been providing quality care to the Washington Metro community for over 25 years. Our physicians are board-certified in colon and rectal surgery and have specialty training in the diagnosis and treatment of colon and rectal diseases and disorders. Our mission is to provide you with exceptional service in a friendly and professional environment.



Shady Grove Office
15001 Shady Grove Road
Suite #100, Rockville, MD 20850
240-702-0122
MCRSDocs.com

Bethesda Office
10215 Fernwood Road
Suite #102, Bethesda, MD 20817
240-858-6764



Chinese Medicine For Infertility

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

Acupuncture, an integral part of traditional Chinese medicine (TCM) with a rich history spanning over 2,500 years, has emerged as a therapeutic practice

renowned for its diverse benefits. This ancient technique involves delicately inserting fine needles into specific points on the body to facilitate energy flow and foster healing. Recognized for its efficacy in pain relief, stress reduction, and overall health enhancement, acupuncture has garnered increasing attention as a complementary remedy for infertility.

Infertility poses a significant challenge, with estimates suggesting that 10-15% of couples in China encounter fertility issues. Within the realm of TCM, Chinese acupuncture for infertility adopts

a holistic approach, striving to harmonize the body's energy and reinstate reproductive health. Rooted in TCM principles, infertility is perceived as a disruption in the natural flow of energy within the body.

The acupuncture process for infertility entails the precise insertion of fine needles into designated points, believed to regulate energy and blood flow to the reproductive organs. Typically lasting up to 30 minutes, this session may elicit sensations like tingling or warmth in the patient.

Research indicates that acupuncture can positively impact fertility by balancing hormone levels, enhancing blood circulation to the uterus and ovaries, and mitigating stress—an acknowledged impediment to fertility. Particularly beneficial for women undergoing fertility treatments, acupuncture has demonstrated stress-reduction capabilities.

Moreover, acupuncture seamlessly integrates with conventional fertility treatments, such as in vitro fertilization (IVF). Studies have indicated that incorporating acupuncture can elevate IVF success rates by up to 65%, influencing factors like egg quality, hormone regulation, and the risk of miscarriage.

TCM philosophy attributes infer-

tility to imbalances in the body's energy flow. A skilled acupuncturist employs a combination of acupuncture, herbal medicine, and lifestyle adjustments to rectify these imbalances and nurture reproductive health. Tailoring treatments to individual needs, considering factors like age, overall health, and underlying medical conditions, underscores the personalized nature of Chinese acupuncture for infertility.

As a time-tested, non-invasive practice, Chinese acupuncture for infertility has withstood the test of centuries. It serves as a viable alternative or complement to conventional treatments for couples grappling with infertility. It is crucial to seek the services of a licensed and experienced acupuncturist specializing in infertility for optimal results.

Chinese acupuncture presents a holistic and effective approach to addressing infertility. Operating on the principles of energy regulation, improved blood circulation, and stress reduction, acupuncture stands as a safe and natural option, either independently or in conjunction with mainstream fertility treatments like IVF. For those navigating infertility challenges, exploring acupuncture as a therapeutic avenue holds promise for a safe and nurturing solution.



Wholelife Acupuncture & Fitness Center

Quansheng Lu, CMD, PhD, LAc

www.wholelifeherb.com • luquansheng@gmail.com

301-340-1066 • fax: 301-340-1090

Guest professor, Henan University of Traditional Chinese Medicine (TCM)
Chief TCM Physician, WFCMS; M.S. in TCM, Beijing University of TCM
PhD in integrated medicine, China Academy of Chinese Medical Sciences
Fellowship, Georgetown University & Children's National Medical Center
3 patents, 8 books of TCM, 30 papers, 30+ years of experience in TCM

Low back pain • eczema • arthritis • allergies • cough • insomnia • paralysis
obesity • nephritis • hepatitis • infertility • PMS • side effects of cancer treatment

416 Hungerford Drive, #300
Rockville, MD 20850

5022 Dorsey Hall Drive, #101
Ellicott City, MD 21042

Doesn't Your Child Deserve the *Best*?



Loving Care Pediatrics

Janet V. Johnson, MD

Board Certified in Pediatrics and Adolescent Medicine by the American Academy of Pediatrics
Fellow of the American Academy of Pediatrics

3311 Toledo Terrace Suite C-201, Hyattsville, Maryland 20782
Mon-Fri, 9:00 am-5:00 pm | Office: (301) 403-8808 or Alt: (301) 403-1341

Our Vision is

to be recognized in the community it serves for compassionate patient service, and clinical excellence. To create a caring environment with a commitment to foster a work environment where individual diversity is valued and recognized, also where the satisfaction of all patients regardless of their background is the fundamental goal of our every action, with the practice of medicine being recognized and honored as a uniquely noble pursuit.



Call today to make an appointment! 301-403-8808

Children's Health and Spring Time



By Janet V. Johnson, MD
Loving Care Pediatrics

For most children spring means more outdoor activities. For their parents, this means being extra vigilant to keep your child safe and healthy. Learning about spring allergies and using insect repellents safely can help you keep your child healthy and safe during the season.

Allergies

Allergies can cause your child to have a lot of sneezing, along with a clear runny or stuffy nose, itchy and watery eyes and a cough, especially when they have spent a lot of time outside playing.

Allergic rhinitis or hay fever may be due to outdoor allergens, such as tree pollens, grasses and weeds and is a common problem in infants and children. Allergic rhinitis symptoms usually occur during certain times of the year for children. Other children may have perennial allergies, with problems occurring year round from exposure to indoor allergens, such as dust mites, pets, second hand smoke and molds.

Having uncontrolled allergies can put your child at risk for getting a secondary sinus infection, ear infections, make asthma symptoms worse and for having poor concentration at school.

The best treatment for allergic rhinitis is to avoid what your child is allergic to by following prevention and environmental controls. Some medications that are used to control the symptoms of allergic rhinitis include decongestants, antihistamines and steroids. Prescription allergy medications include the newer, non-sedating antihistamines and topical steroids.

Please see "Children's Health," page 38

Easy Ways To Lose Weight

Why We Are Unique

- Customized Plans
- Affordable
- No Contracts
- No Hidden Fees
- Programs Run By Doctors
- Long-term Weight Loss
- Feel & Look Younger
- FDA Approved Medications
- Control Appetite
- Eliminate Cravings
- Burn Fat
- More Energy

Who We Are

Just Lose Weight MD is a multifaceted weight loss center providing a comprehensive medical weight loss programs designed to assist patients in losing significant amounts of weight quickly and safely. Besides helping our patients lose pounds, we also provide them the support, education and resources that are necessary to maintain a healthy weight for the rest of their lives. We are all about getting healthy and staying healthy!



Our Services

Here are some of our Weight Loss Medications:

Appetite Suppressants – Semaglutide – Ozempic – HCG – Mega Injections
B12 Complex Injections – Lipo Fat Burner Injections – B5 Injections

Please check our website for individual plans!

Mention YourHEALTH Magazine and get 10% off all Initial Plans



PLUS IV HYDRATION & VITAMIN THERAPY

OPTIMAL WELLNESS IV THERAPY INFUSION

- Brain Fog/Mental Clarity
- Glowing Skin/Acne
- Energy/Get Up and Go
- Detox/Meyer's
- Immune Boost/Migraine Relief
- IBS
- High Dose Vitamin C
- Quench/Hydration
- Super Immune/Post COVID

EFFORTLESSLY CHANGE YOUR WAISTLINE

BODY CONTOURING

PERMANENT – NON-SURGICAL

FAT REMOVAL

NO DOWNTIME

BTL VANQUISH+ME™



Takoma Park Office:

7513 New Hampshire Avenue
Takoma Park, MD 20912

301-434-0075

Tues.-Fri. 10am-6pm; Sat. 8am-2pm

Rockville Office:

12250 Rockville Pike, Suite #208
Rockville, MD 20852

301-603-2811

Mon., Wed., Thurs., & Fri. 11am -7pm

Chevy Chase Office:

5530 Wisconsin Avenue, Suite #800
Chevy Chase, MD 20815

240-750-3635

Call For Opening Days and Hours

Fairfax Office:

8505 Arlington Boulevard
Suite # 270, Fairfax, VA 22031

**OPENING
MARCH 2024**

Visit Our Website: **www.JustLoseWeightMD.com**



Visual Eyes is committed to providing Families with the BEST Eyecare in the Washington, D.C. Metro Area.

YES, WE TAKE YOUR INSURANCE!

Services We Offer:

- State-of-the-art comprehensive eyecare
- Eye disease treatment and management
- Designer eyewear and sunglasses
- Colored and bifocal contact lenses
- Pediatric eyecare
- Laser vision consultants

Dr. Alexander C. Nnabue



VISUALEYES

Buy One
Get **50% Off**
2nd Pair of Complete
Eyeglasses

www.visualeyesgroup.com

Mitchellville: 10240 Lake Arbor Way,
Mitchellville MD 20721
301-324-9500

Silver Spring: 10313 Georgia Ave, #109,
Silver Spring, MD 20902
301-681-9797

Greenbelt: 6088 Greenbelt Rd,
Unit 44, Greenbelt MD 20770
301-614-3937

Hyattsville: 1835 University Blvd, Ste 228,
Hyattsville MD 20783
301-434-3937

Frederick: 176 Thomas Johnson Dr. #100,
Frederick, MD 21702
301-694-7557

Clinton: 8931 Woodyard Rd,
Clinton MD 20735
301-877-1770

THIS YEAR LIVE WELL

Experience rejuvenating head-to-toe wellness and embrace the vitality of LIFE® at Brooke Grove Retirement Village.

SIMPLY DIFFERENT

- Exceptional independent living in an energetic and supportive community
- State-of-the-art rehabilitation that inspires and restores
- Assisted living that nurtures freedom of movement, choice and self-discovery
- Innovative and safe memory support
- Exceptional skilled nursing care
- Meaningful LIFE® enrichment programming
- Dedicated and compassionate staff committed to helping you get the most out of LIFE®
- Walking paths and outdoor gathering spaces in a healing environment

... BECAUSE WHAT SURROUNDS YOU **REALLY MATTERS.**



18100 Slade School Road
Sandy Spring, MD 20860

301-260-2320
www.bgf.org



INDEPENDENT LIVING ASSISTED LIVING REHABILITATION
LONG-TERM CARE MEMORY SUPPORT



A & E
TILE AND MARBLE, LLC

Contact our Award-Winning Team
for a FREE ESTIMATE:
703-772-1836
www.AETileVA.com
aetileandmarble@gmail.com

DOING IT RIGHT FROM THE START MAKES ALL THE DIFFERENCE!



KITCHEN TILE, MARBLE AND FLOORING INSTALLATION

From Countertops and Backsplashes to Floors, we'll make your kitchen your favorite room in the house.

BATHROOMS

Custom tiling, counters tubs and basins make your bathroom uniquely yours.

AND MORE

A & E Tile and Marble will transform almost any room in your home into the space you've been dreaming of. From fireplaces to countertops and floors, we're ready to make your vision a reality.



**YOUR FULL SERVICE, CUSTOM TILE AND MARBLE INSTALLATION
PROVIDER SERVICING NORTHERN VIRGINIA RESIDENTS**

GET IN TOUCH WITH A&E TODAY!
703-772-1836



A warm caring home for Maryland's Heroes

**USDVA
funding to
help with
cost of care**

**No waiting
list!**

**Serving
those who
served.**



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

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

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



Visit our beautiful home today...

Charlotte Hall Veterans Home
29449 Charlotte Hall Road
Charlotte Hall, Maryland 20622

Serving Those Who Served

www.charhall.org



301-884-8171

BACK SURGERY

FROM PAGE 15

- Physical therapy
- Medications, such as NSAIDs or antidepressants
- Epidural steroid injections
- Spinal cord stimulation
- Radiofrequency ablation
- TENS therapy
- A mixture of these therapies

Interventional Treatments

Patients suffering from severe and chronic pain may benefit from more intensive forms of treatment.

One of the best options are epidural steroid injections. This type of therapy can provide significant pain relief. It's also minimally-invasive. Your doctor can perform it in an outpatient setting.

Spinal cord stimulation is another treatment that has been shown to provide measurable pain relief. This treatment involves inserting a device that emits electrical impulses near

your spine. This device sends out electrical impulses near painful areas. These impulses help control pain signal transmission from the spinal nerves, thereby reducing your pain.

Radiofrequency ablation is another treatment option. Studies have shown this treatment to be quite effective in more than 50% of cases.

Finally, another alternative, minimally-invasive treatment is transcutaneous electrical nerve stimulation (TENS) therapy. TENS units are small devices that are similar to spinal cord stimulation, except they go on top of the skin. Electrodes are placed on the skin's surface. These electrodes deliver a very small electrical stimulation to the affected area. Like spinal cord stimulation, this can interrupt pain signals.

If you need help with your lower back and neck pain, and think it may be caused by a previous surgery, it's time to find help.

TMJ & HEADACHES

FROM PAGE 20

opening the jaw completely, the jaw will "slip" to the side during the movement.

One of the most common compensation patterns for TMJ disorder is known as forward head position. It turns out that sticking your neck out or slouching with your head forward takes a lot of the pressure off of the jaw joints. Of course, that comes at a price of increased tension in the neck and upper back muscles, leading to headaches, neckaches, and pain between the shoulder blades. If the forward head position persists for too long the symptoms can reach the lower back and even the feet.

There have been many treatments used over the years in order to treat TMJ and headaches, including surgeries; most of these do not work as successfully as hoped. Treatment for TMJ and

headaches is done on a per patient basis, as the findings of tests are going to vary. One of the most popular, and one that seems to work the best is the wearing of two different appliances, one during the day and one at night. This is a far less invasive treatment approach that seems to work very well in most people that suffer from TMJ and headaches.

Even if you don't remember any accident that may have caused injury to the jaw area, if you are suffering from migraines and doctors have found no true cause, pay attention to the other signs of TMJ, but don't rely on them. Make an appointment with a dental professional that specializes in TMJ disorders and learn if they can help reduce your pain or eliminate it altogether.

AUTO INSURANCE

FROM PAGE 20

easily come up short in compensation.

The way to make sure that you do not fall victim to this trap is to make sure you have adequate uninsured motorist coverage. Purchasing \$50,000 or \$100,000 uninsured motorist coverage should not cost that much more than the bare minimum. If you are seriously injured in a motor vehicle accident, either having adequate uninsured

motorist coverage or not will turn out to be a life changing event.

Finally, note that the laws regarding insurance are different from state to state. For example, in the District of Columbia uninsured motorist coverage and underinsured motorist coverage are separate coverages. In order to be fully insured you need to purchase both.

CHILDREN'S HEALTH

FROM PAGE 32

To be effective, your child should be using these medications every day. They will not work as well if just used on an as needed basis.

If your child does not improve, then their doctor will consider having your child see an allergy specialist for skin testing to figure out what your child is allergic to and to possibly start immunotherapy injections.

Safe Usage Of Insect Repellents

Many safe and effective insect repellents are available that you can use to protect your child, including those that use DEET, citronella, or soybean oil. Remember to only use products that are approved for children, follow the manufacturer's

instructions and wash off the insect repellents when you return indoors.

Insect repellents with DEET are probably the best and most commonly used. DEET is absorbed through your child's skin, and it is generally safe as long as the product has less than 10% DEET. So you may consider limiting how much you put on younger children, wash it off as soon as possible, and apply it more to clothing than skin.

DEET insect repellents are effective for several hours, they do wash off with water and sweat, and you should reapply them to be most effective but always follow the product's instructions to be safe.

Creating Beautiful & Healthy Smiles



At Dental Cosmetix:

- Only one patient is seen at a time to ensure the best quality of care
- Most treatments can be done in our office without referral to other offices
- We offer a state-of-the-art dental practice and utilize the latest dental technologies
- We accommodate patients with a wide variety of both cosmetic and traditional dental procedures.
- Conscious Sedation ("Relaxation Dentistry")
- We offer some of the newest and most advanced cosmetic dental services available, such as Invisalign and the One-Hour Whitening Program



Free Cosmetic Dental Consultation

We can discuss different treatment options about veneers and bondings to custom design your radiant new smile.

Call us at 703-352-3900 and visit us at www.DentalCosmetix.com



Dr. Ortega

Dental Cosmetix

Your Premier Smile Makeover Provider

Fairfax Medical Center
10721 Main Street, Suite #2200
(Back Building)
Fairfax, Virginia 22030
www.DentalCosmetix.com



Senior Health & Living

Promote Your Services To Seniors

- Audiology
- Home Care
- Assisted Living
- Primary Care
- Physical Therapy
- Dental Care
- Transportation
- Mental Health

If you don't reach out to people, how will they know to call you?

301-805-6805

info@yourhealthmagazine.net

Over-the-Counter Medicines and Drug Interactions

Submitted by
Kensington Pharmacy

Every day, millions of Americans use over-the-counter medicines for relief from headache or arthritis pain, coughs and colds, flu, and upset stomach. These over-the-counter medicines are effective, widely available, convenient, and cost-effective.

It is important to treat all of your medicines seriously and read all of the instructions carefully. This can help you avoid problems that may occur with all medications, including over-the-counter medicines.

Drug-drug interactions happen when a drug interacts, or interferes, with another drug. This changes the way one or both of the drugs act in the body, or causes unexpected side effects. The drugs involved can be prescription medications or over-the-counter medicines. They can even be things like vitamins and herbal products.

Sometimes when two drugs in-

teract, the overall effect of one or both of the drugs may be greater than desired. For example, both aspirin and blood thinners like warfarin (Coumadin®) help to prevent blood clots from forming. Using these medications together may cause excessive bleeding.

Other times, the overall effect of one or both of the drugs may be less than desired. For example, certain antacids can prevent many medicines from being absorbed into the bloodstream. If this happens, the medicine may not work as well or it may not work at all.

Drug-food interactions happen when a prescription medication or over-the-counter medicine interacts, or interferes, with something you eat or drink.

Drug-disease interactions happen when a prescription medication or over-the-counter medicine interacts, or interferes, with a disease or condition that you have. For example, decongestants, which are found in many cold remedies, may cause your

blood pressure to go up. This may be dangerous for people with high blood pressure.

Your risk of having a drug interaction depends in large part on how many medicines you are taking. Fortunately most of these interactions can be prevented. By taking a few simple steps, you can protect your health and avoid serious problems.

Read the labels of all over-the-counter medicines. Look for the section called "Drug Interaction Precaution." If you don't see it, don't assume that no interactions will occur. Read all the information carefully to be sure.

Tell all of the doctors and pharmacists you visit about all of the prescription medications and over-the-counter medicines you use. Use a Personal Medication Record to write down information about the medicines that you use. Be sure to include those you take every day as well as those you use only once in a while. If you use vitamins or herbal products,

be sure to write them down, too.

Before taking any new medication, talk to your doctor or pharmacist. Ask whether it is safe to take the new medicine with other prescription medications, over-the-counter medicines, vitamins, or herbal products that you are taking. Ask if there are any foods, drinks, or medications you should avoid while taking the new medicine. Never use prescription medicines that belong to another person, even if that person seems to have the same health problem you have.

Ask your doctor or pharmacist for advice on over-the-counter medicines. Your doctor or pharmacist will help you choose the medicine that best meets all of your health needs. If you can, buy your over-the-counter medicines at the same pharmacy where you have your prescriptions filled. That way, the pharmacist can check your records to see if the over-the-counter medicines you buy could interact with the prescription medications you take.



KENSINGTON PHARMACY

From Our Family To Yours

Owned by a local family of pharmacists

The Tunc Family: From Left: Melike, Pinar, Huseyin and Zeynep

Kensington Pharmacy Offers

- Prescription Refills via On-line or Phone 24 hours a day
- Flu Shots, Shingles and Pneumavac Vaccines
- Prescription Plans including Medicare Part-D and Part-B, CVS-Caremark
- Transfer Of Your Prescriptions
- Compounding Specialists
- Wide Vitamin Selection
- Blisterpacking For Assisted Living Facilities
- BOIRON Homeopathic Remedies
- Greeting Cards, Select Books and Gifts
- Wide Home Health Care Selection Wheelchairs, Canes, Walkers, Medical Legsupport, Arthritis and Sport Aids, Bath Aids
- Toys and Books for Children
- And More

At Kensington Pharmacy, in addition to having your prescriptions filled with speed and accuracy, you will experience one of the best services and notice the difference.

With 14 employees, Kensington Pharmacy gives a special attention to each customer that they deserve. Stop by and experience the difference.

301-933-6165

3737 University Blvd W., Kensington, Maryland 20895
<http://kensingtonrx.com/>
email: mypharmacist@kensingtonrx.com

OPEN HOURS:

Mon-Fri 8a-6p

Sat 9a-4p, Sun Closed

**Free
Prescription
Delivery**

HEALTH DIRECTORY



ACUPUNCTURE

Eastern Medical Holistic Healing Center, Angel Wood, 240-755-5925. www.acupuncture4wellness.webs.com

ALTERNATIVE HEALTHCARE

Holistic Family Health - Thermal Imaging, Herndon, VA. 703-635-6324 For More information visit www.fhtid.com

BEAUTY/SKIN

A Better You, Dr. Clarke-Bennett, 410-672-2742.

Essences of Jamal of DC - 202-839-0657. Worlds Best Shea-Butter, Rose-Water Butter, Hemp Seed Oil, Nag Champa Incense, Sage Smudge Sticks, Jumbo Incense Sticks, Tea-Tree Oil. Price List Available. 202-839-0657.

BREAST HEALTH

University of Maryland Charles Regional Medical Center. 11340 Pembroke Square, Suite 202, Waldorf, MD 20603. 240-607-2010. UMCharlesRegional.org

CHINESE MEDICINE & ACUPUNCTURE

Wholife Chinese Medicine & Acupuncture, 301-526-9898, 416 Hungerford Dr., Rockville www.wholifeherb.com

DENTISTRY

Karl A Smith, DDS, 2550 N. Van Dorn St., Suite #128, Alexandria, VA. Call 703-894-4867, Visit www.drkarlsmith.com

DENTISTRY

Richard Hughes, DDS, 703-444-1152, 46440 Benedict Drive Suite #201, Sterling, VA. www.SterlingImplantDentist.com

EYE CARE

Visual Eyes, Alexander Nnabue OD, 301-324- 9500

HOLISTIC WELLNESS COACH

Nutrition Lifestyle Digestion and More - Lisa@LisaThorne.Me - Text 269-861-7565.

HYPNOSIS

Toni's Happy Hour Yoga and Holistic Wellness Center • 6504 Old Branch Avenue, Temple Hills, MD 20748 • 301-449-8664

MEDICAL SPACE

Charles L. Feitel Company, 301-571-9333, www.medicalanddentalspace.com

MENTAL HEALTH SERVICES

House Calls, LLC. 301-346-6732. callingonbeth@gmail.com. www.CallingOnBeth.net.

NUTRITION

Nutritional Healing Center, Thomas K. Lo, DC, MA, 240-651-1650, 7310 Grove Road, Suite 107, Frederick, MD 21704. doctorlo.com

OPHTHALMOLOGY

NewView Laser Eye Center - Jacqueline D. Griffiths, MD - Reston (703) 834-9777 or (800) 294-1001 - Visit us at www.NewViewEye.com

ORAL & FACIAL SURGERY

Northern Virginia Surgical Arts 703-998-3971, 611 South Carlin Springs Road, Ste 308, Arlington, VA 22204 For more information visit us online at www.novasurgicalarts.com

The Maryland Oral Surgery Group, Dr. Sharon Russell. 301-967-0183. www.THE-MOSG.com.

ORTHODONTICS

All Smiles Orthodontics. 9010 Lorton Station Blvd Suite 260, Lorton VA 22079 www.allsmilesbraces.com For more info call us at 703 337-4414

Jacqueline Brown Bryant DDS, MS, PC, Damon, Clear Braces & Invisalign for Adults And Children. Silver Spring, Maryland 20910 www.smileconstructors.com 301-587-8750

PEDIATRICS

Loving Care, Janet Johnson, MD - Hyattsville, MD - 301-403-8808

PHYSICAL THERAPY/ REHABILITATION

Active Physical Therapy. Various Locations across Maryland and Washington, DC. Active-physicaltherapy.com.

PODIATRY

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

PODIATRY

Largo Foot and Ankle Health Center, Ade Adetunji, DPM, 301 386 5453

SENIOR CARE

Chevy Chase Home Care. Help at a time you need it most. Any Ages. Any situations. Any shifts. MD, DC, VA. www.CHCHhomecare.com 202-374-1240

YOGA

Toni's Happy Hour Yoga and Holistic Wellness Center - 6504 Old Branch Avenue, Temple Hills, MD 20748 - 301-449-8664

Subscribe Today!

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

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



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

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

CHECK EDITION (\$24 each edition):

☐ MARYLAND ☐ VIRGINIA
☐ WASHINGTON, DC

SUBSCRIBING IS EASY:

1) Call **301-805-6805**

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

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

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

NAME: _____

STREET: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

DIRECTORY OF HEALTH PROFESSIONALS ORDERING

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

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

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

Call (301) 805-6805 for assistance.

WASHINGTON, DC EDITION

MARYLAND/WASHINGTON, DC OFFICE

4201 Northview Drive, Suite #102, Bowie, MD 20716

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

VIRGINIA OFFICE

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



New Techniques For Healthy Lips, Jawline and Neck

By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

For the past year, our focus has shifted back from only what was above the mask to our whole faces again. Now it's time to think again about our lips, jawline and neck!

Lip enhancement has become notorious due to media images of celebrities with grossly enlarged "trout pouts." However, when lips are rejuvenated properly, the results are subtle, stunningly beautiful, and can harmonize your whole face. This approach gives you lips that fit your face, rather than duck lips.

The key is to see an expert dermatologist or plastic surgeon who knows how to restore youthful lip shape and contours – and, equally importantly, can rejuvenate the skin around your mouth with the newest nonsurgical options. New procedures can give you superb, natural-looking results, soften lip wrinkles, and make you look more relaxed and healthy.

As we age, our lips lose volume and become thinner. Volume loss from the skin around our lips flattens the Cupid's bow, turns the lips inwards, and causes pucker lines. These can be worsened by smoking, habitual waxing of hair from around the lips, and even by frequent gum-chewing or sipping drinks through a straw. Overactive muscles turn the corners of your mouth downward, creating the appearance of frowning even when happy.

Scars around the mouth due to acne or other skin problems become more noticeable as the skin ages and loses elasticity. We may also notice increased

growth of coarse hairs on the upper lip and chin due to hormonal shifts. Adult acne can also worsen, especially after wearing a mask, causing deep, tender cysts around the mouth and chin.

What Can Be Done To Address These Concerns?

A new technique of lip rejuvenation, based on expert knowledge of facial anatomy, is to gently inject innovative, softer fillers like Volbella, Belotero or Restylane Silk, in combination with firmer fillers like Voluma, Restylane or Juvederm to support the chin and lower face. These fillers are all pure biosynthetic forms of the hyaluronic acid that's naturally present in the skin and gets lost with age. It's critical to use expert techniques, to restore lip volume and shape, precisely turn out the lip borders, and re-define the Cupid's bow. This prevents lipstick bleeding and gives beautiful results.

With the right techniques, there is usually little or no swelling, regular activities can be resumed immediately, and the results look completely natural. Injection of fillers with French cannulas instead of sharp needles is an advanced technique that can eliminate or minimize bruising.

Tiny amounts of muscle re-balancers (neuromodulators) like Botox, Dysport, Jeuveau, Xeomin or Daxxify can be injected virtually painlessly just beneath the skin to relax overactive muscles that pucker the skin around the mouth and turn the corners down. This highly skilled technique should only be performed by a very experienced dermatologist or plastic surgeon. It can dramatically improve appearance and help prevent lines and wrinkles from deepening.

What About the Neck and Jawline?

To get your jawline and neck in shape for spring and summer, one important laser is Ultherapy, which

non-surgically lifts and re-contours the jawline and neck, cheeks, and brows in just one session with no down time. Ultherapy can also lift buttocks, knees, arms, chest skin and other sagging areas. The Exilis Ultra is a revolutionary laser that combines ultrasound with radiofrequency to remove fat and tighten skin at the same time in areas such as the jawline, arms, abdomen, waistline, buttocks, thighs and other areas. Exilis Ultra is painless and has no recovery time. It can be combined with laser resurfacing to improve wrinkles, discolorations and scars and tighten the skin, all with little or no down time. Exilis Ultra can also improve cellulite and stretch marks. Fraxel, CO2RE or eMatrix subablative fractional laser resurfacing, Vitalize and Rejuvenize chemical peels and the ViPeel remove sun spots and stimulate your skin to produce new collagen, fading wrinkles and scars and leaving your skin smoother, tighter and more radiant.

The newest treatment for acne, scarring and fine lines is to combine sessions of DermalSweep-MD, a medical-strength, aluminum-free skin exfoliation and hydration, with acne laser therapy.

DermalSweep polishes your skin with different levels of medical exfoliation and infuses it with natural fruit acids, while laser therapy kills the bacteria that cause acne, giving you a longer-term solution.

The Gentle YAG (GentleMax Pro) hair laser is the most advanced and powerful method for rapid and painless removal of unwanted hair. It is safe and for skin of all types, from the very fairest to the very darkest. At the same time, it can also tighten skin and give a beautiful skin glow.

How To Get the Best and Most Natural Looking Results

For best results, trust your face and body to a board-certified dermatologist or plastic surgeon who is an expert in the latest techniques and understands how to combine and customize them to make you look and feel your best for summer.

Dermatologists, plastic, oculo-plastic and facial plastic surgeons are the only specialists recognized by the American Board of Medical Specialties as having achieved the appropriate level of training and qualifications to be performing cosmetic procedures.

NOW ENROLLING FOR STUDIES OF LIP ENHANCEMENT, ACNE AND SKIN TIGHTENING



At the offices of
DR. HEMA SUNDARAM, MA, MD, FAAD
Board Certified Dermatologist
Honorary Senior Lecturer in Musculoskeletal and Dermatological Sciences,
School of Biological Sciences, University of Manchester, United Kingdom

Email our clinic at dermdc@gmail.com or call
Fairfax, VA 703-641-9666 / Rockville, MD 301-984-3376

Follow us on Instagram: @twicebornbeauty & @drhemasundaram



Now Enrolling for Studies & Evaluations of Acne, Skin Tightening and Fat Removal



At the offices of
DR. HEMA SUNDARAM, MA, MD, FAAD
Board Certified Dermatologist
Honorary Senior Lecturer in Musculoskeletal and Dermatological Sciences,
School of Biological Sciences, University of Manchester, United Kingdom

If you are in good health and interested to volunteer for any of these studies, call Rockville, MD 301-984-3376 / Fairfax, VA 703-641-9666 or email us at dermdc@gmail.com with subject line "STUDIES"

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

Follow us on Instagram: @twicebornbeauty & @drhemasundaram

NEW STUDIES OF ACNE, LIP ENHANCEMENT, EXOSOMES, AND OTHER TREATMENTS



At the offices of
DR. HEMA SUNDARAM, MA, MD, FAAD
Board Certified Dermatologist
Honorary Senior Lecturer in Musculoskeletal and Dermatological Sciences,
School of Biological Sciences, University of Manchester, United Kingdom

Now enrolling for studies & evaluations of Acne, Lip Volumization, Exosomes and Other Treatments. Space is Limited. Email dermdc@gmail.com
NOW for details with subject line
STUDIES AND EVALUATIONS

**** Spring Makeover Packages ****
call **Fairfax, VA 703-641-9666**
or **Rockville, MD 301-984-3376**
Interest-Free Financing Available

Follow us on Instagram: @twicebornbeauty & @drhemasundaram



Ogechi Anyaoku, MD, MSPH
(Internal Medicine)

Nicole Haskins, CRNP, RN
(Family Nurse Practitioner)

ADVENTIST MEDICAL GROUP PRIMARY CARE SERVICES FOR YOU

Choose Adventist Medical Group Primary Care in Fort Washington, Maryland, to provide a full range of primary care services for adults.

Learn to better manage your health and prevent illnesses with personalized care from our experienced, primary care providers. Our specialists in family medicine and internal medicine work as a team to deliver expert care when you need:

- Same-day Sick Visits
- Women's and Men's Health and Wellness Exams
- Health Physicals, Health Maintenance and Preventive Care
- Geriatric (Senior) Wellness Exams
- Vaccinations and Immunizations, including Flu Shots
- Health Management for:
 - Asthma and Allergies
 - High Blood Pressure
 - High Cholesterol
 - Diabetes
 - Heart Disease

You also benefit from coordinated care that helps you effectively handle all aspects of your health—from preventive medicine and preoperative appointments to management of chronic health conditions.



To schedule an appointment, please call **240-724-6018**

 **Adventist HealthCare**
Adventist Medical Group
AdventistMedicalGroup.org



10709 Indian Head Highway, Suite D1
Fort Washington, Maryland 20744



Optical Insight



Lose Years Off Your Face In Just One Hour

By Jacqueline D. Griffiths, MD
New View Eye Center

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

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

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

Procedures To Consider:



BEFORE AFTER



BEFORE AFTER



BEFORE AFTER



WEEK 1 (top) WEEK 16 (bottom)

Blepharoplasty

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

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

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

Botox and Xeomin

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

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

Radiesse, Juvederm (Voluma & XC), Belotero

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

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



Jacqueline D. Griffiths, MD

Selected as a
"Super Doctor"

Washington Post Magazine

Voted

"Top Ophthalmologist"

Washingtonian Magazine
& Northern Virginia Magazine

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

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

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

In addition to offering CustomVue LASIK and EpiLase, NewView offers CKSM, 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.



Reston: 703-834-9777
Leesburg: 703-777-1244
www.drjdg.com
www.NewViewEye.com



See Better, Live Better

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

- Custom LASIK, EpiLase, & PRK
- Near Vision CK
- Advanced Cataract Surgery

- Multifocal Implants
- Annual Eye Exams
- Contact Lens Exams
- Glaucoma Management
- Laser Floater Removal
- Optical

- Eyelid Surgery
- Belotero
- Radiesse™
- Juvederm™
- Botox / Xeomin

12110 Sunset Hills Road, Suite #50, Reston, VA 20190
703-834-9777

20 Davis Avenue, SW, Leesburg, VA 20175
703-777-1244

www.NewViewEye.com

SAVE! SAVE!
10% Off

**Botox
& Fillers**

With this ad

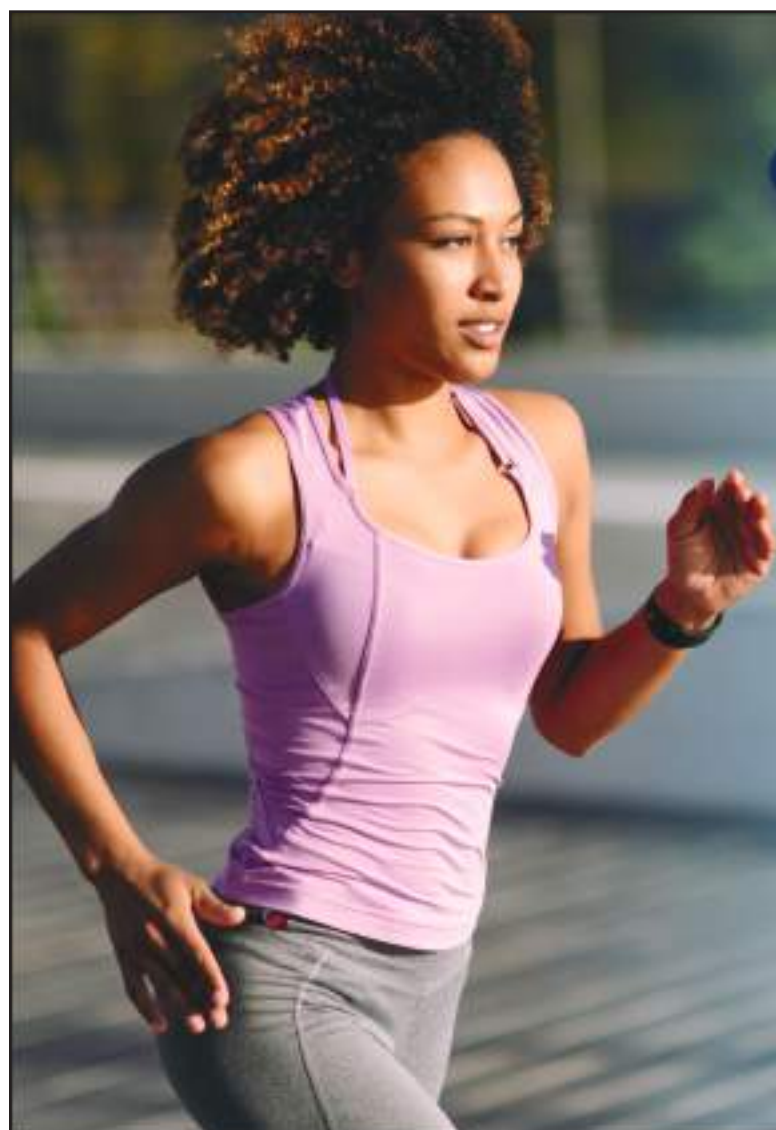
Restrictions apply.
Offer valid until 04/30/24

Up to
\$500 Off

**Laser Vision
Correction**

With this ad

Restrictions apply. Must have
surgery before 04/30/24



DON'T LET **PAIN** RUN YOUR LIFE

- **PHYSICAL THERAPISTS AND CERTIFIED HAND THERAPISTS**
- **WE ARE THE **AUTO AND WORK INJURY** SPECIALISTS**
- **ACCEPT MOST INSURANCES – CAREFIRST BCBS, CIGNA, UNITED, AETNA, MEDICARE WHERE ACCEPTED, AND MANY MORE!**

LEARN MORE BY VISITING US ONLINE AT

WWW.ACTIVE-PHYSICALTHERAPY.COM

Physical Therapy • Hand Therapy • FCE / Work Hardening

CLINTON (Piscataway Rd.)

9135 Piscataway Rd., Suite 305 • Clinton, MD 20735
Phone: 301-877-2323 • Fax: 301-877-2366

COLLEGE PARK / BERWYN HEIGHTS

6201 Greenbelt Rd., Unit 15 • College Park, MD 20740
Phone: 301-220-0571 • Fax: 301-220-0692

GREENBELT*

8717 Greenbelt Rd., Suite 101 • Greenbelt, MD 20770
Phone: 301-552-8700 • Fax: 301-552-8751

HYATTSVILLE / TAKOMA PARK

1535-D University Blvd. • Hyattsville, MD 20783
Phone: 301-434-1850 • Fax: 301-434-1853

LANDOVER

7021 Martin Luther King Jr. Hwy. • Landover, MD 20785
Phone: 301-341-4600 • Fax: 301-341-4604

SILVER SPRING / WHEATON*

9801 Georgia Ave., Suite 111 • Silver Spring, MD 20902
Phone: 301-593-7300 • Fax: 301-593-1559

TEMPLE HILLS / OXON HILL

5474 St. Barnabas Rd. • Oxon Hill, MD 20745
Phone: 301-505-0555 • Fax: 301-505-0558

WALDORF

3165 Crain Hwy., Suite 100 • Waldorf, MD 20603
Phone: 301-885-2500 • Fax: 301-885-2501

WASHINGTON, DC (Northeast)

333 Hawaii Ave. NE, Suite 200 • Washington, DC 20011
Phone: 202-269-0358 • Fax: 202-269-0418

WASHINGTON, DC (Northwest)

3 Washington Circle NW, Suite 110 • Washington, DC 20037
Phone: 202-659-7625 • Fax: 202-659-7740

WASHINGTON, DC (Southeast)

650 Pennsylvania Ave. SE, Suite 360 • Washington, DC 20003
Phone: 202-544-4874 • Fax: 202-544-4875

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.