

GREAT Information From Local Doctors To Help You Live Healthier!

Making a Difference  
Celebrating  
**31**  
Years  
1990 - 2019  
Virginia • Maryland • Washington DC

# YOUR HEALTH

View Latest Editions



Scan me

Maryland Edition • August 2021

## Women's Health Experts



The Medical Oncologists from  
Regional Cancer Care Associates (RCCA)

Breast Cancer, Cervical Cancer, Ovarian Cancer,  
Uterine Cancer, Vaginal Cancer, Vulvar Cancer

Special Focus On

# Women's Health

Professionals

**PLUS!**

- PAIN RELIEF
- BAD BREATH
- MEN'S HEALTH
- ACUPUNCTURE
- FOOT CARE
- & MORE!

Focus On...



## DENTAL HEALTH

Next Month in Your Health Magazine

Plus, A Bonus Special Focus on:

**Weight Loss, Nutrition  
& Exercise**



Effective Integrative Healthcare | Chiropractic • Massage  
Physical Therapy • Acupuncture • Medical Treatments



Alicia Kovach, DC  
Chiropractic



Sara Donnelly, DC  
Chiropractic



Sherry L.H. Maragh, MD, FAAD  
Dermatology



Rishi R. Sood, MD  
Interventional Radiologist

PAGES 32 - 35

Plus, a Spotlight on

## Women In Health Care

Profiles of local Women In Health Care

Pages 36 - 42

50 CENTS



8 60005 35000 1

Directory Of Health  
Professionals - PAGE 64

**COVID-19 Vaccine Updates**

From Your Health Magazine  
and the CDC

# Find Your Path to Better Health

*with Adventist Medical Group Primary Care in Fort Washington*

Our expert providers will partner with you to help you manage your health and wellness needs so you can meet your health goals.

## Meet our Providers



### **Ogechi Anyaoku, MD, MSPH**

*Internal Medicine*

Dr. Anyaoku's philosophy of care focuses on individualized medicine that treats the whole person, body, mind and spirit. It's important for her to develop a partnership/relationship with her patients that is rooted in mutual respect to obtain the best health outcomes.



### **Nicole Haskins, CRNP, RN**

*Family Nurse Practitioner*

As a nurse and nurse practitioner, Nicole has over 20 years of combined experience. Nicole believes patient and family education is a vital tool in disease prevention and control as well as empowering them to actively participate in their own healthcare.

 **Adventist  
HealthCare**  
Adventist Medical Group

Book an appointment online at  
**AdventistMedicalGroup.org**  
or call 240-724-6018.

# Do You Have Gum Disease? Read This To Find Out If You Are At Risk

By Harold Packman, DMD

Gum disease, not old age, is the primary reason for tooth loss. Gingivitis, the early stage of gum disease, is an inflammation of the gums caused by the buildup of plaque.

## Risk Factors For Gum Disease Include the Following:

- Smoking and tobacco use increase the chances for gum disease and decrease the chances for successful treatment.
- Hormone changes in females often make the gums more sensitive and increase the likelihood of gingivitis.
- Diabetes increases risk for many infections, including gingivitis.
- Certain diseases, such as cancer or AIDS, as well as their treatments, can negatively affect the gums.
- Genetics may make some people more prone to gum disease.
- Medications can reduce the flow of saliva, leaving the mouth vulnerable to gum infections and can cause the gum tissue to grow abnormally, making it difficult to keep the gums and teeth clean.

If your gums are swollen, if they bleed when you brush or floss, or if you have persistent bad breath, you definitely have gingivitis.

If caught early, the damage can usually be reversed by proper professional cleanings, preventing loss of bone or tissue that holds the teeth in place.

If plaque is not removed from

teeth, gingivitis can progress to periodontitis, which can irreversibly damage bone that hold your teeth in place.

If the gum line has receded, your teeth may look longer and you may notice changes in your bite. As the pockets deepen, periodontitis can advance to the stage where bone and tissue can no longer anchor teeth in place, and they may fall out.

Brushing, flossing, antibacterial mouthwash and visiting a dentist for cleanings and check-ups can help keep plaque and gum disease under control.

**If your gums do not stay healthy in spite of doing all this, then you should consult a periodontal specialist.**



## Smile With Confidence

### DR. HAROLD PACKMAN

#### PERIODONTIST HEALTHCARE SPECIALIST

#### Crown-Lengthening



A procedure to ensure that enough of a tooth's structure is available to securely hold a crown.

#### Gum Treatment: Laser or Traditional



Healing Gum Disease and removing the bacteria that cause it.

#### Soft-Tissue Graft



Used to add more tissues to:

- Prevent further gum recession.
- Cover an exposed root.
- Stop sensitivity in the affected area.
- Improve the look of the tooth.

#### Dental Implants



A long-term solution to missing teeth.

#### Cosmetic Gum Corrections



The surgical reshaping of the gum tissue for cosmetic or functional purposes.

To learn more, please visit our website: [PackmanPerio.com](http://PackmanPerio.com)

**We save teeth when possible... Implants when necessary**

Please call our office today for a consultation

**301-262-2800**

14999 Health Center Drive, Suite 110 • Bowie, MD 20716

*We participate with most insurance plans*



## Why Suffer If You Don't Have To?

Offering a Full-Range of Chiropractic and Wellness Services:

- **Spinal Decompression** - Non-surgical treatment for chronic low back pain sufferers
- **Aqua Massage** - Provides a relaxing and therapeutic massage, while fully clothed
- **Cold Laser Therapy** - A non-intrusive alternative to acupuncture and surgery, can help many pain conditions
- **Physical Therapy Modalities**

- Technique Specialties:
- Activator Method
  - Thompson Technique
  - Myofascial Release
  - Massage Therapy
  - Ultrasound
  - Custom Orthotics
  - Infrared Light Pad



Now Offering Massage Therapy

Ruth Eaddy, Licensed Massage Therapists

Accepts Most Insurance Policies

Now Accepting New Patients – Call now to schedule your appointment:

**410-697-3566**

959 Annapolis Road, Gambrills, MD 21054  
www.kovachchiropractic.com

# Achieving and Staying Hydrated



By Alicia Kovach, DC  
Kovach Chiropractic

a person that lives in a warmer climate or works out a lot you should try to drink more water than a gallon. The best way to start is by substituting water for all of your other drinks. Also by leaving a bottle of water in your car and having one at your desk you will make this goal achievable.

Here are just some selected benefits of proper water hydration:

- Kick starts your metabolism
- Acts as a solvent in which many of the body's nutrients, such as vitamins B and C, dissolve to become bio-available
- Plays a dual role in metabolism: with the help of enzymes, it breaks down food to generate molecules of nutrients such as starches, triglycerides and protein, for easy digestion
- Breaks down bonds to create smaller molecules of glucose, fatty acids and amino acids
- A recent study found that drinking

As the weather really warms up and you are outside more it is very important to make sure that you are consuming adequate amounts of fluid. Taking in the proper amount of fluid can positively impact your health, weight loss, and even athletic performance.

So you may be asking yourself how much water is enough water? Most people should try to drink a gallon of water a day. However if you're

Please see "Hydrated," page 62



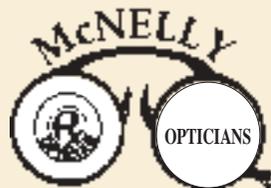
Providing the Finest  
Eyewear &  
Personalized Service  
Since 1929



Superior Quality • Outstanding Selection  
**EMERGENCY REPAIRS**

Lab on Premises\*

ZEISS  
PENTAX  
SHAMIR  
INDO  
VARILUX  
HOYA



CERTIFIED OPTICIANS

**CONVENIENT LOCATIONS:**

703 Giddings Avenue • West Annapolis

410-263-2571

2002 Medical Parkway, Suite 615 • Annapolis

410-573-2822

Visit us at [www.mcnelloptical.com](http://www.mcnelloptical.com) for online specials



**Healthy Teeth & Gums for the Whole Family!**

**Dr. Craig A. Smith • Family Dentistry**

Dr. Craig Smith is committed to health through dentistry, ensuring you have optimal oral health which contributes to your overall health and well-being.

Quality service, advanced technology and a passionate commitment to education means patients receive the best that dentistry has to offer.



**Whitening Special**

**ONLY \$339**

A \$500 Value.  
Limited time offer.

**New Patient Special**

**ONLY \$139**

• Examination • X-Rays  
• Cleaning\* • Consultation  
A \$265 Value. Limited time offer.  
\*Unless gum disease is present.

**301-446-1784**

7201 Hanover Parkway, Suite A, Greenbelt, MD

# A Lifetime of Care

As your body ages, so does the care you need. GW Hospital provides complete gynecology services from the teen years to after menopause. We offer birth control methods, breast and pelvic exams, Pap smears, treatment for sexually transmitted infections, hormone replacement therapy (HRT) and more. We also provide specialized care for gynecologic cancer and endometriosis.

The GW Pelvic Floor Center offers care for sexual dysfunction, urinary incontinence, pelvic organ prolapse and other pelvic floor concerns. Patients with uterine fibroids can turn to the GW Fibroid and Menstrual Disorder Center.

## WE'VE BEEN RECOGNIZED

GW Hospital has been named a Center of Excellence in Minimally Invasive Gynecology for the seventh consecutive year. We are one of only 65 hospitals (1 percent) in the U.S. to hold this designation.



## Don't Delay Care

You can get the care you need with peace of mind at GW Hospital. We take extensive measures to help keep you safe when you visit us in-person.

- ▶ To schedule an in-person or virtual appointment, call **888-4GW-DOCS (449-3627)**.



THE GEORGE WASHINGTON  
UNIVERSITY **HOSPITAL**

[gwhospital.com/gyn](http://gwhospital.com/gyn)

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 non-discrimination notice, visit our website: 204686-8474 7/21

# In This Edition...

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

- 3 | **Do You Have Gum Disease? Read This To Find Out If You Are At Risk** | By Harold Packman, DMD
- 4 | **Achieving and Staying Hydrated** | By Alicia Kovach, DC
- 7 | **Feel Your Best At Any Age** | By Hema Sundaram, MA, MD, FAAD
- 11 | **Women's Teeth and Gums** | By Karl A. Smith, DDS, MS
- 13 | **Sun-Safe Summer Fun** | By Sherry L.H. Maragh, MD, FAAD
- 14 | **Open Enrollment: Why It's Important To Review Your Plan** | Submitted by Montgomery County SHIP
- 19 | **Caring For Your Children's Feet** | By Howard Horowitz, DPM
- 19 | **Invisalign** | By Judy Yu, DMD, MBA
- 20 | **Shockwave Therapy For Pain Relief** | By William A. Cox, DC
- 24 | **Permanent Cure For Bunions, Hammertoes and Calluses** | By Burton J. Katzen, DPM
- 26 | **Bad Breath: Our Social Epidemic** | By Richard A. Miller, MD
- 27 | **As the Years Go By...Restoring Health and Vitality** | By Alan Weiss, MD
- 28 | **Keeping Maryland Residents Connected** | By Maryland Relay/Telecommunications Access of MD
- 29 | **Chinese Acupuncture For Infertility** | By Quansheng Lu, CMD, PhD, LAc
- 30 | **Obesity and Your Health** | By Etwar McBean, MD, FACS
- 31 | **A Reason To Smile Again** | By Sivakumar Sreenivasan, DMD, MDS
- 32 | **It's Summer! No More COVID Slump** | By Anthony T. Hardnett, DC
- 33-42 | Women's Healthcare and Women In Healthcare Profiles**
- 44 | **COVID-19 Update: A New Kind Of Normal** | By Your Health Magazine
- 44 | **Ensure Your Home Has Healthy Indoor Air Quality** | By Vinny Gigliotti, CEO
- 46 | **Supportive Care Can Help People Age In Place** | By Jessica Whittemore, LCSW-C, Social Worker
- 48 | **Get the Most From Your Orthodontic Consultation** | By Jacqueline Brown Bryant, DDS, MS, PC
- 48 | **Intense Feelings Of Anxiety** | By Joyce Abramson, RNMS
- 49 | **Men's Health: Beyond Fertility** | By Yemi Adesanya-Famuyiwa, MD
- 49 | **A Guide To Smart Vitamin Use** | Submitted by Kensington Pharmacy
- 50 | **Healthy Snacks For Your Children** | By Janet V. Johnson, MD
- 52 | **The Wellness Game: When Women Win, Everyone Wins** | By Linda Penkala, Author, LMT
- 52 | **Stress and Modern Women** | By Thomas K. Lo, DC
- 54 | **Fall Prevention In Parkinson's Patients** | Submitted By Ben Carr, PT
- 55 | **Women's Health Matters** | By Venetta Kalu, LDN, CNS, ND
- 55 | **Poor Circulation In Feet: Part Two** | By Ademuyiwa Adetunji, DPM
- 56 | **Why Do I Have To Probate an Estate?** | By Steven M. Katz, Attorney
- 58 | **How To Eat a Mediterranean Diet** | By Ronda Sharman, DC
- 60 | **Acupuncture and Meditation** | By Brittney de Vicq, MAc, LAc
- 60 | **More Than Just a Cleaning** | Submitted by E. Taylor Meiser, DDS

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

In the next edition of Your Health Magazine...

## DENTAL HEALTH

**Articles and Information from local DENTAL HEALTH PROFESSIONALS!**

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

**It Makes a Difference!**

**PLUS** next month's edition will include **Weight Control, Exercise & Nutrition** Professionals!

Latest editions now available online: [www.YourHealthMagazine.net](http://www.YourHealthMagazine.net)



**YOUR HEALTH MAGAZINE**  
Maryland - Virginia - Washington, DC

If you are a health professional who would like to be included in this special **DENTAL** issue, contact us today:  
**301-805-6805 • [info@yourhealthmagazine.net](mailto:info@yourhealthmagazine.net)**



SERVING MARYLAND & VIRGINIA Since 1990

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

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

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

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

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

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

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

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

#### MARYLAND SUBURBAN OFFICE

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

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

#### VIRGINIA OFFICE

Springfield Corporate Center  
6225 Brandon Avenue, Suite 305  
Springfield, VA 22150

Office (703) 288-3130 • Fax (703) 288-3174  
[production@yourhealthmagazine.net](mailto:production@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

# Feel Your Best At Any Age



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

If you ever look in the mirror and realize that what you see doesn't reflect the real you, you may wish to check out some new lasers that can balance how you look with how you feel and empower you to look your best at any age.

The secrets are three innovative technologies – radiofrequency, ultrasound and laser resurfacing. And the key is to select the right technology for the right purpose.

You may be familiar with older or original radiofrequency treatments such as Thermage and Exilis Elite. Now, there are also next-generation treatments such as Exilis Ultra, Ulthera, Vanquish ME and CO2RE and GentleMax lasers. They feature an innovative combination of laser energies to tighten your skin; smooth wrinkles; fade sunspots, scars and spider veins; remove unwanted hair. Some can even remove unwanted fat to re-contour your chin and body, and treat cellulite. The results are stunning, scar-free, typically take only minutes, and require little or no down time.

The science behind this breakthrough technology is fascinating. The Exilis Ultra laser is the first laser to combine radiofrequency and ultrasound energies, to give better and faster results. The Exilis Ultra has a unique, dual-treatment capability to tighten skin and stimulate formation of new collagen and elastic tissue – and also to remove unwanted fat. It

Please see "Age," page 58



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

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

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

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

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

Follow us on Instagram: [@twicebornbeauty](#) & [@drhemasundaram](#)



## VitaFusion

### IV Vitamin Therapy

Give your immune system a boost and optimize your health with our natural, vitamin and mineral-packed IV Therapies!

- Restore your energy • Combat fatigue
- Great for Fibromyalgia & Chronic Fatigue Syndrome
- Excellent for post-lyme & post-COVID symptoms
- Banish migraines and headaches
- Aids in detoxification and hydration
- Helps with rejuvenation & skin health
- Helps maintain a healthy immune system to fight colds and viruses

### Ideal Protein Weight Loss Program

A guaranteed weight loss solution – WITHOUT using any medications.

Get in the best shape of your life! Our specially trained coaches are weight management specialists. They employ the Ideal Protein method – a medically designed and supervised ketogenic weight loss program with a consistent and proven track record.

- This highly effective program is only available in medical offices, without the need for medications & potential detrimental side effects.
- Makes weight loss & getting in shape easier by providing daily scientifically curated breakfasts, lunches & snacks.
- Super easy to follow, delicious food & the weight loss continues until you decide when you are at your goal weight.

**VITAFUSION DOCTORS**  
IV VITAMIN THERAPY CENTER  
& MEDICAL WEIGHT LOSS

**Call us now to start your weight loss and wellness journey!**  
**703-734-2222 • 8130 Boone Blvd., Suite #340 • Vienna VA 22182**  
**[vitafusiondoctors.com](http://vitafusiondoctors.com) • [arthritisvirginia.com](http://arthritisvirginia.com) • TYSONS CORNER**

*Luxxery is  
so excited to  
introduce...*

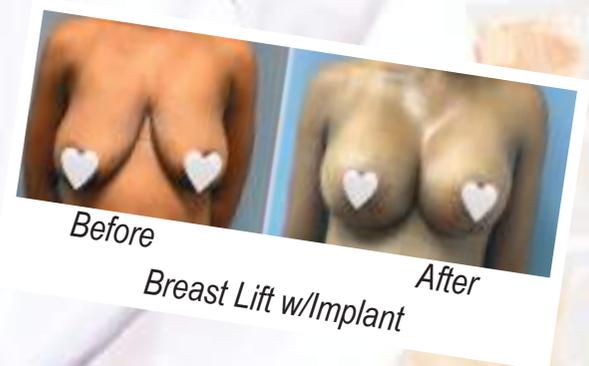
# Dr. Nadya Clarke, MD

**“QUEEN OF BREAST LIFTS”**

**MD: DREXEL UNIVERSITY COLLEGE OF MEDICINE**

**RESIDENCY: NYU LANGONE MEDICAL CENTER-  
GENERAL SURGERY**

**PLASTIC SURGERY FELLOWSHIP: LOYOLA  
UNIVERSITY MEDICAL CENTER GENERAL SURGERY**



IMMERSE YOURSELF IN BEAUTY  
**luxxery**<sup>®</sup>

**301-843-9769 • 202-333-9294**  
**3010 Crain Highway, Suite 3400**  
**Waldorf, MD 20601**  
**[www.luxxery.com](http://www.luxxery.com)**



The art of the aesthetic science

**CALL NOW AND RECEIVE AS A GIFT**

**\$10** ON YOUR PRODUCT | **\$30** ON YOUR TREATMENT

**\$100** BUYING A HYDRAFACIAL  
Towards your laser or body treatment



The Latest Technology in Aesthetic Science



**GUARANTEED RESULTS**

WE ACCEPT CareCredit



**MABIR CRUZ**  
HEALTHYDERMIS CEO



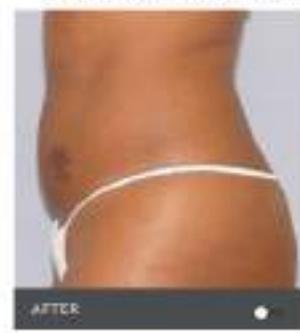
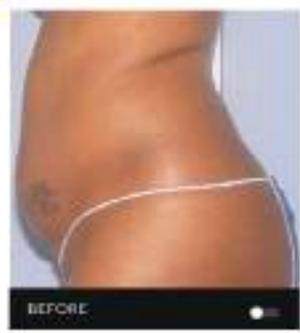
**YEN TANG**  
NURSE PRACTITIONER  
AESTHETICS EXPERT

**ASK ABOUT OUR TREATMENTS**

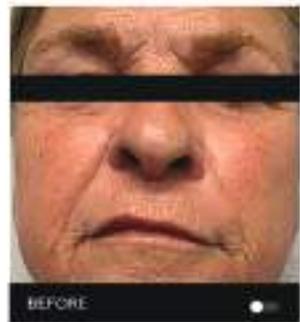
- Acne Treatments
- Body Contouring
- Botox
- Cosmelan Peel
- Chemical Peel
- Dermal Fillers
- Fillers
- Hair Loss
- Hydrafacial MD
- Laser Hair Removal
- Laser Tattoo Removal

- Microblading
- Muscle Sculpting
- Non-Invasive Scar Removal
- Non-surgical Lipo Sculpting
- Permanent Makeup
- Pigmentation Treatments
- Skin Rejuvenating
- Stems Cells Rejuvenating
- Stretch Mark Removal
- Vaginal Rejuvenation

**NON-SURGICAL LIPO |**



**SKIN REJUVENATION |**



GET YOUR **FREE** CONSULTATION TODAY

**CALL NOW! 571 502 0202 | MYHEALTHYDERMIS.COM**

2944 HUNTER MILL RD #201  
OAKTON, VA 22124

7230 HERITAGE VILLAGE PLAZA  
#201 GAINESVILLE, VA 20155



*Even in a pandemic...  
Cancer care can't wait*

HERE TO  
CARE FOR  
YOU SAFELY.



*Dr. Jacquelyn  
Dunmore-Griffith*



*Dr. Alison LaVigne*



*Dr. Heather Lee*



*Dr. Matthew Snyder*

**Exceptional cancer care, exceptionally close.**

**LANHAM**

Professional Office Building  
8116 Good Luck Road, Ste. 005  
Lanham, MD 20706  
240.542.3060

**BOWIE**

4901 Tesla Drive, Ste. A  
Bowie, MD 20715  
301.805.6860

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

*Experienced radiation  
oncologists provide  
state-of-the-art radiation  
therapy for patients  
with cancer.*

# Women's Teeth and Gums

By Karl A. Smith, DDS, MS

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

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

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

## Gum Care During Puberty

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

## Menstruation and Gingivitis

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

## Pregnancy and Gum Disease

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

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

## Medications Including Oral Contraceptives

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

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

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

## Your Changing Body During Menopause

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

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

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

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

*A Healthy Mouth Equals a Healthy Body*



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

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

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

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

**NEW PATIENT SPECIAL \$189**  
Includes Initial Exam, Full Mouth Digital Film, Consultation with Dr. Smith (Reg S328)

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



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



**Terence Bertele, MD**

Dr. Bertele is the Medical Director of Chesapeake & Washington Heart Care. He Graduated from New York University and trained in medicine at George Washington University Hospital and Georgetown University Hospital. Dr. Bertele has been a board certified cardiologist since 1985.



**Samuel B. Itscoitz, MD**

Dr. Itscoitz is a board certified Cardiologist, with a special interest in hypertension and cholesterol disorders. He studied medicine at George Washington University, and completed a Cardiology Fellowship at Harvard University after training in Internal Medicine at Brigham and Women Hospital.



**Awail U. Sadiq, MD**

Awail U. Sadiq, MD is board certified in Cardiology and interventional cardiology. Originally from Brooklyn, NY, Dr. Sadiq completed his training in Cardiology and Interventional Cardiology at University of Nebraska, Omaha. He completed his training in Internal Medicine at Drexel University in Philadelphia.



**Herman Gist, MD**

Dr. Gist is an experienced Interventional Cardiologist. He completed his fellowship in Cardiology at Emory University, and Interventional Cardiology fellowship at the University of Maryland Medical Center. He is dedicated to improving clinical outcomes in patients with coronary artery disease, peripheral vascular disease, valvular heart disease, and hypertension.



**Ravjyot Chawla, MD**

Ravjyot Chawla finished her Medical College at JJJM Medical College, India and came to the US in a fourth year rotation at Mount Sinai, NY. She did a residency in Internal Medicine from Mount Sinai Beth Isarel Medical Center NY and a Cardiology Fellowship at Loyola University, Chicago.

She is Board Certified in Internal Medicine, Cardiology and Advanced Heart Failure. She has been on Faculty at Georgetown University and Univ. of Iowa. She has a special Interest in Advanced Heart failure, Pulmonary Hypertension and Cardiac Transplantation.

- Chest Pain
- Shortness of Breath
- High Blood Pressure
- Atrial Fibrillation (A-Fib)
- Congestive Heart Failure
- Heart Valve Problems

- Palpitations
- Pre-op Cardiac Clearance
- Walk-in EKGs
- Leg Swelling
- Pacemaker & Defibrillator Checkups (continuous home monitoring)

- Echocardiograms
- Heart and Vascular Doppler Studies
- Nuclear Cardiac Stress Test
- Stress Test

**Call for an appointment.**

**Waldorf (301) 645-5100**  
**Leonardtwn (301) 475-3240**  
**Prince Frederick (410) 535-8262**

**www.chesheart.com**

# Sun-Safe Summer Fun



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

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

## Use Sunscreen

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

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

## Wear Sun Protective Clothing

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

## Find Shade

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

## Use Caution Near Water and Sand

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

## No Tanning Beds

Ultraviolet light from tanning beds increases the risk of skin cancer and increases signs of aging on the

skin. To get that sun-kissed look, consider getting a spray tan or try using a self-tanning product.

## Get Your Vitamin D Safely

Sun exposure is not the only way your body gets Vitamin D. It can be obtained safely through a healthy diet which includes naturally enriched vi-

tamin D foods, Dietary supplements, fortified foods and beverages. If you are Vitamin D deficient, speak to your doctor about safe ways to treat your condition that do not increase your risk of skin cancer.

## Visit Your Dermatologist

Develop a monthly routine to

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

**MARAGH**  
DERMATOLOGY, SURGERY  
& VEIN INSTITUTE

EMSCULPT  
**neo**

RF & HIFEM+  
Fat Fat & Muscle

3 PROCEDURES IN A  
SINGLE TREATMENT

3 LOCATIONS: ROCKVILLE, MD • ASHBURN, VA • WARRENTON, VA

**MORE & LESS**

**LESS -30% Fat**  
on average

**30 minutes**

**+25% MORE Muscle**  
on average

**The one in Body Shaping**

EMSCULPT NEO is the only non-invasive technology that simultaneously uses Radiofrequency and HIFEM+ (high intensity electromagnetic fields) to eliminate fat and build muscle. This results in more fat reduction and more muscle growth than any single gold standard product.

PATIENTS UP TO BMI 35

**Request an Appointment**  
**703.858.0500**  
maraghdermatology.com

**Maragh Dermatology, Surgery, and Vein Institutes** are state-of-the-art, comprehensive dermatology centers specializing in the most advanced techniques of medical, cosmetic, laser, and surgical dermatology with three office locations. Under the direction of our board-certified physicians, our team is dedicated to offering compassionate, specialized care with attention to detail catering to the individual needs of every unique patient we provide care for. Our providers treat a wide range of dermatologic conditions such as acne, eczema, rosacea, psoriasis, skin cancer, sun damage and aging skin. With over 15 different lasers we provide extensive laser service for the treatment of varying conditions including acne, rosacea, scar repair, sun damage aging, stretch marks, unwanted facial and body hair, unwanted fat, cellulite and leg veins.

# Open Enrollment

## Why It's Important To Review Your Plan Every Year

Submitted by  
Montgomery County SHIP

The signs of autumn: trees bursting into color, cooler temperatures, and open enrollment. There are different open enrollments: employer health plans, or individual health insurance through the Maryland Health Exchange, and Medicare Advantage (Part C) and Part D Prescription Drug plans. Let's focus on Medicare Part D plans.

### Why Review My Part D Prescription Drug Plan?

Medicare Part D plans change every year. Premiums change, medications are dropped from the list of covered drugs (the formulary), drugs are moved to different tiers, or additional approval is required. Your medications may be covered this year, but not the next.

Plus, everyone wants to spend less on their prescription drugs.

There are many choices with attractive plan features – maybe a low monthly premium, no annual deductible, or your neighbors or friends say one plan is the best. How do you know which is the best Part D plan for you?

The best plan for you is the Part D plan that gives you the lowest annual or yearly cost based on your specific medications and needs. The lowest annual cost = premiums + annual deductible + co-pays.

Each year from October 15-December 7, you can join, switch, or drop a Medicare Part D Prescription Drug plan. You don't have to change your Part D plan, but you do want to compare your current plan to next year's plan.

### How Do I Compare Part D Prescription Drug Plan?

Medicare Plan Finder is an online tool, created by Medicare, to help you find and compare Part D and Medicare Advantage plans. The Plan Finder walks you through each step of the process and is available at [www.Medicare.gov](http://www.Medicare.gov).

You enter your current medications, add up to five pharmacies, and if you take insulin, use the "insulin savings" filter to find plans that help you save on your insulin costs.

If you would like help comparing Part D plans, you can also request Montgomery County SHIP to prepare a free comparison. We use the same Medicare Plan Finder, your medications, and favorite pharmacies to find plans with the lowest annual cost for you to compare.

### So Where Can You Go To Get More Information About Medicare and Your Individual Needs?

The State Health Insurance Assistance Program (SHIP) is a supporting federal program designed to provide local, in-depth, and unbiased insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

Montgomery County SHIP is your local resource for all things Medicare.

They counsel and inform Montgomery County Medicare-eligible residents about Medicare coverage and choices, costs, beneficiary rights, and programs to help those who do not have the financial resources to pay for their coverage.

Visit their website for Medicare information at [www.MedicareABCD.org](http://www.MedicareABCD.org) or contact us directly at (301) 255-4250 or [SHIP@AccessJCA.org](mailto:SHIP@AccessJCA.org).

*Made possible with a grant from US Community for Living through the State of Maryland and Montgomery County. Montgomery County contracted with the Jewish Council for Aging to manage Montgomery County SHIP.*

301-255-4250

[SHIP@AccessJCA.org](mailto:SHIP@AccessJCA.org) | [www.MedicareABCD.org](http://www.MedicareABCD.org)



Montgomery County State Health Insurance Assistance Program (SHIP)

Made possible with a grant from the US Administration for Community Living through the State of Maryland and Montgomery County.

# RISE TO THE OCCASION



## MENDOWN

### Treat Your Erectile Dysfunction In 3 Easy Steps

*No doctor visits*

*No appointments*

*Best priced medication*

*You are not the only one!*

#### ERECTILE DYSFUNCTION MEDICINES IN 3 EASY STEPS



STEP 1  
SELECT MEDICATION

Select your medication  
& register with basic info and  
with a \$0 payment upfront.



STEP 2  
PHYSICIAN REVIEW

Let us know your symptoms and a  
state licensed physician will review  
it instantly. No calls and no visits.



STEP 3  
PHARMACY SHIPMENT

With the approved prescription &  
payment a state licensed pharmacy  
will ship it discreetly to you with  
free 2-day delivery.



Mendown licensed physicians are experienced in diagnosing ED and prescribing the right medication to treat it. Currently we provide the best-priced medications to treat ED with fast and discreet deliveries.

Plans start at only \$20/month. **START NOW For Free!**

**MENDOWN.COM 1-833-MEN-DOWN**

Get 10% Limited Time discount for Magazine Visitors : Use coupon HEALTH2021 during checkout.

**DOES YOUR RESTING ZOOM FACE MAKE YOU FEEL BAD?**

JOIN THE MILLIONS WHO HAVE

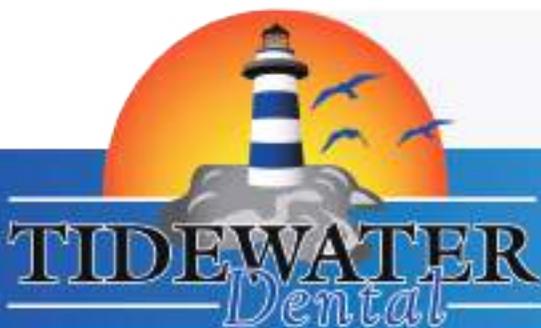
# IMPROVED THEIR ZOOM FACE

Side effects might include:

- Increasing your chances of a promotion
- Improving your dateability status on social media sites
- Feeling better about yourself while zooming



**GET**  **invisalign® NOW &  
ZOOM HAPPY TOMORROW**



SOMETHING WORTH *Smiling* ABOUT

**CALL TODAY FOR A  
ZOOM FACE SPECIAL WITH  
OVER \$1,900 IN SAVINGS**

- Lexington Park: 301-862-3900
- Charlotte Hall: 301-359-1717
- Prince Frederick: 410-414-8333
- Dunkirk: 301-327-3314
- Lanham: 301-955-9198
- Solomons: 410-326-4078



# MARYLAND EYE CARE CENTER

**20 YEARS OF EXPERIENCE IN EYE CARE  
EXCELLENCE HELPING OUR COMMUNITY**

**We have a passion for healing and compassion for our patients**



## **WHAT WE OFFER:**

Comprehensive Eye Exams • Glaucoma Surgery • Cataract Surgery  
Dry Eye • Medical Retina • Laser Treatment • Contact Lens Fitting • Family Eye Care

**Our optical boutique offers affordable to luxury frame selections**

**ACCEPTING NEW PATIENTS. LAST MINUTE APPOINTMENTS AVAILABLE.**

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

**301.431.0431**

## **MEET OUR WELL-RESPECTED DOCTORS**

**Mehrak M. Marzban, M.D. • Saman F. Ghahremani, M.D. • Rossana Luna, O.D.  
• Nathaniel McKay, O.D. • Anahita Abazari, O.D. • Sona Chaudhry, M.D.**

## **Our Premier Locations:**

- 831 University Blvd. East, Ste 11 Silver Spring, MD 20903
- 2045 University Blvd. East, Suite 100, Hyattsville MD 20783
- 8630 Fenton Street, Ste 130 Silver Spring, MD 20910

# MAY YOUR PELVIC FLOOR BE STRONGER THAN YOUR MORNING COFFEE



## BTL EMSELLA™

### Freedom From Bladder Leaks And Incontinence

**Thesiger Plastic Surgery and Tracy Freeman, MD** have a simple solution for urinary incontinence. The EMSELLA Chair from BTL Aesthetics is the first FDA cleared treatment for treating urinary incontinence for both men and women.

- ✓ **Non-invasive** ✓ **No Downtime**
- ✓ **28-Minute Treatments**



Schedule an appointment to see if EMSELLA is right for you. Call **Thesiger Plastic Surgery at 301-951-8122** or **Tracy Freeman, MD at 301-475-2038**

Learn more by visiting  
**Thesiger Plastic Surgery - [www.thesigerplasticsurgery.com](http://www.thesigerplasticsurgery.com)**  
**Tracy Freeman, MD - [tracyfreemanmd.com](http://tracyfreemanmd.com)**  
5530 Wisconsin Avenue, Suite 1235, Chevy Chase, MD 20815

# Caring For Your Children's Feet



By Howard Horowitz, DPM  
Bowie Foot & Ankle

You worry about your children's teeth, eyes, and other parts of the body. But what do you do about your child's feet – those still-developing feet which have to carry the entire weight of the body through a lifetime?

Many adult foot ailments have their origins in childhood and are present at birth. Periodic professional attention and regular foot care can

minimize these problems in later life.

Neglecting foot health invites problems in other parts of the body, such as the legs and back. There can also be undesirable personality effects.

A child with troublesome feet walks awkwardly and usually has poor posture.

As a result, the child may become shy and introverted, avoid athletics and social functions. Consulting with a podiatrist, pediatrician and other medical specialists can help resolve these related problems.

### Your Baby's Feet

The human foot – one of the most complicated parts of the body – has 26 bones, and is laced with ligaments, muscles, blood vessels and nerves. Because the feet of young children are soft and pliable, abnormal pressure can easily cause deformities.

Please see "Children's Feet," page 62

# Invisalign



By Judy Yu, DMD, MBA  
Dental FX

Invisalign clear aligners are designed to correct mild to moderate alignment issues, including:

- Overcrowded teeth
- Twisted teeth
- Overlapping teeth
- Bite issues

Additionally, these aligners are virtually invisible and do not detract from your smile. If you – like most of us – can't picture yourself in metal and wire braces, change the picture.

Imagine instead your teeth straightening over time, and most people not even aware that you're undergoing orthodontics. With Invisalign, you live your best life during

treatment, and after – it does not have to be one or the other.

### How Invisalign Works

The first part of the process calls for a friendly chat and exam with your Invisalign dentist, who will examine your teeth, take x-rays, and talk to you about your smile. Your dentist will want to know what you hope to achieve, and this exam and chat helps determine whether Invisalign is the best option for you.

If Invisalign is the right choice, impressions are taken of your smile, and the Invisalign lab uses these models to design your Invisalign clear aligners. Every couple of weeks, you change to a new aligner until you have exhausted the supply, and your new smile is ready for the world. You will be given an accurate estimate of how long you will need Invisalign therapy.

Following therapy, you are supplied with a custom retainer to remind your teeth that "straight is their new normal."

### The Benefits Of Invisalign

Aside from straight teeth and renewed confidence, Invisalign contributes to better oral health. Brushing

Please see "Invisalign," page 62



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

## Gentle Care for You and Your Feet

- Bunions
- Hammer Toes
- Ingrown Nails
- Heel Pain
- Diabetic Foot Care
- Fractures/Sprains
- Plantar Warts
- Orthotics
- Computerized gait & balance analysis
- Sports Medicine
- Joint Pain/Instability
- On-site X-Rays & soft tissue imaging

**Serving Area for over 20 Years**  
**Board Certified**  
Evening Appointments  
Most Insurance Accepted

**Location:** 14999 Health Center Drive, Suite #112 • Bowie, MD • 301-464-5900

**Appointments/Info at [www.bowiefootandankle.com](http://www.bowiefootandankle.com)**

**Charles L. Feitel Company** Direct: (301) 365-6940

6701 Democracy Blvd., Suite 300  
Bethesda, MD 20817

Fax: (301) 365-6941

Email: [cfeitel@medicalanddentalspace.com](mailto:cfeitel@medicalanddentalspace.com)



**CHARLES L. FEITEL**

*"The Medical Expert"*

*In The Washington Metropolitan Area  
Commercial Real Estate Market"*

**Let Charles Feitel help you with your next space requirement.  
His professionalism and medical expertise are unsurpassed.**

**Call now!!**

- Children's Dentistry
- Cosmetic Dentistry
- Crowns and Bridges
- Dental Implants
- Dentures
- Extractions
- General Dentistry
- Invisalign
- Periodontal Treatment
- Tooth-Colored Fillings



**Dental Care for Patients of All Ages**

We Look Forward to Meeting You

**DENTAL FX**

Dentistry by Dr. Judy Yu

**Schedule an Exam Today!**

**410-360-0440 | [dentalfxmd.com](http://dentalfxmd.com)**

8667 Fort Smallwood Rd., Pasadena, MD 21122

# Shockwave Therapy For Pain Relief



By William A. Cox, DC  
Alliance Chiropractic

These high-energy waves have been shown to stimulate healing in soft tissues and to trigger the creation of new blood vessels thus increasing circulation.

ESWT works so well to promote healing and circulation that it is also utilized by urologists to treat erectile dysfunction and by estheticians to reduce cellulite.

### What Is the Treatment Like?

Each treatment only lasts a few minutes as the device is applied to the areas being treated. When administered, a tiny projectile is shot back and forth at a high rate of speed inside a handheld applicator, creating shockwaves that penetrate deep into the tissue. There can be some discomfort involved in treating inflamed tissue but ESWT can be adjusted to an individual's pain tolerance.

After a prescribed number of waves have been delivered by the physician, the patient is then instructed to follow up for subsequent treatment in one week. A typical ESWT protocol

*Please see "Pain Relief," page 62*

A new, effective and exciting therapy called Extracorporeal Shockwave Therapy (ESWT) is now available, which adds to the existing toolbox of therapeutic modalities to treat bothersome complaints.

### What Is ESWT?

Originally developed to dissolve kidney stones, ESWT is a soft tissue treatment that delivers high energy shockwaves deep into the injured tissue.

**NOTHING FROM A JAR CAN MAKE YOUR SKIN ACT LIKE THIS**

**NEW POTENZA RF MICRONEEDLING TREATS THE ADVANCED SIGNS OF AGING**

- Stimulates new collagen production to not only give you tighter, firmer-looking skin, but younger acting skin
- Targets blemishes for a smoother, more radiant complexion
- Provides faster healing time than traditional microneedling

**Potenza**  
RF MICRONEEDLING  
TIGHTEN TECHNOLOGY

BEFORE AFTER  
BEFORE AFTER

Charles County Dermatology Associates | Robert S. Berger, MD  
4225 Altamont Place, Suite 3 | White Plains, MD 20695  
301-374-9511 | [www.charlescountyderm.com](http://www.charlescountyderm.com)

# SHOCKWAVE THERAPY

Extracorporeal ShockWave Therapy (ESWT) Can Help:

- Plantar Fasciitis
- Rotator Cuff Injuries
- Frozen Shoulder
- Tendinitis
- Sprains & Strains



## Dr. William Cox

Doctorate of Chiropractic  
Palmer College of Chiropractic, FL  
Bachelor's of Science in Biology  
Rowan University, NJ

## ALLEGIANCE CHIROPRACTIC

Chiropractic Adjustments • Active Release Technique  
ESWT • Myofascial Trigger Point Dry Needling  
Graston Technique • Webster Technique  
Physical Therapy • Kinesiotaping • Corrective Exercises

**Request an Appointment Today! 443-274-3030**

2622H Annapolis Road, Severn, MD 21144 | [AllianceChiropractic.com](http://AllianceChiropractic.com)

# UltraSlim.



**APPROVED FOR  
NON-SURGICAL  
INSTANT FAT LOSS  
& SKIN REJUVENATION**

## UltraSlim.

Further uses for the entire body:

- Stubborn Belly Fat
- Breast Reduction for Women
  - Neck and Decollete
- Skin Tightening
- Legs, Knees, Ankles, Arms
- Gynecomastia for Males
- Age Spots (Solar Lentigo)
  - Skin Rejuvenation
  - Face Lifts
- Reduce and Prevent Wrinkles and Creases Around Lips



**Richard Cook, MD**

**Lose 2 inches 1<sup>st</sup> treatment *guaranteed!***

**No side effects.  
No dieting.  
No exercise.  
No surgery.  
No drugs.**



**Patients lose an average of 3.5 inches and 1.6 liters of fat in a 32 minute treatment.**

*richard cook, md & betty siu, md*  
BOARD CERTIFIED INTERNAL MEDICINE

**CALL TODAY!**

# 301-472-4290

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

**UltraSlimWaldorf.com**

**The ONLY procedure FDA-cleared  
for Immediate Fat Loss!**

**Proven 100% Effective  
in clinical trials**





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**

[www.visualeyesgroup.com](http://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

# GET THE PROFESSIONAL CARE AND IMMEDIATE ATTENTION YOU DESERVE

Department of Veterans Affairs  
Contracted provider,  
Baltimore and DC

*Free Evaluation and Maryland State Licensed to Treat People At Home*



**Pete Goller, BS, CP**

- More Than 30 Years Experience
- President/Owner of Metro Prosthetics, Inc.
- ABC Certified Prosthetist



**Kyle Wilhelm, BS, CO**

- ABC Certified Orthotist
- More Than 25 Years Experience

## *Now Offering Orthotics/ Diabetic Shoes!*

- We accept Medicare
- Contracted provider for Aetna, BlueCross BlueShield, Carefirst and Kaiser
- Other insurances also accepted
- Family owned and operated
- Custom fabrication on site
- Immediate attention one-on-one patient contact

**METRO**  
PROSTHETICS INC.



**Helping People Regain  
Their Independence...Since 1977**

7438 Annapolis Road, Landover Hills, MD 20784  
4320 Fitch Avenue, Nottingham, MD 21236

**info@metroprosthetics.com**

**ABC Accredited Facility**

**301-459-0999 • 410-870-0365**

**www.MetroProsthetics.com**

# Minimally Invasive Foot Surgery

## Permanent Cure For Bunions, Hammertoes and Calluses

By Burton J. Katzen, DPM  
Metro Minimally Invasive  
Surgical Foot Care Centers

You only get one pair to last a lifetime, and most people will clock over 70,000 miles on a pair of feet in a 70 year life span. Mechanically, the feet are one of the most complex parts of the body. There are 26 bones, 30 joints, 19 muscles, and 107 ligaments in each foot. These structures

work together to allow the foot to move in six different directions to produce each complete step.

It has been estimated that 80-85% of the general population will suffer from a foot problem at some time in their life. In the past, many foot pain sufferers have avoided permanent cures, opting for periodic palliative care. In the long run, for the active person in pain, this may not be the treatment of choice. These visits

may be time consuming, expensive, and will not permanently cure a problem that may worsen.

### How Minimally Invasive Surgery Differs From Traditional Foot Surgery

Minimally Invasive Surgery (MIS) is a technique which enables a specially trained and certified surgeon to eliminate most bunions, hammertoes, corns, calluses, and spurs through a small incision often

requiring only one stitch, so no big scars. The procedures are performed with small specialized instruments with a diameter about the same size as a pen point. The bony structures are viewed during surgery by use of a Fluoroscope, so even though the incision is small, the surgeon can visualize the structures he/she is working on at all times during the surgery.

Unlike other surgeries, major factors associated with MIS are different. There is no hospitalization or deep general anesthesia required. The surgery is performed in a certified Ambulatory Surgical Center under local anesthesia with IV sedation administered by an anesthesiologist or a certified nurse anesthetist, so the patient will experience no pain before or during the surgery. Following the surgery, the patient will leave walking, be instructed to go directly home and remain off the foot other than ambulating to the bathroom for 2448 hours. The recovery time, and post-operative pain, swelling, and risk of infection is usually diminished with MIS due to the small incision, less exposure time, and lessor amount of soft tissue dissection and trauma to the structures. With some procedures, patients are often able to return to sedentary jobs in 23 days.

Etiology The most common cause of bunion deformities is believed to be a combination of hereditary tendencies and biomechanical imbalances. For example, excessive pronation, commonly referred to as flat-feet, places excessive stress on the inside of the big toe during toe-off forcing it into a valgus direction toward the smaller toes. As the bunion develops, the head of the metatarsal bone enlarges, becomes more prominent, and is irritated by the shoe. This can be demonstrated with the hand by holding the palm flat against a table and slowly bending the hand and watching the knuckles become more prominent.

Treatment The first choice in the treatment of bunion deformities is to discover them early in life so a conservative, mechanical approach may be used. This may include orthotics or a minimally invasive flatfoot correction, which will be discussed in a later issue. However, once the great toe is deviated and the metatarsal bone becomes prominent enough to be symptomatic in shoes, the only permanent cure is surgical correction, which in the majority of the cases can be done through the minimally invasive technique.

## Minimally Invasive Foot Surgery

**NO BIG SCARS, NO PINS OR SCREWS,  
NO CASTS, NO HOSPITALS,  
NO LONG TERM DISABILITY!**



- Specializing in Minimal Incision Foot Surgery for bunions, hammertoes, calluses, and HyproCure implant for permanent correction of flatfoot and relief of heel/arch pain.
- Sudoscan – Non-invasive Testing For Diabetic Neuropathy
- Comprehensive Foot and Ankle Care including heel pain, diabetic foot care, and wound care



### Dr. Burton J. Katzen, DPM

Fellow, American Academy of Ambulatory Foot and Ankle Surgery  
President, Temple University School of Podiatric Medicine Alumni Board  
Director, Annual Alumni Surgical Seminar TUSPM  
Vice President and Board Member American Academy of Ambulatory Foot and Ankle Surgeons  
Clinical Instructor, LSU  
Assistant Professor and Clinical Instructor, AAFAS

Like us on Facebook at [www.facebook.com/KATZENPODIATRY](http://www.facebook.com/KATZENPODIATRY) and follow us on Twitter at @KATZENPODIATRY for weekly articles on foot health



## Metro Minimally Invasive Surgical Foot Care Centers

Marlow Heights Diagnostic Center • 301-423-9494 • 4302 St. Barnabas Road • Temple Hills  
Southern Professional Building • 301-868-3515 • 9131 Piscataway Road • Clinton

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

For questions or requests for printed information on various foot topics, call the office or contact Dr. Katzen at [DrburtonK@aol.com](mailto:DrburtonK@aol.com)

For further information, please visit: [www.mdfootdr.com](http://www.mdfootdr.com) [www.funguslasermd.com](http://www.funguslasermd.com) [www.nailsinaday.com](http://www.nailsinaday.com) [www.keryflex.com](http://www.keryflex.com)

Knowles Where Good Health Begins!

# Your Full-Service Pharmacy & Compounding Specialist



We accept most insurance plans for prescriptions including CVS Caremark.

## Pharmacist Owned & Operated



Alan Chiet, R.Ph.  
Pharmacist



Hossein Ejtemai, R.Ph.  
Pharmacist



Jessie Nibber  
Clinical Herbalist  
For Herbal Consult  
Jesse@Knowleswellness.com



Dr. Melody Khorrami,  
Pharm. D., IN-C  
Pharmacist and Wellness Coach  
For Nutritional and Wellness Consult  
Melody@Knowleswellness.com

## New online Store Coming Soon!

For Basic Information and general questions:  
[info@knowleswellness.com](mailto:info@knowleswellness.com)

For Supplement Orders:  
[Supplements@knowleswellness.com](mailto:Supplements@knowleswellness.com)



### We Deliver!

\*some restrictions may apply

Offering discounted local delivery rates, call us for delivery details.

**Custom Compounding Products & Formulations**

**Hormone Replacement Therapy**  
\*prescription required

**Veterinary Compounds / Pet Supplements**

**Natural Health and Beauty Aids**

**Vitamins & Supplements**  
\*Practitioner Vitamin lines available

**Homeopathic Remedies / Aroma Therapy**

## Come Experience the Difference

10400 Connecticut Ave.  
Suite 100  
Kensington, MD

### Pharmacy Hours:

Mon - Fri 9am - 6pm  
Saturday 9am - 1pm



**20% off**  
Everyday Vitamins\*  
and Supplements

\*may not include ALL vitamin lines

**15% off**  
Professional Lines

FREE Reusable Tote Bag  
with purchases of \$75 or more

301-942-7979 | [KnowlesWellness.com](http://KnowlesWellness.com)

fax: 301-942-5544 Follow us on Facebook and Instagram!  

# Bad Breath: Our Social Epidemic

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

Do people step back when you get close? Brush their fingers under their nose when you are near? Quietly move a half step sideways or turn their head? Offer you gum or mints? Or, any other social signs that indicate you are not welcome in “their space?” If so, you probably have bad breath, or halitosis.

If this happens to you, forget the gums, mints, toothpastes, and mouthwash. These are all cover-ups, not cures. No matter what they taste like, they only cover-up one bad odor with a stronger, more pleasant one. Even the cure-in-a-bottle internet products are only cover-ups, not the all-day cures they advertise.

Since 1993 a complete cure has been available that creates life-long fresh breath that is sustainable for life.

It has changed the lives of thousands of the 40 million Americans who are affected by halitosis.

Bad breath is due to the bacteria that inhabit the mouth, particularly those on the tongue. These bacteria form biofilms (coatings) that can only be removed by hands-on mechanical means. By professionally eliminating those bacterial biofilms in a process called Tongue Rejuvenation<sup>®</sup> one can



Richard A. Miller, DDS

be halitosis-free forever.

Here are the signs and symptoms that can tell you if you have a breath problem:

- Coating on tongue – whitish, yellowish, or brown
- Bad taste
- Morning breath
- People react to you in close situations like those above
- Mouthwashes don't last
- Dry mouth, thick saliva
- Post-nasal drip, allergies

If you want to check yourself for bad breath, here is the best self-test available. Take a piece of gauze, two inches by two inches, available at every pharmacy. Stick your tongue out as far as possible. From the furthest back area that you can reach, wipe forward 3-4 times to get off as much coating as you can. This coating is the biofilm that causes bad breath. Smell it. An odor denotes bad breath.

Is the gauze discolored? If you see a color on the gauze, chances are you also have bad breath. A tongue that is clean, without bad breath bacteria shows a clear gauze with no odor. Be aware, however, that some people cannot smell their own odors due to a phenomenon called adaptation. That is why the color of the gauze itself is an indicator of bad breath.

Typical breath odors smell like “rotten eggs” and “feces” from the strong sulfur compound in the breath – made by the bacteria in the biofilm.

The permanent elimination of halitosis can be achieved with Tongue Rejuvenation<sup>®</sup>. This technique, discovered by a local dentist in 1993, has helped thousands of people in the last 28 years. Tongue Rejuvenation<sup>®</sup> painlessly removes the biofilm that has sometimes accumulated for decades. When the biofilm is gone, the odor is also. And with some simple techniques at home, you can be bad breath free for the rest of your life.

So, if you have bad breath, there truly is a way to say goodbye to bad breath forever. Why wait? Take action now.

## EMBARRASSED BY YOUR BREATH?



### Do People . . .

- Turn Away When You Get Close?
- Rub Under Their Nose?
- Offer You Gums or Mints?
- Talk Behind Your Back?
- Exclude You From Social Activities?

## THERE IS A CURE FOR BAD BREATH!

**Tongue Rejuvenation<sup>®</sup> ELIMINATES THE CAUSE of Bad Breath** so that **YOU CAN LIVE THE LIFE YOU DESERVE!**

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

**LIVE THE LIFE YOU DESERVE. TODAY!**

**National Breath Center<sup>®</sup>**

www.BeatHalitosis.com

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

# As the Years Go By... Restoring Health and Vitality



By Alan Weiss, MD  
Annapolis Integrative Medicine

As we emerge from the pandemic (while being aware that precautions still need to be taken), many people are realizing that they have neglected their health. During the pandemic you may have gained x pounds, stopped exercising, had disrupted sleep, ate badly and drank more than you used to. The stress of this time period had

impacted many people.

You might find your sleep is disrupted, and it is possible that weight gain has brought about sleep apnea, which is a dangerous condition that causes fatigue, weight gain, and increases the risk of heart disease, stroke and hypertension.

GI problems are also common, including irregular bowel movement and bloating. Two common GI conditions are bacterial and yeast overgrowth, which when recognized can be easily treated. Ensuring the health of your liver, the main body detoxifier, is also critical.

Stress can exacerbate or accelerate hormonal deficiencies in men and women.

Bio-identical hormone replacement is an approach where the natural hormonal status of a man or

*Please see "Vitality," page 62*

Conventional and Integrative care to help YOU achieve your Optimal Health.

At Annapolis Integrative Medicine, Dr. Alan Weiss combines the best of conventional treatments, natural approaches, and alternative strategies to effectively improve and maintain your well being.

**Offered Services:**

- Comprehensive Medical Evaluations including Chronic, Complex, and Mysterious Medical Conditions
- Hormone Replacement Therapy featuring BioTE Hormone Pellet Therapy for men and women
- Intravenous Therapies: Myers Cocktails, Glutathione, Vitamin C.
- Peptide Therapy.
- Votiva and Morpheus Rejuvenation Therapy
- HCG Weight Loss Therapy
- Weight Loss and Detoxification Therapies



## Annapolis INTEGRATIVE Medicine



Schedule Your Appointment Today!

**410-266-3613**

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

Alan Weiss, MD

Board Certified,

American Board of Internal Medicine

American Board of Anti-Aging Medicine

1819 Bay Ridge Avenue, Suite 180 • Annapolis, MD 21403



Now open for in-person appointments  
**TELEMEDICINE ALSO AVAILABLE**



## Put Your Life *Back Together*

### Get Back To Your Regular Activities – Treatments Include:

- X-ray & Ultrasound Guided Treatments
- Spinal & Peripheral Injections (Muscle, Joint and Nerve)
- Non-Narcotic Medication Management
- Spinal Cord Stimulator Trials
- Referrals For Physical Therapy & Chiropractic
- Electrodiagnostic Testing
- Dry Needling
- Medical Marijuana Certification
- Acupuncture Available In Office

Same great care you've come to expect – **now open in Olney!**

Mohsin S. Sheikh, MD and Kristin Reisinger, PA-C

Call **301.591.8261** to schedule your appointment.

18111 Prince Phillip Drive, Suite #121, Olney, MD 20832

501 North Frederick Avenue, Suite #302, Gaithersburg, MD 20877

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



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



USDVA funding to help with cost of care

Serving those who served.

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

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

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

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

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

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

# Keeping Maryland Residents Connected

By Maryland Relay/  
Telecommunications Access of MD

Imagine how different your life would be if you were unable to use a telephone to keep in touch with family or friends, make appointments, or conduct business. This is a challenge faced by millions of people who are deaf, hard of hearing, late-deafened, DeafBlind or have difficulty speaking.

According to the Hearing Loss Association of America, 20% of adults in the United States live with some degree of difficulty hearing. For those over the age of 65, one out of every three people can benefit from Maryland Relay services.

Maryland Relay is a free public service that makes it possible for people who have difficulty hearing or speaking to place and receive telephone calls. Accessible anywhere in the state by dialing 7-1-1, Maryland Relay provides a wide array of services to meet the diverse needs of its users, including:

- Traditional Relay (TTY) for those who are deaf, hard of hearing, late-

deafened or have difficulty speaking. Also known as a text telephone, a TTY has a keyboard, which allows the user to type his/her side of the conversation, and a text screen to read the other person's responses.

- Hearing Carry-Over (HCO), Speech-to-Speech (STS), and Visually Assisted STS for those who can hear clearly, but have difficulty speaking or being understood over the telephone. With HCO, the user types his/her side of the conversation on a TTY or HCO phone. With STS, the user speaks with his/her own voice, and a Maryland Relay Operator revoices everything he/she says, as needed, to the other person. With Visually Assisted STS, Maryland Relay Operators are able to use both speech and visual cues to facilitate conversations for users via a live video connection.

- Voice Carry-Over (VCO) for Relay users who have difficulty hearing but prefer to use their own voice in phone conversations. VCO callers use a VCO phone or TTY to speak to the other person while a Maryland Relay Operator types the other person's response.

- Captioned Telephone, which allows users who are hard-of-hearing to read captions of phone conversations while they listen to what the other person says.

- Remote Conference Captioning (RCC), which provides captions of what all participants are saying during conference calls.

- Braille TTY for Relay users who are DeafBlind. A Braille TTY includes a keyboard, which allows the user to type his/her side of the conversation, and a Braille display for reading the other person's responses.

In addition to the services available through Maryland Relay, people in Maryland who have difficulty using a telephone may also qualify for assistive telecommunications equipment, provided by the State through the Maryland Accessible Telecommunications (MAT) program. Qualified MAT program applicants must meet specific financial requirements and will participate in a free evaluation to ensure they receive the best equipment for their individual needs.

If you, or a loved one, have difficulty hearing or speaking over the phone, there are services and equipment available to keep you connected. To learn more about Maryland Relay and the MAT program, please visit [mdrelay.org](http://mdrelay.org).



## The technology solution for families who value CONNECTION.

Now's the time to dial in on your family's communication needs! The Maryland Accessible Telecommunications (MAT) program allows family members to apply for assistive telephone equipment—so no one misses out on important conversations. Calling solutions—like amplified phones, Captioned Telephones, and tablets—help grandparents actively participate in phone calls, parents successfully telecommute, and children engage in distance learning.

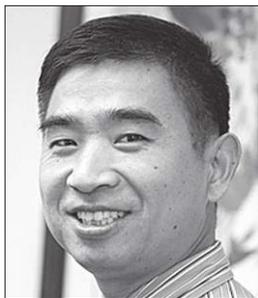
*\*The MAT program benefits Maryland residents ages three and older who are Deaf, hard of hearing, DeafBlind, or are living with limited speech, mobility, or cognitive abilities.*

**Tired of missed connections? Apply today:**  
 800-552-7724 | 410-767-6960 (Voice/TTY)  
 443-453-5970 (Video Phone)  
[mat.program1@maryland.gov](mailto:mat.program1@maryland.gov) | [mdrelay.org](http://mdrelay.org)

  
**Maryland**  
 DEPARTMENT OF COMMUNICATIONS

  
**Maryland Accessible Telecommunications**  
 Equipment Distribution Program

# Chinese Acupuncture For Infertility



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

Traditional Chinese medicine (TCM), or complementary and alternative medicine (CAM), has been used therapeutically in China for thousands of years and is growing in prominence in Europe and the United States. Chinese medicine works by reestablishing balances within the body, the balances between yin and yang, between Qi and blood, and so on. The main professional methods are Chinese herbal medicine and acupuncture. Recent studies indicate that more and more couples in the U.S. are seeking Chinese medicine for fertility care.

Infertility, inability to conceive or carry a child to delivery, is usually lim-

ited to situations where the couple has had intercourse regularly for one year without using birth control. About one in every eight couples is infertile. Most cases involve the female partner, 30-40% involve the male, and 10% are caused by unknown factors. In women, the most common problems are failure to ovulate and blockage of the fallopian tubes. In men, low amount and activity of sperm is the most common problem.

Acupuncture has been used to treat infertility extensively, including ovulatory dysfunction, in vitro fertilization and embryo transfer (IVF-ET), and male infertility. One recent review in the Chinese Journal of Integrated Traditional and Western Medicine concluded that most of the existing studies suggest a positive effect of acupuncture in infertility treatment. Firstly, acupuncture may improve ovulation by modulating the central and peripheral nervous systems, the neuroendocrine and endocrine systems, the ovarian blood flow, and metabolism. Secondly, acupuncture can improve the outcome of IVF-ET, and the mechanisms may be related to the increased uterine blood flow, in-

hibited uterine motility, and the anesis of depression, anxiety and stress. Its effect on modulating immune function also suggests helpfulness in improving the outcome of IVF-ET. Finally, the studies suggest that acupuncture plays a positive role in male infertility, the mechanism of which is not yet clear.

Recent studies demonstrated that traditional Chinese medicine could regulate the gonadotropin-releasing hormone to induce ovulation and improve the uterus blood flow and

menstrual changes of endometrium. In addition, the recent research also suggests that it has impact on patients with infertility resulting from polycystic ovarian syndrome, anxiety, stress and immunological disorders.

However, according to the Journal of the British Medical Acupuncture Society it seems that acupuncture has a positive effect and no adverse effects on pregnancy outcome. It is vital to select a well-trained professional acupuncturist for ideal outcome.



## 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

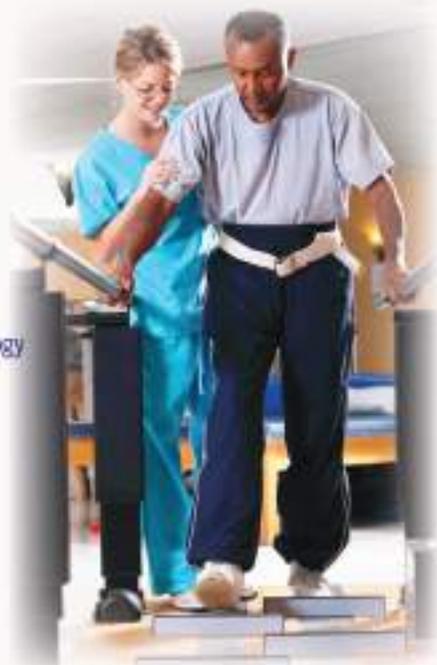
416 Hungerford Drive, #300  
Rockville, MD 20850

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



**Services Include:**

- Regular Physician Visits
- Nursing Services
- Private Rooms Available
- Semi-Private Rooms
- Dementia/Alzheimer's Care
- Resident Choice Dining
- On-site Access Lab & Radiology
- Activities Program
- Registered Dietitian
- Podiatry Services
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- IV Therapy
- Wound Care
- Respite Care
- Religious Programs
- Wifi Services



*To schedule a tour or speak to admissions,  
please call 301-475-8000 ext. 125*

21585 Peabody Street • Leonardtown, MD 20650 • 301-475-8000 • www.smncl.org



## How To Get Your Medical Marijuana Certification Now...

**In order to obtain Medical Marijuana in Maryland and Washington DC, patients need to have an evaluation with an Approved Physician to obtain a valid written certification.**

**Qualifying conditions for Medical Marijuana include:**

• Severe or Chronic Pain	• Glaucoma
• Cachexia	• PTSD
• Anorexia	• Or another chronic medical condition which is severe and for which other treatments have been ineffective.
• Wasting syndrome	
• Severe nausea	
• Seizures	
• Severe or persistent muscle spasms	

**Our Doctors Make This Process Quick & Easy!**

**Call Today To Schedule Your Confidential Appointment Via Telemedicine: 202-291-0126**

# Obesity and Your Health

## Considering Weight Loss Surgery?

Take the first step to improve your overall health.

Learn more by attending one of our **FREE** educational information seminars OR schedule your first appointment today!

**240.206.8506**

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



The  
**Bariatric & Hernia**  
INSTITUTE, PC

Greenbelt and Silver Spring, Maryland



By Etwar McBean, MD, FACS  
The Bariatric & Hernia Institute, PC

Long before the major health conditions set in, obesity has the effect of creating many problems. Most commonly, individuals that are obese tend to get exhausted and short of breath by walking long distances or climbing stairs. There is often pain in the lower back and the knee joints that limit activity. Sleep is often disturbed with snoring and getting up multiple times at night. These are often precursors to more serious condi-

tions.

Coupled with that, many people that struggle with their weight avoid social events and activities that they enjoyed in the past. This often contributes to some degree of depression.

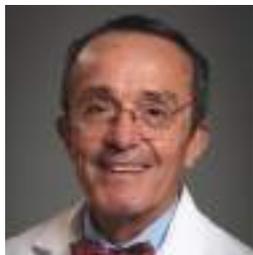
Then come the major health conditions that everyone talks about. These include sleep apnea, diabetes, high blood pressure, high cholesterol, heart disease, and arthritis, which are all a part of a longer list. These health conditions often require treatment with several medications that need to be maintained over a lifetime. The effect is a decline in overall health status and quality of life that is coupled to the high cost of ongoing medical care.

There are several options for weight loss including diets, exercise programs, medications and weight loss surgery. Each of these tools work well on the background of daily healthy lifestyle choices. Addition-

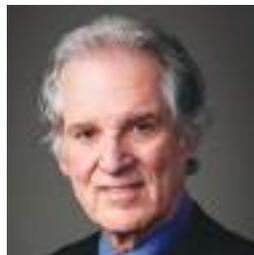
*Please see "Obesity," page 62*



Ralph V. Boccia, MD, FACP



Victor M. Priego, MD



Bruce D. Cheson  
MD, FACP, FAAAS, FASCO



Mark G. Goldstein  
MD, FACP

## The Center for Cancer and Blood Disorders

For over 25 years, The Center for Cancer and Blood Disorders has provided exceptional care to patients in the Bethesda and Germantown area. Headed by nationally recognized, Board-certified oncologists/hematologists Ralph V. Boccia, MD, FACP and Victor M. Priego, MD, the physicians are joined by Mark Goldstein, MD, FACP and Bruce D. Cheson, MD, FACP, FAAAS, FASCO.

Dr. Goldstein completed his residency in internal medicine at the University of Connecticut with two Commendations for Excellence in Patient Care, followed by a fellowship in hematology and oncology at the University of Connecticut. Dr. Cheson completed his residency in internal medicine at the University of Virginia Hospital and his clinical and research fellowship at New England Medical Center Hospital. He specializes in lymphoid malignancies and CLL.

The physicians are committed to delivering the most advanced and innovative treatments focused on each patient. Their individualized approach to patient care includes chemotherapy, targeted therapy, immunotherapy and, when appropriate, clinical trials. Patients receive home delivery of oral cancer medications, in-house lab and pathology and on-site infusion therapy. The practice also offers integrative medicine and comprehensive support, including nutrition guidance and financial counseling. New patients are seen within 48 hours.

6410 Rockledge Drive, Suite #660, Bethesda, MD 20817  
19735 Germantown Road, Suite #255, Germantown, MD 20874

**301-571-0019**



THE CENTER FOR  
**CANCER AND  
BLOOD DISORDERS**

A DIVISION OF AMERICAN ONCOLOGY PARTNERS OF MARYLAND, P.A.

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





Submitted By Sivakumar Sreenivasan, DMD, MDS  
Dental Implant Center of Rockville

# A Reason To Smile Again

## All-On-Four Dental Implants

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 implants.

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.

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 remarkable 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.

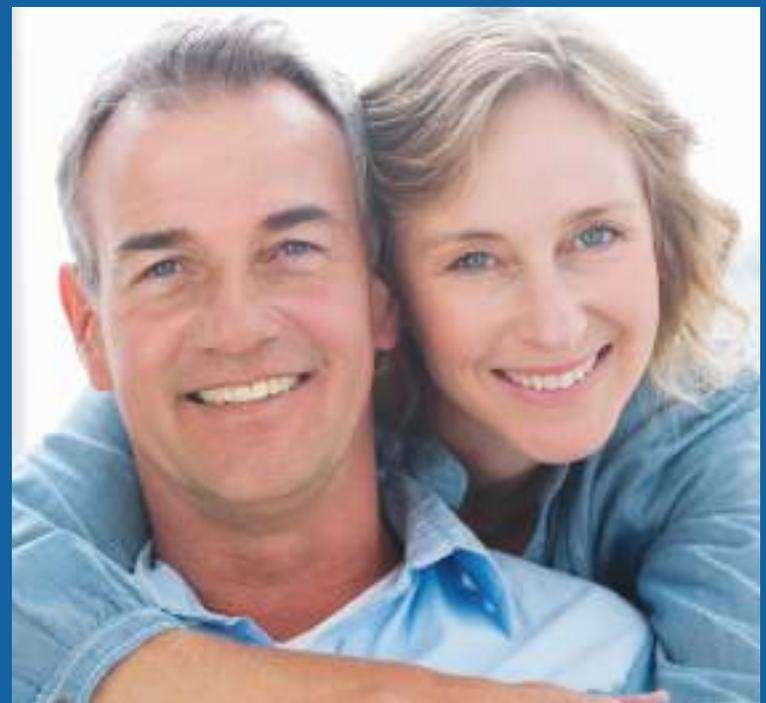
Here’s where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four precisely placed implants on the top of your mouth, and four on the bottom, to restore your full smile. That’s the beauty of the All-On-Four. And because the implant 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

## 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.

**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.omfsmid.com](http://www.omfsmid.com)

# It's Summer! No More COVID Slump

By Anthony T. Hardnett, DC  
Effective Integrative Healthcare  
Chiropractor/Owner

Beautiful summer weather is outside. There's no excuse to still be in a COVID slump!

Many of us have been neglecting our health and wellness over the past year, but fret not – local medical one-stop shops are here to make quality care accessible and convenient for

everybody.

Whether you're looking for a new physician for chronic condition management, or looking to lose a few (or more) pounds for the summer, there are many benefits to having all of your medical care under one roof.

For starters, it's convenient for you. You don't have to worry about driving all over town to see different specialists or make multiple appoint-

ments. One-stop shops often have all the care you need right under one roof.

Another reason that a one-stop-shop style of healthcare office is so attractive to patients is having a provider that is familiar with your entire health history. When you visit a one-stop shop healthcare center, you're gaining a partner in your health. This also makes it easier for your wellness team to customize wellness and treatment plans for you.

**Wellness:** A variety of wellness

initiatives are available that you may not even know are options to helping you live healthier and feel better on a daily basis, ranging from IV supplemental therapy to bio-identical hormone pellets, to medical weight loss, to massage services. One-stop medical shops have all the treatments available so you look and feel your best every day.

**Immune and Energy Boosting Nutritional IV Therapy:** Like most people, you probably aren't getting the nutrients your body needs through your diet alone. This means your body is going without vital nutrients, which directly affects your overall health and wellness. Nutritional IV therapy solves this problem by delivering key nutrients to your body through an IV drip. The simple procedure is as easy as being hooked to an IV that then provides the body with a custom series of vitamins that can help with everything from enhancing your immune system, or easing a hangover to supporting an active lifestyle. A typical IV treatment will include critical nutrients like magnesium, calcium, various B vitamins, vitamin C, and B-12.

**One-Stop Medical Care For Pain:** Debilitating pain can make everyday living hard to endure. Access to chiropractic treatment, physical therapy, massage therapy, acupuncture, natural pain management, and medical pain relief for musculoskeletal conditions, injury rehabilitation and chronic pain all under one roof certainly can make one's life easier. The most advanced chiropractic and physical therapy treatments from a team of medical providers at a one-stop shop practice seeks to address your symptoms and develop custom treatment plans that ensure long-term solutions for pain relief and various ailments.

**Management Of Chronic Conditions:** Chronic conditions are challenging and can be difficult to manage. When left untreated or properly managed, it can lead to costly and painful complications. Combining conventional medical approaches with other integrative healing modalities under one roof helps you be proactive in your health, especially when it comes to managing chronic conditions, such as diabetes.

**Preventive Care:** Many patients "feel" fine and only see doctors when they're visibly ill. However, preventive care is crucial, and it is so important. When you go to a one-stop style healthcare office, the team will work with you through education and personalized wellness plans to ensure you stay healthy year-round.

**Make this summer about *YOUR HEALTH!***

**Effective Integrative Healthcare provides a variety of services that make them a one-stop shop for healthcare – so you can make this the best summer YET for you and your family's health!**

**Immune + Energy Boosting – Effective Vitamin IV Therapy**  
**Vitamin Shots • Chiropractic • Physical Therapy • Acupuncture**  
**Massage • Medical Weight Loss • Bio-Identical Hormone Pellets**  
**and more – all under one roof!**

**FREE CONSULTATION & EXAM!**  
**+ FREE B12 SHOT**  
**IF YOU MENTION THIS ARTICLE • EXPIRES 8/31/2021**

*Habla Español*

**EFFECTIVE INTEGRATIVE HEALTHCARE, LLC**

<b>MILLERSVILLE</b> <b>410-729-2200</b> 683 Old Mill Road Millersville, MD 21108	<b>CROFTON</b> <b>410-451-4640</b> 1625 Crofton Centre Crofton, MD 21114	<b>LANHAM</b> <b>301-577-6556</b> 7400 Riverdale Road Lanham, MD 20706
---	---	---

**SCHEDULE A CONSULT NOW AT EIHMD.COM**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



## Alicia Kovach, DC

410-697-3566

959 Annapolis Road  
Gambrills, MD 21054  
[www.kovachchiropractic.com](http://www.kovachchiropractic.com)



### Offering a Full-Range of Chiropractic and Wellness Services:

- Spinal Decompression • Aqua Massage
- Cold Laser Therapy • Custom Orthotics
- Massage Therapy • Ultrasound
- Infrared Light Pad
- Physical Therapy Modalities

## Meet Dr. Alicia Kovach:

**Degrees/Training:** Graduate of Palmer College of Chiropractic, DRX Training, Activator, Myofascial Release, Board Certified Physical Therapy and Webster Certification. Trained in the Thompson Technique, as well as in the latest evidence based Chiropractic treatments for Pediatric and Pregnancy Care

**Associations:** Maryland Chiropractic Association, International Chiropractic Pediatric Association

**Areas of Interest:** Maternity Care, Pediatric Care, Worker's Compensation, Personal Injury, Spinal Decompression for Herniated Discs

### Pregnancy and Chiropractic

Regular chiropractic care is an integral part of the prenatal and postpartum care during pregnancy. It helps keep mom feeling good and assists her in coping with the physical stresses of an ever changing body.

### Infants and Chiropractic

Chiropractic is a holistic approach to the treatment and management of health conditions. Chiropractic care encompasses a wide variety of safe, natural and noninvasive treatments. This includes chiropractic spinal adjustments, exercise and stretching programs, diet and nutritional counseling, soft tissue techniques, to name a few. In experienced hands, chiropractic care can provide your infant, child or adolescent with a lifetime of health and happiness.

### Scoliosis in Children

Scoliosis is the lateral deviation of the spine and affects not only adults, but more commonly affects children and adolescents. The goal is to eliminate discomfort and prevent progression of the lateral curvature. If the curvature continues to progress severe spinal deformity can occur resulting in physical disability and cardiovascular compromise.

### Sports and Children

Sports and regular physical activities not only serve as fun-time for children and teens, but more importantly, improves their overall health and wellness status while promoting a healthy lifestyle which they can carry into their adulthood years.

### Nutrition and Children

The rate of childhood obesity has been rising significantly over the last 30 years. Studies have shown that obesity in childhood dramatically increases the odds of obesity in adulthood, a condition which compromises health and overall well being. Obesity is a difficult condition to treat as it requires a very high level of self-discipline in order to overcome. It is thus especially important to prevent obesity from occurring during childhood or seeking immediate and effective treatment if it does exist.

### Children and Chiropractic Care

Dr. Kovach works collaboratively with the care team for the youngest of patients, and takes great pride in ensuring that they receive the best treatment. She has completed training with the International Chiropractic Pediatric Association (ICPA) and is truly passionate about treating the whole family at all stages of life. If you have any questions or would like more information on the services Dr. Kovach provides, please feel free to contact the office at 410-697-3566.



## Sara Donnelly, DC

410-697-3566

959 Annapolis Road  
Gambrills, MD 21054  
[www.kovachchiropractic.com](http://www.kovachchiropractic.com)



### Offering a Full-Range of Chiropractic and Wellness Services:

- Spinal Decompression • Aqua Massage
- Cold Laser Therapy • Custom Orthotics
- Massage Therapy • Ultrasound
- Infrared Light Pad
- Physical Therapy Modalities

## Meet Dr. Sara Donnelly:

Dr. Sara Donnelly may be the newest Croftonian and she recently moved to Crofton and joined Kovach Chiropractic and Wellness Center as their newest doctor. She grew up in Olmsted Falls, a suburb of Cleveland, Ohio. "I have a very holistic approach to health," said Dr. Donnelly. When her daughter was born, she began seeing a local Cleveland chiropractor. It was he who inspired her to take a closer look into the profession.

Dr. Donnelly always had a desire to help people; in her early college years, she had been studying to become a teacher. However, with her newfound love of chiropractic, something clicked. She knew this profession would fulfill both her desire to teach, and her desire to serve.

Dr. Donnelly and her daughter moved to Davenport, Iowa. There, she attended Palmer College of Chiropractic, the same school that Dr. Kovach attended years ago. The program is five academic years, but offered at an accelerated pace. Dr. Donnelly studied year round and completed her degree in three and half calendar years. Dr. Donnelly says her family was very supportive and she found a nice community of people in Davenport that helped her along her journey

She enjoyed the program, in particular the radiology portion. She helped as a student teacher in that department during her time on campus. She also worked for a year as an intern at the Palmer Clinic in Davenport; there, she had the opportunity to work with clinicians who are among the best in the profession. Upon graduation, Dr. Donnelly considered staying in Iowa to be near the people they had grown close to over the course of her education. However, a friend of hers encouraged Dr. Donnelly to consider where she and her daughter would be most happy. She had always wanted to live on the East Coast; she had loved Maryland and the bay since visiting the area as a kid.

Dr. Donnelly was connected with Dr. Kovach through a women's chiropractic group on facebook. She loved her approach to health and her chiropractic philosophy. "I came out here to visit and I just knew this is what I wanted," said Dr. Donnelly. During her visit with Dr. Kovach, who also lives in Crofton, she was drawn to the relative quiet of Crofton and liked that the neighbors were kind and welcoming.

Dr. Donnelly started at Kovach Chiropractic and Wellness Center in mid-march at their new office at 959 Annapolis Road (MD Route 175) in Gambrills. She's taking on new patients of all ages. Dr. Donnelly says she sees chiropractic as a service where she learns about her patient's pain, listens to their health story and helps them be well. "Listening is the most important thing in getting to know a new patient," said Dr. Donnelly. To book an initial consultation with Dr. Donnelly, call Kovach Chiropractic at (410) 697-3566.

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Sherry L. H. Maragh, MD, FAAD

Dermatology,  
Skin Cancer Surgery,  
Cosmetic Surgery



3 Convenient Locations:

Ashburn, VA: 703-858-0500  
Warrenton, VA: 540-878-5781  
Rockville, MD: 301-358-5919



Sherry L.H. Maragh, M.D. is the founder and director of our centers. She is Board Certified in general, surgical, cosmetic and laser Dermatology by the American Board of Dermatology. Dr. Maragh is recognized as a leader and expert in the field by both her peers and patients in offering the most advanced laser technology and minimally invasive surgical techniques for facial reconstruction and body rejuvenation. Dr. Maragh received her training at the prestigious Mayo Clinic Department of Dermatology and Dermatologic Surgery in Rochester, Minnesota. She then completed highly competitive, surgical fellowship training in Mohs micrographic skin cancer surgery with advanced facial reconstruction and minimally invasive cosmetic surgery. She was taught by leading experts in the field of dermatology and cosmetic surgery in New York, Los Angeles and San Diego, California.

Dr. Maragh is a published scientific author and local and national speaker on the latest advances and techniques in dermatologic and cosmetic surgery. Dr. Maragh is a Fellow of the American College of Mohs Surgery, reserved only for fellowship trained Mohs skin cancer surgeons. She has performed over 5000 skin cancer surgeries with cosmetic facial reconstruction. Dr. Maragh is a fellow of the American Academy of Cosmetic Surgery, reserved only for cosmetic surgeons who have completed specialized cosmetic surgery training and have completed multiple cases of cosmetic surgery before attaining Fellow status. Dr. Maragh is also a

fellow of the American Academy of Dermatology, the American Society of Dermatologic Surgery and the Womens Dermatologic Society. Dr. Maragh is a cum laude graduate of Hampton University in Hampton, Virginia with a B.A. in Biology/Biochemistry. She completed her medical studies with Alpha Omega Alpha Honors in the top 5% of her graduating class at the University of Maryland School of Medicine.

Dr. Maragh has been recognized by the *Washingtonian Magazine* as Top Doctor and by *I AM Modern* as Best Dermatologist in the DC Suburbs. She has also received the Patient's Choice Award for her excellence in patient care and compassionate care. Dr. Maragh's greatest joy is her family including her three children. Dr. Maragh sees patients in all of the Centers' office locations.

LEARN MORE ABOUT OUR SERVICES:

- **Dermatology Center:** a full range of medical, laser, cosmetic & surgical dermatology services including complete skin cancer screening and treatments
- **The Vein Center:** the latest, most effective, minimally-invasive laser & surgical techniques for the treatment of spider veins and varicose veins of the legs
- **The Surgery Center:** Tumescant Liposuction, SmartLipo™ Triplex Laser Liposculpture, Cellulaze Laser Cellulite Removal, Minimal Incision Facelifts, Cosmetic Eyelid Surgery

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

## Rishi R. Sood, MD

6915 Laurel Bowie Road  
Suite #101  
Bowie, MD 20715

**301-622-5360**

**Satellite Office:**

7610 Carroll Avenue  
Suite #360  
Takoma Park, MD 20912



Dr. Rishi R. Sood, MD is an Interventional Radiologist in Maryland, District of Columbia and Virginia. He received his medical degree from George Washington University School of Medicine and has been in practice for less than 3 years.

Dr. Sood, MD performs a Uterine Fibroid Embolization. This procedure is Nonsurgical and is used to block blood flow to fibroids, causing them to shrink.

It is a Minimally invasive procedure performed through a needle sized hole in your

wrist or thigh.

There is no general anesthesia required and is performed as an outpatient procedure (typically within 45 minutes). The procedure does require 3-5 days for recovery and it preserves the uterus.

Dr. Sood, MD prefers the Uterine Fibroid Embolization over the traditional Abdominal Hysterectomy that surgically removes the uterus.

Dr. Sood, MD feels the Uterine Fibroid Embolization is a less invasive surgery that does not leave any scars.



**MIDATLANTIC  
VASCULAR &  
INTERVENTIONAL**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



## MEDICAL ONCOLOGY

### Paul Bannen, MD

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

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

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

**Certification:** Internal Medicine and Medical Oncology

**Fellowship Training:** Georgetown University

**Practice Locations:** Regional Cancer Care Associates

**Clarksburg** • 301-685-6300  
22616 Gateway Center Dr. Ste C • Clarksburg, MD 20871

**Olney** • 301-774-6136  
18111 Prince Phillip Dr, Ste 327 • Olney, MD 20832

**Rockville** • 301-279-7510  
9715 Medical Center Dr, Ste 221 • Rockville, MD 20850



## MEDICAL ONCOLOGY

### Frederick Barr, MD

Dr. Frederick Barr specializes in medical oncology and is board certified. He received his medical degree from Northwestern University Feinberg School of Medicine and completed his internal medicine residency at Northwestern Memorial Hospital.

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

**Residency:** Northwestern Memorial Hospital

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

**Practice Location:** Regional Cancer Care Associates

**Chevy Chase** • 301-657-4588  
5454 Wisconsin Ave, Ste 1300  
Chevy Chase, MD 20815



## Chitra Rajagopal, MD

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

**Medical Education:** Madras Medical College

**Internal Medicine Residency:** Georgetown University

**Certification:** Internal Medicine and Medical Oncology

**Fellowship Training:** Georgetown University

**Practice Locations:** Regional Cancer Care Associates

**Clarksburg** • 301-685-6300  
22616 Gateway Center Dr. Ste C • Clarksburg, MD 20871

**Olney** • 301-774-6136  
18111 Prince Phillip Dr, Ste 327 • Olney, MD 20832

**Rockville** • 301-279-7510  
9715 Medical Center Dr, Ste 221 • Rockville, MD 20850



## Frederick P. Smith, MD

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

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

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

**Residency:** Georgetown University

**Fellowship:** Georgetown University

**Board Certifications:** Medical Oncology

**Practice Location:** Regional Cancer Care Associates

**Chevy Chase** • 301-657-4588  
5454 Wisconsin Ave, Ste 1300 • Chevy Chase, MD 20815



## MEDICAL ONCOLOGY

### Dongmei Wang, MD

Dr. Dongmei Wang is a board-certified medical oncology specialist. She received her medical degree from Capital University of Medical Sciences and completed her internal medicine residency at St. Vincent's Medical Center in Bridgeport, Conn. From there, Dr. Wang completed her fellowship training in medical oncology and hematology at the National Cancer Institute in Bethesda, MD.

**Medical Education:** Capital University of Medical Sciences, Beijing, China

**Residency Internship:** Training Center of Gen Practice, Beijing, China

**Internal Medicine Residency:** St. Vincent's Medical Center, Bridgeport, Conn.; College of Physicians and Surgeons, Columbia University, New York, NY

**Fellowship:** Medical Oncology and Hematology, National Cancer Institute and National Heart, Lung & Blood Institute, Bethesda, MD

**Board Certified:** Internal Medicine and Medical Oncology

**Practice Location:** Regional Cancer Care Associates

**Rockville** • 301-424-9723  
9715 Medical Center Dr, Ste 531 • Rockville MD 20850



## KEEPING YOU CLOSE TO WHAT YOU NEED MOST

At Regional Cancer Care Associates (RCCA), we are transforming oncology.

Our experienced and compassionate health care experts are fighting cancer through revolutionary treatments; providing the very best of what medicine has to offer while keeping patients close to home.

To schedule an appointment at an office near you, visit:

**WWW.RCCA.COM**



# Women In Health Care



**Jasmine Crew**  
RN, BSN



*Director of Clinical Services*

**Degrees, Training and Certificates:** RN, BSN degree from Coppin State University

**Professional Memberships and Associations:** Member of National Partnership for Healthcare and Hospice Innovation and Alliance Kids

**Family, Hobbies and Interests:** I reside in Charles County, Maryland, with my husband and three children. We love to create experiences as a family that can be very simple minute to win it games or elaborate home escape rooms.

**Practice Philosophy:** I truly believe in connecting with patients and families where they are. When this is done patients and families can make informed decisions regarding care. I find that when you anticipate needs and make sure to listen for the things that aren't said, it makes for a better patient and family experience.

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

Hospice of the Chesapeake

P: 410-987-2003

9500 Medical Center Drive, Suite #250, Largo, MD

[www.HospiceChesapeake.org](http://www.HospiceChesapeake.org)



**Nia Longwood**  
RN, BSN



*Director of Clinical Services*

**Degrees, Training and Certificates:** Bachelor of Science degree in Nursing from University of Maryland, Bachelor of Arts degree in Art Education from Howard University

**Professional Memberships and Associations:** Member of the Hospice Network of Maryland and an active member of the Diversity, Equity, and Inclusion committee.

**Family, Hobbies and Interests:** My first bachelor's degree is in Fine Arts. I like to draw, listen to music, play the piano and I am a novice at meditation.

**Practice Philosophy:** Our lives are celebrated when we are born and I feel like at the end stages of life, comfort should be provided such that you and loved ones can celebrate your life lived. I have been working as a hospice care professional in the Washington, DC, Virginia and Maryland since 1999.

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

Hospice of the Chesapeake

P: 410-987-2003

John & Cathy Belcher Campus - 90 Ritchie Highway, Pasadena, MD

[www.HospiceChesapeake.org](http://www.HospiceChesapeake.org)



**Monica Hastings**  
BSN, RN, CHPN



*Clinical Manager  
Prince George's County*

**Degrees, Training and Certificates:** Bachelor of Science in Nursing from Stevenson University, Certified Hospice and Palliative Nurse

**Professional Memberships and Associations:** Member of Hospice and Palliative Nurses Association

**Family, Hobbies and Interests:** I love hanging with my family at the beach, painting, reading, live music concerts, and cycling.

**Practice Philosophy:** I want to be a helper, the reason someone has a sigh of relief and maybe even a smile. I strive to be a facilitator of peace for patients and families. I firmly believe that the only way to overcome our fear and anxiety about death and dying is to talk about it, normalize it, and look for opportunities for joy while experiencing the end of a beautiful life.

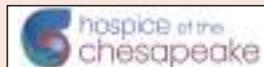
**Where You Can Find Me Making A Difference:**

Hospice of the Chesapeake

P: 410-987-2003

9500 Medical Center Drive, Suite #250, Largo, MD

[www.HospiceChesapeake.org](http://www.HospiceChesapeake.org)



**Katarina Marinzal**  
BSN, MSN, FNP-C



*Nurse Practitioner*

**Degrees, Training and Certificates:** B.S. Psychology, B.S and M.S. Nursing, George Washington University.

**Professional Memberships and Associations:** Hospice and Palliative Nurses Association

**Family, Hobbies and Interests:** I have been married for 6 years and share two beautiful children with my husband. We have a rescue cat that we found while out for a run in D.C. and a rescue dog that we found on a beach while on our honeymoon in Puerto Rico. Our house is pretty full these days so hopefully no more animals in need find me any time soon. When I am not working, I love to bake and one day would love to take baking and cake decorating classes. While I do enjoy baking, I would spend all of my time outside if I could. I love hiking, swimming, camping and seeing all the beauty that nature has to offer.

**Practice Philosophy:** I am a firm believer that in order to best treat a person you have to treat them as a whole person and not just as their illness. I think mental and emotional health and well-being are critical components to overall health and wellness. I am a big advocate of supportive therapies such as pet therapy, music therapy, massage, acupuncture, cognitive feedback therapies, etc., in conjunction with traditional medicine therapies. I think our patients do better when we are able to work together as a comprehensive medical team and ensure that their physical, mental, and emotional health are all supported.

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

Chesapeake Supportive Care

P: 877-920-5472

John & Cathy Belcher Campus - 90 Ritchie Highway, Pasadena, MD,

[www.ChesapeakeSupportiveCare.org](http://www.ChesapeakeSupportiveCare.org)



# Women In Health Care



**Patrice Richardson**  
**MSN, CRNP, ACHPN**



*Nurse Practitioner*

**Degrees, Training and Certificates:** I received a Bachelor of Science in Nursing from Atlantic Union College, South Lancaster, Massachusetts, and a Master of Science in Nursing from the University of Massachusetts. I completed a 1-year interdisciplinary palliative care fellowship at Brigham and Women's/Dana Farber Cancer Institute and hold a certification in hospice and palliative nursing.

**Professional Memberships and Associations:** Hospice and Palliative Nurses Association

**Family, Hobbies and Interests:** My husband and I live in Anne Arundel County; we both love to travel and experience new places, people and cultures. I enjoy cooking, reading, exploring Maryland's many beautiful state parks, being anywhere there is water, and time with my friends and 3 of my beautiful God-children who live nearby.

**Practice Philosophy:** My practice philosophy is that everyone is a child of God and should be treated with the utmost care and respect. My aim is to treat each patient as I would want my loved ones to be treated. I believe that having compassionate, honest conversations about their hopes and goals in the face of life-limiting illnesses empowers patients to live as well as they can for as long as they can. I want patients and their families to know that I am deeply invested in their care, comfort and the quality of their lives and will employ the skills of our interdisciplinary supportive care team to help meet their needs.

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

**Chesapeake Supportive Care**

P: 877-920-5472

9500 Medical Center Drive, Suite #250, Largo, MD

[www.ChesapeakeSupportiveCare.org](http://www.ChesapeakeSupportiveCare.org)



**Cynthia Williams**  
**RN, BSN**



*RN Clinical Manager*  
*Rebecca Fortney Inpatient Care Center*

**Degrees, Training and Certificates:** Flight Medic, Delaware Air National Guard. Licensed Practical Nurse, Associates Degree in Nursing, Delaware Technical and Community College, Bachelor of Science Degree in Nursing, Wilmington University.

**Professional Memberships and Associations:** American Nurses Association, Maryland Nurses Association, Hospice and Palliative Nurses Association, Sigma Theta Tau International Honor Society Nursing.

**Family, Hobbies and Interests:** Most of my free time seems to be spent with LEGOS, playgrounds, hikes and trips to the beach or any other water-filled afternoon. My youngest is very much about, "Where can we go? What can we do?" now that things are reopening.

**Practice Philosophy:** I'm very much an advocate. The underlying currents that drive my practice are, "Do the right thing - because it's the right thing," along with, "let's find a path to make it work for the patients and staff."

If you're lucky, life affords you the opportunity for a lot of do-over moments. Unfortunately, death is not one of those circumstances. End-of-life care and processes are some of the most emotionally charged times in life and healthcare. Being there to serve those patients and families in those moments truly is both a blessing and a calling. I am blessed to be working with some of the most dedicated hearts in hospice, and I learn something from them daily.

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

**Hospice of the Chesapeake**

P: 410-987-2003

John & Cathy Belcher Campus - 90 Ritchie Highway, Pasadena, MD

[www.HospiceChesapeake.org](http://www.HospiceChesapeake.org)



**Rachel Sherman**  
**DNP, CRNP, FNP-BC**



*Palliative Medicine*

**Degrees, Training and Certificates:** Bachelor of Science in Nursing from Trinity Washington University, Master of Science in Nursing from Chamberlain University, and Doctor of Nursing Practice from Frontier Nursing University. Board Certified Family Nurse Practitioner

**Professional Memberships and Associations:** Member of the Hospice and Palliative Nurses Association, Sigma Theta Tau International- Honor Society of Nursing, Black Nurses Rock, Inc., NAACP- Prince George's Branch, National Coalition Against Police Brutality.

**Family, Hobbies and Interests:** Rachel lives in Charles County with her husband, Minister Marco Sherman and their 2 children, Aniya and Josiah. Rachel is a community clinician, health advocate and community activist. She enjoys advocating for social justice and change within her community. Rachel enjoys traveling, spending time with family and is an avid motorcyclist.

**Practice Philosophy:** Patient-centered care. My role as a health care provider is more of a partnership. I partner with patients and families to assist them in making health care decisions. I love working in the community where I live and knowing that I am making a difference. Establishing a trusting relationship with my patient is very important.

I truly enjoy helping people; even through difficult and trying situations. My role as a palliative care nurse practitioner allows me to offer education, support, and medical care to patients. It also allows me the opportunity to walk with patients through their end-of-life journey, which can be scary but is also sacred and precious.

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

**Chesapeake Supportive Care**

P: 877-920-5472

2505 Davis Road, Waldorf, MD

[www.ChesapeakeSupportiveCare.org](http://www.ChesapeakeSupportiveCare.org)



**Kristin Williams**  
**RN, BSN**



*Director of Clinical Services*

**Degrees, Training and Certificates:** BSN, RN received from Mount Aloysius College in Cresson, PA.

**Professional Memberships and Associations:** American Nurses Association, Maryland Nurses Association

**Family, Hobbies and Interests:** I live in Charles County, Maryland, with my son and daughter. I enjoy traveling, karaoke, crafting, and spending time with family and friends.

**Practice Philosophy:** My practice philosophy is that you're never finished learning, and that you can learn from anyone. I believe that patients deserve to have a hand in their care because it is in fact their care. I love hospice so much because it allows the patient to be informed about their condition and still have a choice after the progression of their disease process has taken many of their choices away. Being informed about one's health is so important.

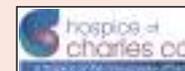
**Where You Can Find Me Making A Difference:**

**Hospice of Charles County, A Hospice of the Chesapeake Affiliate**

P: 301-861-5300

2505 Davis Road, Waldorf, MD

<https://hospiceofcharlescounty.org>



# Women In Health Care



## Yemi Adesanya-Famuyiwa, MD



Medical Director

Dr. Olujemisi (Yemi) Famuyiwa, is the founder of the Montgomery Fertility Center in Rockville, Maryland. Dr. Famuyiwa is also the Associate Clinical Professor of Obstetrics and Gynecology at George Washington University School of Medicine and an attending physician at Holy Cross Hospital in the department of Obstetrics and Gynecology in Silver Spring, Maryland. She is board certified in Reproductive Endocrinology and Infertility as well as Obstetrics and Gynecology.

Dr. Famuyiwa received her medical degree from Emory University School of Medicine in 1989. Dr. Famuyiwa did her residency in Obstetrics and Gynecology from 1989 to 1993 at Georgetown University. She completed a fellowship in Reproductive Endocrinology and Infertility at The National Institute of Health from 1993 to 1995. Dr. Famuyiwa graduated, Magna Cum Laude, from Kent State University with a degree in Biological Sciences.

Dr. Famuyiwa has lectured at numerous medical conferences and participated in research affecting women's health.

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

She has received an award as Top Doctor in Washington-Baltimore in 2012. Since then she has received the award for Castle Connolly Top Doctor in 2012, 2013, 2014, 2016, 2017, 2018, 2019, and 2020.

She received the Castle Connolly Exceptional Women In Medicine award in 2017, 2018, 2019, and 2020.

She was named one of *Bethesda Magazine* Top Doctors in 2019 an impressive honor awarded for superior ability to achieve the best possible health outcomes. Awarded after extensive peer nomination and physician-led research process.

She has numerous publications in peer review journals and participates with the Oncofertility Consortium as both a clinician and co-author.

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

**Montgomery Fertility Center**

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



## Renee Bovelle, MD



Ophthalmology

**Board Certified, Ophthalmology by the American Board of Ophthalmology**

**Degrees, Training and Certificates:** UCLA Medical School; Yale University Hospital for Residency; Louisiana State University for Cornea and Refractive Fellowship

**Professional Memberships/Associations:** American Academy of Ophthalmology; American Society of Cataract and Refractive Surgery; International Society of Refractive Surgery

**Areas of Interest:** All laser custom LASIK; Cataract Surgery; Botox; Dermal Fillers; Cornea Comprehensive Ophthalmology

**Practice Philosophy:** Envision Eye and Laser is committed to delivering superior ophthalmic care with state-of-the-art technology and patient education in a caring, compassionate environment. We cater to a diverse population of adults and work with your primary care physician to improve the quality of your overall health and life. Your best vision is our focus.

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

**Envision Eye and Laser Center**

P: 301-805-4664 • www.EnvisionEyeandLaser.com  
12200 Annapolis Road, Suite #116  
Glenn Dale, MD



## Beth Albanese MA, CTRS, CPRP



Certified Therapeutic  
Recreation Therapist  
Certified Rehabilitation Practitioner

**AWARD WINNING – At Home and Online Array of services from a Team of Mental Health Specialists under one umbrella for children to senior citizens**

Beth Albanese is the founder, owner and operator of House Calls, LLC, an award-winning program in the metro Maryland-DC area including nationwide online resources that arranges a variety of specialized behavioral health services designed for children to senior citizens starting in the comfort of one's home or location that the client chooses. The aim of House Calls is to provide a one-stop shop for whatever mental health-related service a client may need.

Whether your child has severe anxiety, a parent is moving to a senior facility or needing to remain safe with supports or your family member has a relative that is isolated for a variety of reasons, House Calls can help. Our team of specialists provide counseling and/or coaching, act as an advocate on your behalf when preparing for school accommodations and acquiring resources, the team creates specific recreation/socialization objectives and help individuals with organization challenges to name a few. Clients don't have to travel to a bunch of locations, identify and enroll in a variety of unrelated programs, and wonder how to pay for them. Whatever the need, House Calls' team of professionals can help clients navigate these complex, emotional paths with fees negotiated just for that client. Beth and her team of specialists assist family members in making difficult decisions about their loved ones and strive to keep the family stabilized by reducing fears with creative alternatives.

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

**House Calls, LLC**

P: 301-346-6732 • P.O. Box 776, Olney, MD  
Headquarters in Montgomery County  
www.CallingOnBeth.net • callingonbeth@gmail.com



## Madhavi Chada MD



Pain Management

Dr. Madhavi Chada an Interventional Pain Management Physician and is triple board certified in Anesthesiology, Internal Medicine and Pain Management. Dr. Chada completed her fellowship training in Interventional Pain Medicine at Tufts University – Baystate Medical Center, Massachusetts. Dr. Chada completed her dual residencies in Anesthesiology at Brookdale Medical Center, New York and in Internal Medicine at SUNY Stony Brook, New York.

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

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

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

**Synergy Spine and Pain Center**

P: 240-929-6652 • 12150 Annapolis Road, Suite #209, Glenn Dale, MD  
P: 240-260-3828 • 10905 Fort Washington Road, Suite #305, Fort Washington, MD  
www.SynergySpineMD.com

# Women In Health Care



**Ravjyot Chawla, MD**

*Cardiovascular Specialist*

Ravjyot Chawla finished her Medical College at JJM Medical College, India and came to the US for a fourth year rotation at Mount Sinai, NY. She did a residency in Internal Medicine from Mount Sinai Beth Isarel Medical Center NY and a Cardiology Fellowship at Loyola University, Chicago.

She is Board Certified in Internal Medicine, Cardiology and Advanced Heart Failure. She has been on Faculty at Georgetown University and Univ. of Iowa.

She has a special Interest in Advanced Heart failure, Pulmonary Hypertension and Cardiac Transplantation.

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

**Chesapeake & Washington Heart Care** • ChesHeart.com  
 P: 301-645-5100 • 12070 Old Line Center, Suite #303, Waldorf, MD  
 P: 301-475-3240 • 41680 Miss Bessie Drive, Suite #202, Leonardtown, MD  
 P: 410-535-8262 • 110 Hospital Road, Suite #215, Prince Frederick, MD



**Tracy Freeman, MD**

*Integrative Medicine*

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

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

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

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

P: 301-475-2038  
 5530 Wisconsin Avenue, Suite #1235, Chevy Chase, MD 20815  
[www.tracyfreemanmd.com](http://www.tracyfreemanmd.com)



**Karen Clark-Bennett, MD**

*Integrative Medicine*

**Degrees, Training, and Certificates:** Trained at Johns Hopkins University, Georgetown University, University of Medicine and Dentistry of New Jersey, and George Washington University. Doctor of Medicine, Master's Degree in Public Health, Special Training in Osteopathic Medicine

**Professional Memberships/Associations:** American Academy of Family Physicians, International Association for Physicians in Aesthetic Medicine, American Society of Bariatric Physicians, Center for Medical Weight Loss, United Patients Group

**Areas of Interest:** Aesthetics, Obesity Management, Wellness, Integrative Medicine, Medical Cannabis

**Practice Philosophy:** We treat the WHOLE patient. The physician and the patient work as a team to achieve a healthful goal.

At A Better You, LLC, we place a strong emphasis on the biopsychosocial model which posits that biological, psychological (which entails thoughts, emotions, and behaviors), and social (socio-economical, socio-environmental, and cultural) factors, all play a significant role in human functioning in the context of disease or illness.

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

**A Better You MedSpa & Wellness**  
 P: 410-672-2700 • [www.ABetterYouMediSpa.com](http://www.ABetterYouMediSpa.com)  
 1114 Town Center Boulevard, Suite G  
 Odenton, MD



**Monica Greene, PhD**

*Mental Health*

**Certifications:** Licensed Psychologist, Certified Life Coach - Alliance Coach Training, Spiritual Life Coach - Inner Visions Institute for Spiritual Development.

**Speciality:** Individual, couples and family psychotherapy

**Professional Activities and Memberships:** Alpha Kappa Alpha Sorority Incorporated, Board of Directors for Gabriel's House/Domestic Violence Center, N.A.A.C.P., Board of Directors for Excell Eldercare Management, Inc., Board of Directors for Premiere Health Express

Dr. Greene was featured on the Oprah Winfrey Network mini-series Unfaithful, working with couples who have had infidelity issues to heal and save their marriages.

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

**Awesome Thoughts, LLC**  
 P: 240-297-9940  
 7905 Belle Point Drive, Greenbelt, MD  
[www.ItsAllAboutUsTherapy.com](http://www.ItsAllAboutUsTherapy.com)

# Women In Health Care



**Toni Greene**

~ ~  
Hypnosis/YOGA

**Degrees:** Graduate Gemologist, Yoga Teaching Certification, Hypnosis  
**Services Offered:** A yoga mix - all kinds of yoga; custom jewelry and clothing; Holistic Counseling; Tai Chi; Laughing Yoga; Hypnosis; Yoga Teacher Certifications Available  
**Special Interests:** Yoga, Reiki, Ayurveda, Numerology, Hypnosis  
**Family:** Married with two children.

I love being around people, I am also a creative and spiritual person. I try to bring both creativity and spirituality to everything I do. People say I am energetic and I attribute my high energy level to over 20 years of yoga practice. I own and operate both a clothing store and yoga studio. Through these businesses, I am able to combine and share my creativity and spirituality with others. What brings me the most joy is seeing the smiling face of a satisfied customer in my clothing store or the relaxed body of a yoga student in my studio.

**Practice Philosophy:** I always say, "Make the time to practice yoga. Out of a 40 hour work week, take one hour for yourself. To revitalize your mind, soul, spirit and body. A total and complete work-out."

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

**Happy Hour Yoga**  
 P: 301-449-8664  
 6504 Old Branch Avenue, Temple Hills  
 theartist52@hotmail.com



**Mimi Quade, Owner**

~ ~  
Mastectomy Fitter

**Degrees, Training and Certificates:** Bachelor of Science Degree, Health Planning and Administration, Penn State University. Certified Fitter – Mastectomy, American Board for Certification in Orthotics, Prosthetics and Pedorthics, Inc.; Juzo Certified Fitter, Compression Garments; 30 years experience in the provision of medical equipment and supplies, management/sales/service

**Family:** Husband, Chris and Son, Jimmy

**Hobbies:** Sudoku and reading

**Practice Philosophy:** Customer care is our priority!

Fran's Nu Image is a facility accredited by the American Board for Certification

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

**Fran's Nu Image Mastectomy & Wig Salon**  
 P: 301-843-9282 • F: 301-645-2131  
 11705 Berry Road, Suite #303, Waldorf, MD  
 www.FransNuImage.com



**Janet V. Johnson, MD**

~ ~  
Pediatrics

Dr. Janet V. Johnson was born in Brooklyn, New York. She received her undergraduate degree in Biology at Hunter College in Manhattan, New York. She pursued a career in research medicine as a research assistant at Downstate Medical School in the Department of Gastroenterology. Obtaining her masters degree in Physiology at Long Island University in Brooklyn, New York. Dr. Johnson received her medical degree from State University of New York at Buffalo School of Medicine in 1991. She completed her internship and residency at Howard University/DC General Hospital in 1994.

After becoming board certified by the American Board of Pediatrics, Dr. Johnson worked as an Emergency Room Pediatric Physician at DC General Hospital and for a local pediatrician before she began her practice: Loving Care Pediatrics in Hyattsville, Maryland in 1998. She is continuing to pursue CME credits to maintain board certification. Concurrently, she serves as a Clinical Instructor to nursing students at Howard University Family Nurse Practitioner (FNP) Program; John Hopkins Family Nurse Practitioner (FNP) Program; Marymount Family Nurse Practitioner (FNP) Program; and University of Maryland Baltimore Family Nurse Practitioner (FNP) Program. She also serves as a Clinical Instructor for medical assistant students at Stratford University, Fortis College, Brightwood College and Career Technical Institute. She is a Fellow of the American Academy of Pediatrics (FAAP). Dr. Johnson is also a member of the Prince George's Community Advisory Group (CAG), Washington Adventist Health Ministry Network and the Medical Advisory Committee for Amerigroup Insurance. Dr. Johnson has given lectures on Teen Suicide and Teen Awareness on HIV/AIDS to youth groups in Washington, DC and continues to publish articles in *Washington Woman's Journal* and *Your Health Magazine* in Prince George's County. She served as Medical Director of the Mid-Maryland Mission of Mercy and Health Equity Festival, which provides free dental care. She annually gives talks "Suicide Is Not an Option" and "Teen HIV/AIDS Awareness" to a group for youth summer program in Washington, DC. She integrates Christian prayer into her practice when appropriate and regularly incorporates social justice topics into her magazine articles.

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

**Loving Care Pediatrics**  
 P: 301-403-8808  
 3311 Toledo Terrace, Suite C-201, Hyattsville, MD  
 Mon-Fri, 9:00 am-5:00 pm



**Sharron Sample**

~ ~  
Medical Cannabis

Sharron Sample, CEO of Dispensary Works in White Plains, Maryland, retired from the position of Chief Information Office, Earth Science, NASA in 2008 after a long and rewarding career. She never envisioned the legalization of cannabis for medicine and that she might play a role in making it available to others.

In 2014, son, Robert and nephew, Steve, made Sharron aware of the plans for legalization and began to educate her on the science of cannabis as medicine. She was particularly impressed with the ways it was helping to reduce or eliminate seizures in children and adults. Together, they opened Dispensary Works on May 10, 2018, and have found it to be one of the most gratifying accomplishments of their careers.

"We are committed to providing the best cannabis product to patients as part of their overall health Plan."

Native to Maryland, Sharron, Rob, and Steve continue to pursue future licenses to grow and process cannabis.

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

**Dispensary Works, LLC**  
 P: 240-585-5220 • DispensaryWorks.com  
 10766 DeMarr Road, Unit 3A  
 White Plains, MD



# Women In Health Care



**Kelly E. Sullivan**  
**MSN, CRNP, FNP-BC**



*Certified Aesthetic Nurse Specialist*

With over 25 years of experience, Kelly is a Board Certified Family Nurse Practitioner with extensive experience and training in all aspects of Dermatology. Her love of learning has taken her from being a Medic in the Army, to a Nationally Registered EMT, to a Registered Nurse and finally to a Family Nurse Practitioner.

In addition to her formal health care education, Kelly has had certifications and training in the following areas: Certified Aesthetic Nurse Specialist, Advanced DUET and EPIC Training Techniques with Allergan on Botox and Facial Fillers, Master's Certified PMU Technician by the American Institute of Intradermal Cosmetics and PMU Certification through The Society of Permanent Cosmetic Professionals.

Specializing in skincare, Kelly believes this is the base of all rejuvenation processes. Each client is given an individual assessment and treatment program to meet their expectations, while improving the health of their skin. Added to basic rejuvenation is the ability to integrate advanced treatments, such as laser, injectables using the latest advanced filler and neurotoxin techniques and body sculpting using truSculpt®3D. To round out the full rejuvenation and enhancement experience, permanent makeup is done for the perfect eyeliner or brow. Each treatment is prescribed and is guided by the client's needs and desired outcomes.

Kelly is committed to continuing her training and education to keep up to date with new treatments and advances in the medical skin care realm. Along with her private practice, she is considered an expert in her field, providing consulting services to offices looking to integrate aesthetics into their practices as well as offering personalized training to fellow licensed professionals on Aesthetic services. Her decades of experience in lasers have afforded her a position as a Nurse Educator for Cutera, Inc., traveling the country to train medical offices on safe laser use.

She is excited about the growth of her Dunkirk, MD office and is looking forward to building a concierge aesthetic practice and educational program.

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

**Dunkirk Aesthetics**

P: 202-466-7546 • DunkirkAesthetics.com  
10020 Southern Md Blvd (MD Route 4)  
Suite #202, Dunkirk, MD



**Bertha L. White**  
**MSW, LCSW-C**



*Mental Health*

Bertha L. White is the President and CEO of Agent Of Change, LLC, Mental Health Services and Resources. She is a Licensed Certified Social Worker - Clinical, (LCSW-C) in the state of Maryland. Bertha earned her Bachelor of Psychology at the University of Maryland-European Division while traveling abroad with her military family. She earned her Master of Social Work at the University of Maryland-Baltimore.

With over 20 years' experience, Ms. White founded Agent of Change in 2009, to promote her vision of a premier Mental/Behavioral Health Agency in the Southern Maryland Region. We exist to provide qualified support and interventions that positively impact personal growth and wellness. We recognize the journey to making necessary changes to overcome life's obstacles can be difficult, but be encouraged.

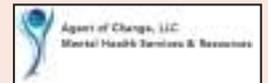
Ms. White specializes in: Child, Adolescent, and Adult Psychiatric Diagnostic Evaluations, diagnosing, and treatment of a wide spectrum of Mental Illnesses and Behavioral Health conditions. She is a Certified Clinical Trauma Professional and Certified Dialectical Behavioral Therapist. Often, the focus of clinical attention is past and current circumstances that don't meet diagnostic criteria. Yet, these circumstances still impact life with feelings of brokenness. At Agent of Change, we strive to support life that's more mentally, emotionally, physically, and spiritually balanced. We promote community organizing, advocacy, social awareness efforts and program development, and are in partnership with community resources and programs.

Ms. White remains "faithful, humbled, and dedicated to her efforts to be an agent of change."

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

**Agent Of Change, LLC**

P: 240-346-0934 or 240-300-8446  
605 Post Office Road, Suite #301, Waldorf, MD  
www.AgentOfChangeServices.com



**Kim Weiss, RN**



*Nurse*

She has had a wide variety of experience as a nurse, from ICU service to Oncology nursing, and is an expert with IV therapies and is committed to her patients being comfortable, safe and well informed.

Kim has been utilizing IV therapies very safely and therapeutically with over 25 years as an IV Nurse, has been administering nutritional and integrative IV's in many different settings and practices throughout Maryland and Massachusetts. She is able to tailor these therapies to meet individual needs and requirements. Many people can benefit from these therapies and they can jumpstart your road to recovery and health.

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

**Annapolis Integrative Medicine, LLC**

P: 410-567-0667  
1819 Bay Ridge Avenue, Suite 180, Annapolis, MD  
www.AnnapolisIntegrativeMedicine.com



**Judy Yu, DMD**



*Dentistry*

Dr. Judy Yu is an artist with a passion for perfecting smiles and boosting confidence. She is a true advocate of education. Dr. Yu strives to educate herself and her team in our ever-changing field.

She attended the Temple University School of Dentistry in Philadelphia, Pennsylvania, where she received her DMD and was honored in the Temple University Gallery of Success. Her undergraduate degree, a B.A. in Chemistry, was attained at Goucher College in Towson, Maryland, where she was a Dean's Scholar. She completed her Executive M.B.A. at Loyola University in Timonium, Maryland.

Dr. Yu is currently a member of the American Dental Association (ADA), Maryland State Dental Association (MSDA), the Academy of General Dentists (AGD), the Maryland Academy of General Dentists. She served as the Public Information Officer on the board of the Maryland Academy of General Dentists (MAGD). Additionally, she is certified in Forensic Dentistry through the Armed Forces Institute of Pathology at Walter Reed Medical Center and has served on the Maryland State Committee for Oral Cancer Awareness. Dr. Yu served on The Anne Arundel County Oral Task Force aiming to increase access to care for the adult population.

She is committed to the overall health of her patients and works with her team to educate clients about the importance of oral care and how the pathology in the oral cavity is directly linked to one's general health, including periodontal disease and its relationship with heart disease.

A humanitarian at heart, Dr. Yu truly enjoys giving back to the community. She currently chairs the Northern Anne Arundel County Chamber of Commerce Health/Wellness Committee. Dr. Yu also chaired the McDonogh Parent Association's Parent Education Committee. She co-founded Junior Fellowship of Christian Athletes, JFCA. She was involved with the Healthy Anne Arundel Coalition to "Make Health Happen." You will often find Dr. Yu volunteering for Missions of Mercy, donating dental services to the public or volunteering at her church by cooking for Heaven's Kitchen.

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

**Dental FX**

P: 410-360-0440  
8667 Fort Smallwood Road, Pasadena, MD  
www.DentalFXMD.com



# Women In Health Care



**Ogechi Anyaoku, MD**

Internal Medicine

Ogechi C. Anyaoku, MD, MSPH, is a board-certified internal medicine physician with Adventist Medical Group.

Dr. Anyaoku attended George Washington University where she completed a master of science in public health in addition to medical school. She then completed her internship and residency at MedStar Washington Hospital Center in Washington, DC.

Dr. Anyaoku has a special interest in wellness, nutrition and weight management. Her philosophy of medicine is individualized medicine that treats the whole person, body, mind and spirit. It's very important to her to develop a partnership/relationship with her patients that is rooted in mutual respect to obtain the best health outcomes.

Prior to joining Adventist HealthCare, Dr. Anyaoku worked at Associate Physician Internal Medicine of Northern Virginia, PLLC where she assisted patients with managing chronic diseases. She has volunteered in the Washington, DC community and has also been published in the Journal of Clinical Virology. Dr. Anyaoku is a part of the American College of Physicians and International Lyme and Associated Diseases society.

When Dr. Anyaoku isn't seeing patients, she enjoys working out, spending time with her husband and kids, learning how to create self-care products and trying new foods and recipes.

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

**Fort Washington Medical Center**

P: 240-724-6018 • [www.AdventistHealthCare.com](http://www.AdventistHealthCare.com)  
10709 Indian Head Highway, Suite D  
Fort Washington, MD



**Nicole Haskins  
CRNP, RN**

Nurse Practitioner

As a nurse and nurse practitioner, Nicole has over 20 years of combined experience. Nicole believes patient and family education is a vital tool in disease prevention and control as well as empowering them to actively participate in their own healthcare.

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

**Fort Washington Medical Center**

P: 240-724-6018 • [www.AdventistHealthCare.com](http://www.AdventistHealthCare.com)  
10709 Indian Head Highway, Suite D  
Fort Washington, MD



**Tuesday Cook, MD**

Bariatric Surgery

**Degrees, Training and Certificates:** Joining the Adventist HealthCare Fort Washington Medical Center family soon, Tuesday F. A. Cook, MD, is a board certified, fellowship-trained bariatric surgeon. Performing a variety of minimally invasive foregut and weight-loss operations since 2008, Dr. Cook has also lectured on metabolic and bariatric procedures, care of the bariatric patient and diseases of the gastrointestinal tract.

Dr. Cook received her medical degree from the Howard University College of Medicine and completed a general surgery residency at Howard University Hospital. She subsequently did a fellowship in Minimally Invasive and Bariatric Surgery at the Pennsylvania State University Milton S. Hershey Medical Center and is also board certified in Obesity Medicine. Along with her focus on the treatment of obesity, she is active on many local, state, national and international committees focused on decreasing health disparities. She has been featured on nationally syndicated radio shows and social media platforms as a proponent of increased access to care and health equity, discussing the social and political determinants of health in minority communities.

Dr. Cook is passionate about the treatment of metabolic diseases by management of obesity through a multi-disciplinary, patient-centered approach and is dedicated to ensuring health equity for people of color throughout the world.

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

**Fort Washington Medical Center**

P: 240-724-6018 • [www.AdventistHealthCare.com](http://www.AdventistHealthCare.com)  
10709 Indian Head Highway, Suite D  
Fort Washington, MD



**Sharnell Smith, MD**

General Surgery

**Degrees, Training and Certificates:** Sharnell S. Smith, MD, is a board certified general surgeon at Adventist HealthCare Fort Washington Medical Center with over nine years of experience. She received her medical degree from Howard University College of Medicine and completed her residency at Howard University Hospital where she was Chief Resident. Prior to joining Adventist HealthCare, Dr. Smith worked as an acute care trauma surgeon at Winchester Medical Center in Winchester, Virginia.

Dr. Smith's philosophy of care is to treat all patients as individuals with their own story and journey. She ensures that she listens to her patients' needs and then asks questions. Dr. Smith believes that it's critically important to thoroughly explain diagnoses and any procedures. She believes that when patients feel that they are being heard and informed they are more trusting of their physician.

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

**Fort Washington Medical Center**

P: 240-724-6018 • [www.AdventistHealthCare.com](http://www.AdventistHealthCare.com)  
10709 Indian Head Highway, Suite D  
Fort Washington, MD



# Treat Pain with Non-Surgical Procedures



## In Pain?

Do you suffer from any of the following?

- Spinal Stenosis
- Degenerative Disc
- Myofascial Pain
- Herniated Disc
- Joint (Hip, Shoulder) Pain
- Auto or Work Injuries
- Radiculopathy
- Knee (Genicular) Pain
- Post Herpetic Pain
- Pelvic Pain
- Abdominal Pain
- Cervicogenic Headaches
- Osteoarthritis
- Spinal Cord Injuries
- Cancer Pain
- Failed Back Surgery
- Neuropathic Pain



### Waldorf

(301) 638-4400

### Prince Frederick

(410) 414-9229

### Frederick

(301) 668-9988

### Leesburg

(703) 443-8000



**Newbridge**  
Spine & Pain Center



Chirag Sanghvi, M.D.

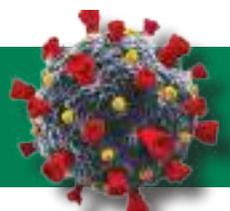
Jay Gonchigar, M.D.

Sina Davari, M.D.

**"I feel amazing because of this place!"**

~ Angie C.

[WWW.NEWBRIDGESPINE.COM](http://WWW.NEWBRIDGESPINE.COM)



# COVID-19 Update

## A New Kind Of Normal

Most of the world is still in the grips of the coronavirus, yet the U.S. has achieved vaccination levels that make it possible to return to normal,

at least a sort of kind of normal. The CDC has said that masks are not necessary for vaccinated people and schools can return to in-person learning. This is truly a remarkable accomplishment that no one expected would happen this quickly.

The delta variant, for all intents and purposes, is the same as the alpha variant when it comes to vaccinations and acquired immunity. The way the vaccine works, it will protect people from both strains, and possibly other strains that may, and likely will develop.

Now we're seeing increased cases and hospitalizations among the unvaccinated. Statistics show that 99% of cases are among unvaccinated people. Is this a big concern?

Immunization can be achieved a couple different ways. First, if you get the virus and recover, a normal person will be immune from future infections, at least for the time being. From our background in science and

parroting the words of Dr. Fauci, those people should be protected for a "very long time".

If you get the vaccine you should also be protected for a long time. So, the more people who get vaccinated, the less cases we will see. Also, the more people who get the virus and recover, the more people will be protected. Hmm. So, there is a benefit for people who get the vaccine, and for those who catch the virus and recover. The result is that more people are going to be immune, whichever way they achieve that immunity.

We would encourage everyone to be vaccinated as that is the most straight-forward and safest way to gain immunity. People who fear the vaccine, or don't want to get it for some political perspective, are at risk for illness, sometimes serious illness, and possibly death. They can't realistically spread the virus to people who have

*Please see "COVID Update," page 63*



### Touching Hearts and Saving Lives!

**Trainings Available:**  
 First Aid/CPR/AED  
 Basic Life Support  
 Emergency Medical Responder  
 Active Shooter and Stop the Bleed  
 Babysitting Training  
 Bloodborne Pathogens  
 Pet CPR  
 Instructor classes  
 and more...

**Organizations we certify in:**  
 American Red Cross  
 American Heart Association  
 American Safety and Health Institute  
 Medic First Aid  
 AVERT Active Shooter

*Courses offered both in person and online  
 Classes available for individuals and groups*

**240-468-7555 • registration@tflifesavers.com**  
**www.tflifesavers.com**









## Certified Indoor Environmentalists





Job Specific Protocols  
Consulting  
Project Management

Testing for:  
 Mold, Indoor Air Quality,  
 Asbestos, Allergens,  
 Lead, Radon, VOC's,  
 Bacteria, Formaldehyde,  
 & more.

*Serving Residential &  
 Commercial Properties  
 in MD, DC, and VA*

**info@esi4u.com**  
**(410) 867-6262**  
**www.esi4u.com**

## Ensure Your Home Has Healthy Indoor Air Quality



By Vinny Gigliotti, CEO  
Environmental Solutions, Inc.

More than ever, our homes have become places of refuge and safety. Assurance that our homes are safe indoor environments and are not causing or contributing to adverse health effects is crucial during this uncertain time. Environmental testing can provide insight to the composition of the breathable air in your home, uncovering potential exposure to micro-

bial and biological hazards. Mold and other biological contaminants can lurk behind wallpaper and under flooring and are not always able to be detected visually, which is why environmental inspections and testing are important.

### Why Should I Get Environmental Testing?

- If you have experienced flooding or a water leak, mold growth is highly possible. Testing can determine if there is mold in the breathable air, what type of mold it is and how detrimental it is, and what can be done to eliminate it.
- If you are moving into a new home and are concerned about what the previous tenants may have left behind, such as bacteria or allergens, environmental testing is recommended. It will help determine if any contaminants are present in the home.

*Please see "Air Quality," page 62*

A rechargeable hearing device for  
**morning news  
to late night tv**



Dr. Robinson



Dr. Kostkowski



Dr. Lilly



Dr. Muzii



**410-672-1233**

1413 Annapolis Road, Suite 104  
Odenton

**410-672-1244**

479 Jumpers Hole Road, Suite 203A  
Severna Park

**410-956-2555**

9 Lee Airpark Drive, Suite 500B  
Edgewater

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

**Call to schedule your Personal Listening Demonstration with our Doctors Of Audiology**



With Oticon Opn S, you can enjoy speech understanding on par with normal hearing.\*\*



## DReM's Legacy Holistic Wellness Center



### Family Wellness Services

- Natural and Herbal Remedy Consults
- Family Planning
- Childbirth Education
- Natural Healing Education

### Women's Health/Womb Wellness

- Birth/Postpartum Doula Services
- Fertility Support
- Womb Meditation
- Womb Massage
- Vagi/Yoni Steams

### Spiritual and Mental Wellness

- Etheric Touch Sessions
- Reiki Sessions
- House Blessings
- Divinations

**Coming Soon:**  
Doula Training through  
Ubuntu Wellness Academy

**Shirleta Henson McKann**

**410-570-7724**

**Annapolis, MD**

distance and safe in person appts available



# Supportive Care Can Help People Age In Place



By Jessica Whittemore, LCSW-C,  
Social Worker  
Chesapeake Supportive Care

What does aging in place mean to you? Most people imagine they'll be in their own home, enjoying retired life, maybe traveling, doing hobbies. That is what we hope for, right?

Often, health problems can get in the way of those plans. Coping with diagnoses like congestive heart failure, Alzheimer's, cancer, Parkinson's,

kidney disease, and more, can make daily living difficult. Many of these conditions result in hospitalizations which for elderly patients often leads to the need for skilled nursing care.

There is a way for many with complex and chronic health conditions to be able to stay where they are. They can seek supportive care.

In the medical world, supportive care is known as the specialty of palliative medicine. Palliative care is not hospice care. That's a myth we struggle to dispel. Instead, think of it as supportive care, specialized medical care focused on reducing the symptoms, pain and stress caused by serious illness and complex chronic health conditions.

Supportive care can help you age in place through symptom management. The most common symptoms that affect quality of life are pain, shortness of breath and agitation. Supportive care aggressively treats these symptoms through medicine, therapies, mindfulness and more. Studies show that addressing symptoms before they're out of control can prevent hospitalizations and even help to prolong your life.

Quality of life is as important as quantity of life. That's where goals of care play an important role. Goals of care are patient-centered plans that detail how you and your loved ones want to manage your health. The planning begins with an initial consultation with a physician or nurse practitioner that can take up to 90 minutes. It takes that amount of time to get to know you and your family to determine what you want and need.

Goals of care can change throughout the course of the disease, so those goals are revisited in follow-up visits. The supportive care team works with your healthcare teams, from primary care physicians and oncologists to radiologists and cardiologists, to ensure their treatments align with your goals.

A supportive care team usually includes a social worker, chaplain and other clinical professionals who work with the physician and nurse practitioner to care for the whole patient – physical, psychological, social and spiritual.

Through it all, you can continue

*Please see "Supportive," page 63*

## There when you need us

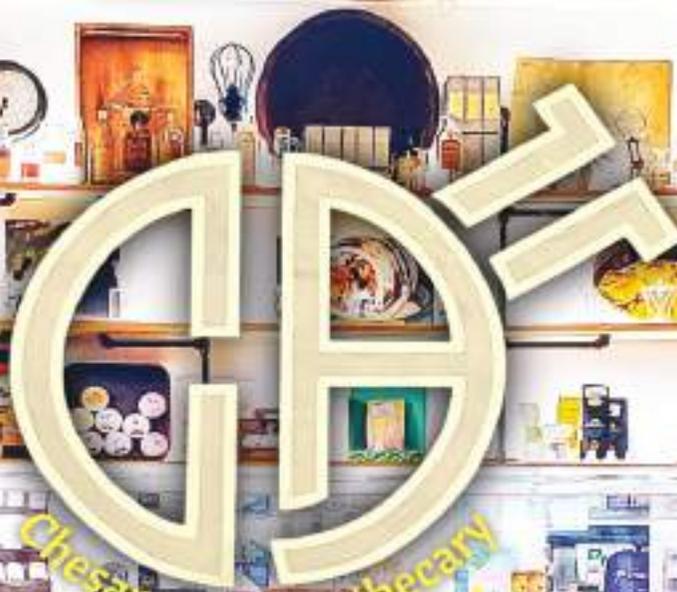
We understand that making hospice decisions can be overwhelming and confusing to patients and their families.

Our care team is here to help.



[hospicechesapeake.org](http://hospicechesapeake.org) • 410.987.2003

# ON DISPLAY FOR YOU TO SEE



Chesapeake Apothecary



A custom-built terrarium to showcase your topshelf concentrates in our state-of-the-art showroom.

4781 GRAIN HWY | (301) 818-2427 @ CHESAPEAKEAPOTHECARY 🌐 CHESAPEAKEAPOTHECARY.COM

## Longing For A Beautiful Smile?

Call for a Complimentary Consultation



### Orthodontics for Adults & Children

We Specialize in: Damon Braces, Damon Clear, Invisalign, Invisalign Teen, Clear Aligner Therapy, STb (Lingual Braces), Insignia, Early treatment & growth modifications, and Minor Tooth movement for periodontal patients.



**301-587-8750**

8737 Colesville Road, Suite #301 • Silver Spring, MD 20910  
www.smileconstructors.com • info@smileconstructors.com



# Get the Most From Your Orthodontic Consultation



By Jacqueline Brown Bryant  
DDS, MS, PC

The following questions will help you make the most of your orthodontic consultation and give you insight for your decisions regarding orthodontic treatment.

your qualifications? What orthodontic program are you a graduate of? Was it a two or three-year program? Did you receive a Certificate or Masters Degree? Are you a member of the American Association of Orthodontists?

2. What are my treatment options? What are the advantages and disadvantages of each option? What fees are associated with each option? What is included in the fee? What is the estimated treatment duration for each option?
3. In your opinion, which treatment option would be best? Why?
4. Does treatment need to start immediately? What would happen if we waited?
5. What is the advantage of early

1. Are you an orthodontist? What are

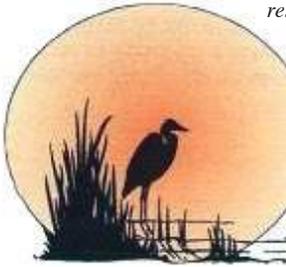
Please see "Orthodontic," page 63

## Charles County Freedom Landing

400 Potomac Street

A psychiatric rehabilitation program offering a day component, residential, vocational and in-home support services.

Let us show you how to move from the solitude of symptoms to the freedom of achievement.



**NOW OFFERING: Wellness and Recovery Community Center** - This is a program that provides support from peers for both mental health and substance use disorders for people actively working on their recovery.

PO Box 939 • La Plata, MD • 932-2737 • 870-3969 • Fax (301) 932-2803

# Intense Feelings Of Anxiety



By Joyce Abramson, RNMS  
Charles County Freedom Landing

There are several types of anxiety disorders each with its own features.

Generalized anxiety disorder, panic disorder, phobias related to anxiety, and obsessive compulsive disorder are the most prevalent anxiety disorders documented by the National Institute of Mental Health. It appears with recent research that the anxiety may occur due to the increased sensitivity in a part of the brain called the locus ceruleus.

Many people misunderstand these illnesses and think that they can be overcome by sheer willpower. Wishing away the symptoms would be great but does not work. There are treatments that can help. Generalized anxiety disorder (GAD) is much more than the normal day-to-day stress we usually experience. It is chronic, exaggerated tension with no obvious reason creating such an intense response.

Experiencing GAD means anticipating the worst, often worrying excessively about health, money, family, or work. Individuals with GAD cannot relax, or shake the sense of constant worry even when they realize it is

Everyone experiences anxiety or stress during their lives. Some anxiety is actually helpful. It moves us to action. It can make us study more for an exam or intensify practice prior to an important presentation.

If you have an anxiety disorder, this normally helpful emotion can do just the opposite. It can prevent coping and disrupt lives.

Anxiety disorders are not just a bunch of nerves. They are illnesses, often related to the biological makeup and life experiences of the person. The disorder appears to run in families.

Please see "Anxiety," page 63



## Is It Too Late For a Baby?

Have you been enjoying life with friends, a great career, travel and adventure, but now you are ready for a baby and nothing is happening? If you are ready now, but the baby is not responding to your call, you should see Dr. Adesanya-Famuyiwa.

Dr. Adesanya-Famuyiwa has the expertise to assist you in reaching your goal to be a mother. Our mantra is to provide one on one care in a friendly and relaxing atmosphere.

- Services provided:
- Fertility Preserving Fibroid Surgery
  - Infertility Evaluation and Treatment
  - In Vitro Fertilization and ICSI
  - Artificial Insemination
  - Advanced Laparoscopic Surgery
  - Treatment of Abnormal Bleeding



Yemi Adesanya-Famuyiwa, MD, FACOG

BSc: Kent State University—Magna Cum Laude  
MD: Emory University School of Medicine  
Residency: Georgetown University Medical Center  
Fellowship: National Institutes of Health  
Board Certified: American Board of OB/GYN  
Subspecialty Certified: Reproductive Endocrine and Infertility  
Associate Clinical Professor George Washington University Medical Center

Call now to schedule your appointment:

**301-946-6962**

**Montgomery Fertility Center**

Tower Oaks Professional Park  
3202 Tower Oaks Blvd, Suite 370  
Rockville, MD 20852

www.montgomeryfertilitycenter.com



**Egg Donors Needed**

# Men's Health: Beyond Fertility



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

## Part 1

The male in an infertile couple should have an initial semen analysis (SA) and male reproductive history evaluation. The reproductive history assessment provides important information about functional sexual, lifestyle and medical history including medications that can contribute to reduced fertility or sterility.

Beyond fertility the semen analysis may also serve as a useful biomark-

er for overall health and well-being, including the possible diagnosis of testicular cancer, cancer in general, as well as many other medical conditions which may affect sperm motility in the early stages.

A higher mortality rate has been found for infertile men without any specific comorbidity. This assertion has given credence to the assumption that disorders of sperm development may be an indicator of exposure of the male organs to noxious agents within or outside the body.

At least two SAs, ideally obtained at least one month apart, are important to obtain, especially if the first SA has abnormal parameters. The odds ratio for infertility increases as the number of abnormal parameters increases.

Testes produce 200-300 million mature sperm cells daily. However, only about half of these become viable sperm.

Spermatogenesis is the transfor-

*Please see "Fertility," page 63*

# A Guide To Smart Vitamin Use

Submitted by  
Kensington Pharmacy

Did you know that more than 150 million Americans take a vitamin or dietary supplement daily? 64% of Americans take prescription drugs in addition to a vitamin/mineral supplement on a daily basis.

Improving our daily nutrition is very important but not everyone is well informed on the key facts about safe vitamin use or smart tips on how to choose a quality product. Many people forget to share their use of all vitamins, minerals, herbs and other over-the-counter (OTC) products with their health care provider. In addition, many health care providers don't always ask their patients about dietary supplement use.

Good communication and open dialogue between health professionals and patients improves patient health and encourages a focus on important prevention.

Be sure your health care profes-

sional knows and writes down all dietary supplements you take, even if taken infrequently. Write them down before your appointment and bring the list with you. The list should contain the supplement name, brand name, dosage and how long you have been taking the supplement.

Some dietary supplements interfere with prescription and over-the-counter drugs so it is important to provide information about dosage and frequency of use.

When visiting your health care provider, remember to ask them about your prescription medicine and nutrient deficiencies. Certain prescription medications can deplete essential nutrients in your body. Ask your provider how you can compensate.

Be sure to discuss lifestyle changes. Are you on a diet? Do you eat smaller or irregular meals? Do you smoke or drink alcohol? If so, you may be missing certain nutrients

*Please see "Vitamin," page 63*



## 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 Pneumovac 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](mailto:mypharmacist@kensingtonrx.com)

**OPEN HOURS:**

**Mon-Fri 8a-6p**

**Sat 9a-4p, Sun Closed**

**Free  
Prescription  
Delivery**

# Knowles Wellness Center

Traditional & Alternative Health Care  
For The Entire Family



## Free Virtual Consult

Limited slots available

Contact us for details at

info@knowleswellness.com

## Detox for

Intestinal Health,  
Natural Allergy  
Relief  
& Weight  
Management

## Knowles Apothecary & Wellness Center



Alan Chiet, R.Ph.



Jessie Hibber  
Clinical Herbalist



Dr. Melody Khorrami,  
Pharm.D., JNHC  
Pharmacist and Wellness Coach

## Knowles Wellness Center Welcomes Dr. Fred Bloem!



**Dr. Fred Bloem** is a holistic and integrative physician who specializes in bioidentical hormone replacement therapy for men and women, anti-aging, medical hair restoration, medical weight loss protocols, Lyme disease, IV nutrition, ozone and UV therapies, regenerative joint injections, supportive cancer care, mistletoe therapy, Supportive Oligodeoxynucleotide Therapy for Lyme and cancer, detoxification, and maggot debridement therapy.

Contact: 301-260-2601, www.drbloem.com

10400 Connecticut Ave. Suite 205, Kensington, MD 20895  
301-942-7979 • www.KnowlesWellness.com

Follow us on FB and Instagram

# Healthy Snacks For Your Children



By Janet V. Johnson, MD  
Loving Care Pediatrics

ergy from their food sources. Parents should stop and consider the reasons for snacking and instead of reaching for candy or heading to the drive-thru try these suggestions.

Snacks serve several purposes for the active child. These include:

**Energy:** providing calories as a form of energy for working muscles during active sports.

**Hydration:** supplying fluids for hydration and to keep the body cool.

**Recovery:** promoting recovery after hard exercise.

**Nutrients:** providing for proper growth and development.

The specific nutritional choices you make as a family are crucial. Healthy nutrition is essential to good health and nutritional decisions are health decisions.

Nutrition is important to a child's physical and mental development. Choosing healthy snacks that provide nourishing, tasty choices for hungry kids can be a challenge for parents. Providing snacks that don't bog down, but instead fuel up can teach children the proper way to get en-

Snacks should be easily digested to promote blood flow to the muscles and not to the gut in order to digest a heavy snack during exercise. When choosing a snack, pick nutritious options from the following five fuel groups:

**Vegetables:** slice cucumbers, avocado slices, cherry tomatoes

Please see "Healthy Snacks," page 63

## Doesn't Your Child Deserve the *Best*?



### Loving Care Pediatrics

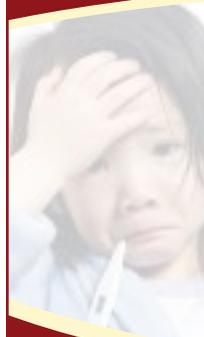
Janet V. Johnson, MD

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



**NEW YOU  
FOR THE  
SUMMER**

**Fresh, Local, Certified,  
Organic Produce**

**Best Natural Market  
For 19 Years**

**Area's Largest Gluten-Free Selection**

Natural Foods • 100% Organic Produce  
Diet & Nutrition • Vitamins & Supplements



**\$5<sup>99</sup>/lb.** raw walnut halves  
reg. \$6.99/lb. • limit 5 lbs  
David's Natural Market • Gambrills • 410-987-1533  
With this coupon. Not valid with other offers.  
Offer expires 8/31/21

**10% off** equal exchange  
bulk coffee  
David's Natural Market • Gambrills • 410-987-1533  
With this coupon. Not valid with other offers.  
Offer expires 8/31/21

**\$7<sup>99</sup>/lb.** mixed nuts  
reg. \$9.95/lb. • limit 5 lbs  
David's Natural Market • Gambrills • 410-987-1533  
With this coupon. Not valid with other offers.  
Offer expires 8/31/21

**20% off** shampoo, body lotion,  
& other beauty products  
excludes sale items  
David's Natural Market • Gambrills • 410-987-1533  
With this coupon. Not valid with other offers.  
Offer expires 8/31/21

**10% off** produce  
David's Natural Market • Gambrills • 410-987-1533  
With this coupon. Not valid with other offers.  
Offer expires 8/31/21

**20% off** vitamins, herbal remedies &  
homeopathic supplements  
excludes sale items  
David's Natural Market • Gambrills • 410-987-1533  
With this coupon. Not valid with other offers.  
Offer expires 8/31/21



871 Annapolis Road, Gambrills (Rt. 175) • 410-987-1533  
Store Hours: Mon.-Fri. 8-8 • Sat. 9-7 • Sun. 10-7

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

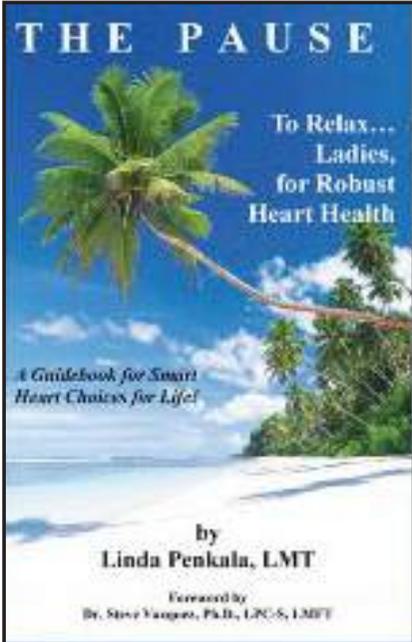
**AVAILABLE NOW —**  
*The NEW Book from Linda Penkala*  
**The Pause to Relax Ladies**

*A Superb Gift For Every Woman, Everywhere!*

**WELCOME TO WELLNESS!**  
 Take A Moment to Relax and Reset

**OUR OFFERINGS... YOUR BENEFITS...**  
 To Live A Heart Healthy Life With Less Stress, Through Simple Lifestyle Shifts.

**Optimum Health for Life**  
*Massage and Aromatherapy*  
 Linda Penkala ~ Author, LMT and Wellness Catalyst  
 Visit us: [www.lindapenkala.com](http://www.lindapenkala.com), The Pause to Relax on FB and Instagram



# The Wellness Game

## When Women Win, Everyone Wins



By Linda Penkala, Author, LMT  
 Wellness Catalyst

Health, wellness, and self-care sure were buzzwords that robustly began in 2020 to help navigate new waters of wellness through the pandemic. As we continue beyond half way this year in this novel wellness game, it is halftime, just like in sports that offers us hope to win.

What a coach may try to attain during this halftime, is to assess what worked, strategize how to change up plays, then succeed in winning. For

women today, that translates to considering new exercise and relaxation moments, plan how to work these into your day, then thrive and flourish through the remainder of this year to succeed.

Why this is important is that the rules of the game have changed this past year. Recent stats reveal that a four-fold increase in the incidence of stress cardiomyopathy, or broken heart syndrome during March 1 to April 20, 2020, occurred in women (usually after divorce, death or high levels of emotional stress), and mimics a heart attack. A study by the American Heart Association revealed that depression may be a barrier to living a heart healthy lifestyle.

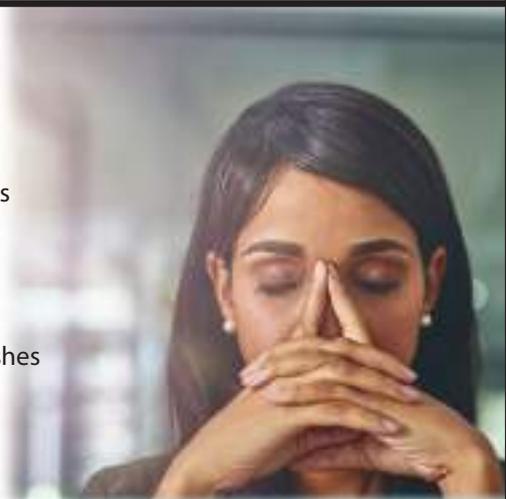
Remnants of the pandemic are still being felt as women may have a high level of anxiety, mental health challenges, dealing with loss, insomnia, sadness, as a result of the loss of freedom. Research-

*Please see "Women Win," page 65*

**Have you been tested for hypothyroidism?**  
**Are your results in the "normal" range but you're still feeling off?**  
**WE CAN HELP!**

**DO YOU SUFFER FROM THESE SYMPTOMS?**

- Severe fatigue
- Low sex drive
- Difficulty losing weight
- Depression, mood swings
- Joint and muscle pain
- Headaches
- Dry skin, brittle nails
- Itchy scalp, hair loss
- Irregular periods, hot flashes
- PMS symptoms
- Sleep problems
- Difficulty tolerating cold
- Constipation
- Allergies
- Brain fog
- Puffiness in face & extremities



**CALL FOR A FREE CONSULTATION & SEMINAR**



**7310 GROVE ROAD, SUITE 107**  
**FREDERICK, MD 21704**  
**240-651-1650 • DOCTORLO.COM**

## Stress and Modern Women



By Thomas K. Lo, DC  
 Advanced Chiropractic Center

Stress has been with us since the beginning of time. Every era has faced its share of threatening situations. Today, the stress of work, family, personal conflicts and the demands on our time and money, take a huge toll on our health.

How does stress affect you? For some, it is an upset stomach. For others, recurring headaches, back pain, or muscle stiffness. Still others respond

with nervous twitches, allergic reactions, or sensitivities to chemicals.

Regardless of your particular response, the function of your nervous system is involved. Especially the autonomous nervous system, which controls most of your body's internal functions such as your heart rate, blood pressure, respiration, hormonal changes, detoxification, digestion, elimination and immune response, just to name a few.

What are the stress factors that may affect a modern woman's health? Besides trauma and genetic inheritance, most conditions in woman suffering today can be attributed to one of the following stressors:

**Structure**

Poor posture, prolonged sitting, an accident or even an old injury can lead to spinal stress. Chronic pain and muscle tension can cause you to experience nervousness and irritability.

*Please see "Stress," page 54*

# We'll Keep You Moving.

When it comes to bone and joint care, Potomac Valley Orthopaedic Associates' specialists have you covered.

From back care to total knee or hip replacement, our doctors and therapists provide specialized care for a full range of bone and joint conditions. Whether you need specialized surgery or physical therapy we deliver top-notch outcomes close to home.

**Sports Medicine**

**Neck Care**

**Outpatient Spine Surgery**

**Hand & Wrist**

**Knee**

**Orthopaedics & Trauma**

**Arthroscopy**

**Back Care**

**Scoliosis**

**Hip Replacement**

**Foot & Ankle**

**Physical Medicine & Rehab**

**Joint Repair & Replacement**

**Spinal Injections**

**Shoulder & Elbow**

**Pediatrics & Young Athletes**

**Workers' Comp & IME**



Potomac Valley  
Orthopaedic Associates

**OLNEY**  
**COLUMBIA**  
**SILVER SPRING**  
**GERMANTOWN**

**Keep Moving. Call Today!**  
**To Find a Specialist, Call:**  
**301-774-0500 or 410-992-7800**  
**[www.pvoac.com](http://www.pvoac.com)**



Your Therapist Is  
**YOUR CHOICE!**

**La Plata Physical Therapy** is a premier, state-of-the-art rehabilitation center promoting the health and well-being of the community.



We offer a variety of services to treat many conditions.

- Aquatic therapy in our HydroWorx state-of-the-art heated pool.

**Our Wellness Center offers:**

- Customized exercise programs
- Follow up physical therapy programs



**Jane Cunningham**  
Physical Therapist, Owner

**Degrees, Training and Certifications:** Originally from Northern Ireland, Jane received her training in Physical Therapy in the United Kingdom. Jane is licensed to practice physical therapy in Maryland.

**Professional Memberships/Associations:** American Physical Therapy Association

**About La Plata Physical Therapy and Wellness:** With over 50 years of combined experience, the highly trained staff have expertise in the areas of orthopedics, sports medicine, manual therapy, neurology, pediatrics, lymphedema management and aquatic therapy.

Aquatic therapy is offered in our state of the art heated indoor pool.

Our wellness center offers pre and post surgical programs for joint replacements as well as general exercise programs to meet all of your fitness needs

**Practice Philosophy:** At La Plata Physical Therapy and Wellness, your health and recovery are our top priorities. Our mission is to provide rehabilitation and preventative physical services, and to promote wellness to our clients.

**La Plata Physical Therapy and Wellness Center**

Call Now For An Appointment

For Physical Therapy: 301.392.3700

For Wellness Center: 301.392.5054

Accepts Most Insurances

101 Centennial St, Suite C, La Plata, MD

www.laplatapt.com

facebook.com/lptwellness

twitter.com/lpptwell

# Fall Prevention In Parkinson's Patients

Submitted By Ben Carr, PT  
La Plata Physical Therapy

Parkinson's disease (PD) is a widespread neuromuscular condition which manifests itself in ways that vary depending on the individual, however it is characterized by both motor and non-motor features. Mobility and gait disturbances are a particularly common impairment for sufferers, often leading to balance deficiencies and an increased fall risk. Falls within the Parkinson's population are frequent and recurrent with 45-68% of people falling annually and two-thirds falling recurrently. The consequences of falling for this group are often devastating resulting in injury, reduced independence, fear of falling and a significantly reduced quality of life. With the incidence of

Parkinson's increasing with age alongside the risk of fall-related fractures, gait and balance rehabilitation is an ongoing focus for physical therapists worldwide.

The movement disorders experienced by these patients often cannot be equated to one single factor, but are influenced by a "combination of age-related changes, such as decreased muscle strength, impaired balance, and lower visual acuity, as well as disease-related issues". Pathological changes occur within the brain and lead to "increased variability and asymmetry, poor postural control, bradykinesia, rigidity, and freezing of gait". Positive treatment plans can be categorized by two broad methods; exercise-based interventions and pharma-based interventions.

Please see "Prevention," page 65

## STRESS

FROM PAGE 52

### Scars

Scars act like an energy capacitor, which stores nerve signals passing through. When it's full, it releases the nerve energy randomly and in an uncoordinated manner, creating havoc. Mind you, 80% of the autonomous nervous system is on the skin. Everybody is born with a scar, the umbilicus. Injuries, tattoo, skin piercing and surgery provide the rest. It can act individually or as a group and is highly unpredictable.

### Toxins

Chlorine, food dyes, preservatives, pesticides, plastic mix, drugs, tobacco, cosmetics, cleaning supplies, synthetic vitamins are just a few that make up the endless list of chemical toxins.

### Heavy Metal Poisoning

It is not as widespread but is not uncommon either. Mercury, aluminum, arsenic, lead and silver are the more common ones we see in our office. Copper is linked to Alzheimer's and mercury is credited with autism. Excess iron usually comes from cookware or vitamins.

### Immune Challenge

Bacterial, fungal/yeast viral and parasitic infections cause inflammatory responses.

### Emotion

Name calling or cyber bullying sometimes hurts so deep inside that it will drive someone into suicidal or homicidal. Just look at the sharp increase on campus shootings both in colleges and high schools.

## Comprehensive Behavioral Health Services via Telehealth



"One Step At A Time To Better Health"

Call 301-246-0423

infos@kemahealthservices.com



# Women's Health Matters



By Venetta Kalu, LDN, CNS, ND  
Path Of Life Healing Center

Women engage in so many roles that demand so much from our bodies. From teenagers up to adulthood, we go non-stop working, nurturing, caregiving, exercising, cooking, playing, creating, sexing, mothering, cramping, PMS-ing, and being all that we can be. These roles can take a toll on our bodies from head to toe causing some of us to neglect selfcare.

## One Way To Benefit Womanhood

The month of August has great weekly celebrations that would really benefit womanhood such as simplify your life week, smile week, friendship week, and be kind to humankind week. During the weeks ahead, every woman

should find a way to celebrate each week alone, or with your bestie(s). Taking the time to have several little mini celebrations would greatly benefit your health.

The main benefit would be in stress relief, which would greatly benefit the cardiovascular system. Making healthy lifestyle choices to minimize stress and increasing focus on selfcare can go a long way toward reducing cardiovascular health risk for many women.

## Health Concerns of Women

Breast health begins with a sense of breast awareness, i.e., what is normal for your breasts. To become acquainted with your breast consider doing regular breast self-exams. Learn how your breasts vary in sensitivity, texture, and look at different times during your menstrual cycle and even with the intake of different foods. You want to know how the foods you are eating affect your breast tissue as well as your monthly cycle. The more aware you are, the more you will notice small changes.

Another major concern for some women is beauty and aging gracefully. For some women, the concern is so

*Please see "Women's Health," page 65*

# Poor Circulation In Feet



By Ademuyiwa Adetunji, DPM  
Largo Foot & Ankle Health

## Part Two: Treatment and Prevention

Poor blood circulation in the legs and the feet can cause various health problems. The buildup of plaque causes the arteries to harden and narrow. This condition, which is called atherosclerosis, results in a re-

duction of blood flow to the legs and feet and is commonly referred to as poor circulation.

Proper blood flow throughout the body is an indispensable requisition for a healthy life. The right amount of blood flow is needed for various bodily functions like movement of the limbs, functioning of various organs, etc. Poor blood circulation is mostly found to occur in the extremities, especially the feet. Last month's article discussed causes and symptoms of poor circulation and peripheral arterial disease (PAD). This month we will focus on treatment and prevention.

Your podiatric physician can do a simple test to determine if you have Poor blood circulation/PAD. The test is called an ABI, or ankle-brachial

*Please see "Circulation," page 65*

## Path of Life Healing Center Stimulating Cellular Beauty

### Are You Ready To:

- Lose Weight • Reduce Cholesterol
- Manage Diabetes • Boost Energy
- Detox & Get Healthy

**Start a  
Healthy  
Lifestyle  
Today**

We Accept Cigna and Carefirst BC/BS Insurance

Visit us at [www.pathoflifehealing.com](http://www.pathoflifehealing.com)  
to Call, Text or Book an Appointment online

301-377-4523 • 4600 Powder Mill Rd., Beltsville



## FOOT PROBLEMS?

### Ade Adetunji, DPM, CWS

- Whirlpool Available
- Diabetic Foot Care
- Foot Exfoliation
- Orthotics
- Bunions, Hammertoes
- Ingrown Nails
- Warts
- Heel Spurs
- X-Rays
- PAD Test

Now offering Dr. Remedy Enriched Nail Polish, a healthier alternative to traditional nail polishes. Strengthen and protect your nails against fungus, discoloration, cracking and brittleness – problems that can be caused by the chemicals found in commercial nail polish. Great for fungus nails; brittle, discolored nails; if you have an allergy to chemicals in commercial nail polish, or if you're pregnant. Also great for children!

Most Insurance Plans Accepted • Visa, Mastercard and Most Cards Accepted  
Out Patient Surgery, Ambulatory Surgical Center and Hospital Surgery  
Evening Appointments Available • [www.AdeAdetunji.com](http://www.AdeAdetunji.com)



**Largo • 301-386-5453**

1450 Mercantile Lane, Suite 151 • Largo, MD 20774  
[www.largofoot.com](http://www.largofoot.com) • [feetforlife@largofoot.com](mailto:feetforlife@largofoot.com)



## MEDICAL OFFICE SPACE FOR LEASE SPRINGFIELD CORPORATE CENTER

6225 Brandon Avenue, Springfield, VA

- Space available - 1,650 square feet
- Located at the intersection of I-495 / I-395 / I-95
- Close proximity to Fort Belvoir and NGA
- New fitness center and HVAC/mechanical upgrades recently completed
- Lobby and common area renovations recently completed
- Signage opportunity viewable from I-95 / 120,000 vehicles per day
- On-site deli and bank
- Close proximity to Springfield Town Center, local restaurants, banks and hotels.

For leasing information contact:

Mr. Scott – 301-980-8604  
[scott5922@gmail.com](mailto:scott5922@gmail.com)

# Probating an Estate

## Why Do I Have To Probate an Estate?



By Steven M. Katz, Attorney

Maryland has a law requiring you to file the existing Last Will and Testament with the proper Court, whether or not the deceased person has assets. This is not optional. If the deceased has any assets titled solely in their name alone, whether or not a Will exists, you must probate those assets by filing certain paperwork with the proper Court. Only the

Personal Representative appointed by the Court (usually the person named in the Will) has the power to transfer assets of a deceased person. If a Power of Attorney exists, it is void as of the date of death and can no longer be used. If the deceased had a car, a bank account, or any other asset titled solely in their name, the Personal Representative is the only person who can change the title, collect funds, withdraw funds or take other actions on behalf of the deceased. Most institutions (such as banks and brokers) and government agencies (such as the IRS and Social Security) will only talk to the Personal Representative. Before the named Personal Representative can act on behalf of the deceased or the estate, the Court, during the probate process, must approve the named person by issuing Letters of Administration. It is the Letters of Administration that gives the Personal Representative power to act on behalf of the estate.

### What Is Involved In

### Probating an Estate?

In Maryland, if the deceased dies owning assets solely in their name valued at less than \$50,000 (\$100,000 if the spouse is the sole beneficiary of the estate), the process is rather simple and is called a "Small Estate". The Personal Representative named in the Will files the Will and a few forms with the Register of Wills. The Court will then issue Letters of Administration and no further Court action is required. The assets can then be managed and distributed by the Personal Representative without further Court filings. The vast majority of Maryland residents have assets in excess of \$100,000.

If the Maryland deceased's estate has more than \$50,000/\$100,000 in assets, the Will and several probate forms must be filed with the Register of Wills located in the Circuit Court of the County in which the deceased resided. Notice must be placed in a newspaper giving creditors and potential unknown heirs the right to file a claim, and

the Personal Representative must obtain a bond in the amount determined by the Register of Wills. A bond is an insurance policy insuring against theft of estate assets by the Personal Representative.

Within twenty days after appointment the Personal Representative must file a list of "Interested Persons" (those persons named in the Will as a beneficiary, plus the heirs that would benefit if no Will exists). Within ninety days, the Personal Representative must file an "Inventory" which is a list of all assets the deceased owned solely in their name at death. Real estate and tangible personal property must be appraised.

Meanwhile, the Personal Representative must do a number of things, including but not limited to, paying all bills, collecting all income (such as dividends, interest and rents) managing all assets, preparing all tax returns, and filing (after six months but, before nine months), an Account with the court which states the items listed in the inventory, lists all changes to those assets such as sales, and reports all receipts and expenses. After this Account is audited by the Court and approved, the estate assets are distributed and the estate is closed. Sometimes additional time is needed, perhaps to sell real property, in which case additional Accounts are filed every six months.

Maryland has a third type of probate called a Modified Administration. This requires more paperwork than a Small Estate, but less than a regular probate - as described above. You must meet certain requirements to file a Modified Administration, so obtaining an attorney to assist you is recommended.

### Do I Need an Attorney?

If the estate is a small estate (under \$50,000/\$100,000), you may want to handle the matter yourself or with the assistance of the Register of Wills in the local Circuit Court. If you are not completely comfortable or clear as to your duties and responsibilities, or need help with the probate forms, you can contact an attorney to assist you.

If the estate is a regular estate (over \$50,000/\$100,000), obtain the services of an attorney to assist you.

While there is no legal requirement that an attorney represent the Personal Representative, obtaining the assistance of an attorney that has experience with probating estates can help speed up the process and can help prevent potential problems and errors, some of which can have substantial repercussions.

Most people do not have experience with managing an estate and do not realize the work and time that it can entail. An attorney with experience in probating estates will be familiar with the requirements and potential problems that are involved with estates.

## LAW OFFICE OF STEVEN M. KATZ, P.A.

Suite 208 | 401 East Jefferson Street | Rockville, Maryland 20850

Telephone: (301) 738-8441

Fax: (301) 294-9484 | [www.stevenmkatz.com](http://www.stevenmkatz.com)

### ESTATES AND TRUSTS

Will & Trust Preparation | Estate & Trust Planning

Estate & Trust Administration | Asset Transfers | Probating Estates

### BUSINESS

Formation - Corporations (Non-Profit and For-Profit)

Partnerships, LLC's | Planning & Structuring

Business Succession Planning & Asset Protection Strategies

Mergers & Acquisitions | Contracts & Business Agreements

Leases | Employee Fraud & Theft

### TAX

Representation Before IRS | Offers-in-Compromise

Unfiled Returns | Payroll Tax Penalties



# THIS SUMMER ...

## *Start a New Journey*



Whether it's strolling winding paths or socializing in sunny courtyards, residents of Assisted Living at Brooke Grove experience a warm, vibrant lifestyle and delight in our charming setting of open meadows and airy trees.

### OUR AMENITIES

- ❁ Private rooms filled with sunshine from over-sized windows and skylights
- ❁ 24-hour on-site clinical support from licensed and caring nurses
- ❁ Secure courtyards and walking paths
- ❁ Ornamental koi pond
- ❁ Manicured flower and sensory gardens
- ❁ Playground for visiting kids

### MEMORY SUPPORT PROGRAM

For residents with Alzheimer's or dementia, we offer a special assisted living option with:

- ❁ Specially trained memory support staff
- ❁ An interactive lifestyle that maximizes choice and independence
- ❁ Tailored LIFE® enrichment programming that connects each resident to his or her past
- ❁ Group activities that allow residents to enjoy the outdoors and a thriving social life



**BROOKE GROVE**  
RETIREMENT VILLAGE

18100 Slade School Road  
Sandy Spring, MD 20860  
301-260-2320 or 301-924-2811

[www.bgf.org](http://www.bgf.org)



achieves dramatic re-contouring of your face, jawline, arms, abdomen, legs including knees, buttocks, and any other areas where restoration of the skin's youthful resilience and removal of undesirable fatty deposits is needed. Treatment is completely painless and feels like a hot stone massage. The combination of Exilis Ultra with lasers for cellulite, stretch marks and skin tightening, or with liposuction can give significant improvement and drop clothing sizes in areas such as your abdomen, waistline and thighs.

Ulthera is another revolutionary laser, which harnesses the power of ultrasound for non-surgical lifting of your face, chin, chest, buttocks, arms and other regions. Ultherapy specifically targets the muscles as well as the deep layers of the skin, stimulating new collagen, tightening and lifting. Results are typically achieved after only one treatment session. Customized combinations of these treatments offer advanced body sculpting.

The CO2RE laser is a unique fractional resurfacing laser that can be specifically customized for all face and body types to treat wrinkles, sunspots and other pigmentation, scars including acne scars, prominent pores

and stretch marks. The Syneron Trinité and Elos systems rejuvenate all three layers of your skin on your face, neck, chest, arms and other areas during the same session by targeting wrinkles, loose skin, skin discolorations and broken blood vessels. These systems combine intense pulsed light (IPL) and infrared energy with radiofrequency. The advantage of combining those treatments is faster and much more precise than with older lasers – and it is more comfortable, often not even requiring numbing cream. The combination also allows all skin types, from lighter to darker skin, to be treated without risk of burning or scarring. You can usually return to regular activities immediately, including social events. The eMatrix, the world's first radiofrequency fractional laser, is used to treat deeper wrinkles and scars. It is precisely individualized to address your own unique pattern of aging more efficiently and at a lower cost than with older fractional lasers. The GentleMax is a versatile laser that offers quick, painless hair removal for all skin types and can be set to also tighten skin and improve its tone and texture.

Please see "Age," page 65

# How To Eat a Mediterranean Diet



By Ronda Sharman, DC  
Life Care Chiropractic  
& Wellness Center

The Mediterranean diet – you've likely heard of it but may not know why it's popular, how it would benefit you or what to do to get started. The good news is that it's not a fad diet – one that you try for a while and drop after reaching your goal (weight loss, cholesterol level reduction, etc.). The Mediterranean diet is more of a lifestyle plan for eating and achieving wellness. Best of all, you can incorporate parts of it into your

meals and still get some great benefits for your overall health and specific health conditions.

So let's learn more about this lifestyle approach to eating.

## The Diet Defined

The Mediterranean diet gets its name from the traditional cooking and eating style of the countries bordering the Mediterranean Sea – Greece, Turkey, Israel and Spain... to name just a few. The diet incorporates the basics of healthy eating with fruits, vegetables, fish and whole grains. Specifically, the tenants of Mediterranean diet include:

- Eating primarily plant-based foods, including legumes and nuts
- Replacing butter with extra-virgin olive oil
- Flavoring foods with herbs and spices over salt
- Only eating red meat a few times a month
- Eating fish and poultry at least twice a week
- Avoiding sugar-sweetened beverages, processed foods, refined grains and refined oils

As well, a part of this diet/lifestyle of eating includes enjoying meals with family and friends. Eating is pleasurable and it's important to not eat in a hurry and grab things quickly. The emphasis on sharing meals helps us to focus on taking time to enjoy the food we eat. The diet also advocates drinking red wine in moderation and getting plenty of exercise. Many of the people in the countries from where this diet hails spend a lot of time walking each day rather than driving in a car.

## Benefits Of the Mediterranean Diet

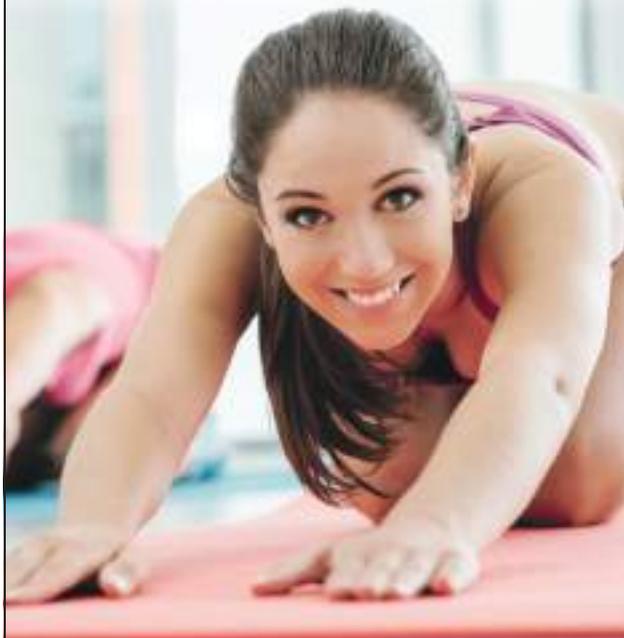
As with most diets that focus on plant-based foods and steer clear of processed foods and unhealthy fats, you will likely lose weight. For those of us looking to trim back our weight, this eating lifestyle will help you do it while still enjoying many delicious foods.

Studies have shown that the traditional Mediterranean diet reduces the risk of heart disease – so anyone with a preexisting heart condition or the genetics to develop a heart condition should consider this diet. As well, it's been shown to help reduce the level of oxidized low-density lipoprotein (LDL) cholesterol – what

Please see "Mediterranean," page 65

## Better, Stronger, Healthier & Happier Lives

life care  
chiropractic  
& wellness center



### SERVICES OFFERED:

- Chiropractic
- Massage Therapy
- Physical Therapy Modalities
- Therapeutic and Rehabilitative Exercise
- Custom Orthotics
- BrainSpan
- Nutrition and Vitamin Protocols
- Pressure Wave Therapy
- Dry Needling
- Spinal Decompression

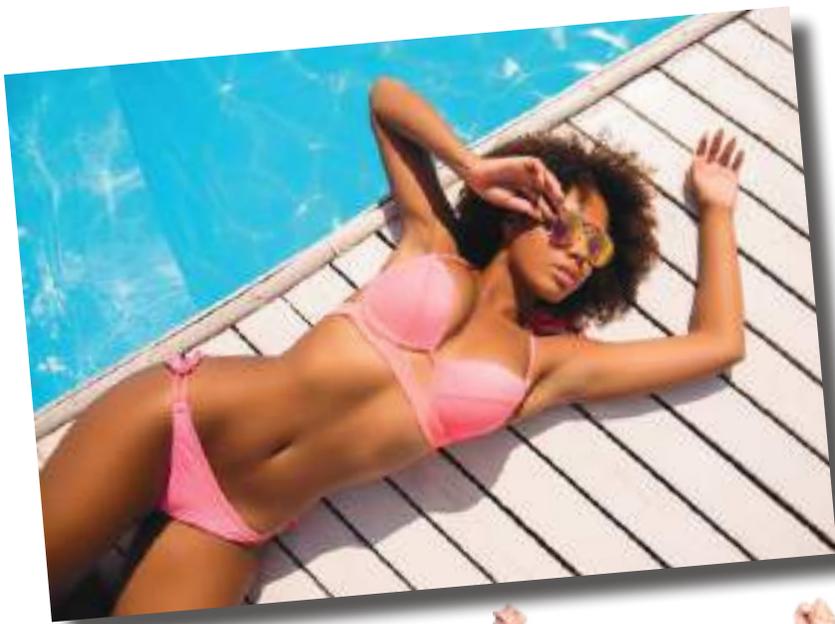
Waldorf Chiropractor, Dr. Ronda Sharman, her new doctor, Dr. Betel Akililu and the rest of the staff have been serving the Southern Maryland area for many years. As a patient here, we strive to help you live your life at your fullest potential. We want our care to enable you to feel better, stronger, healthier and happier so that you may enjoy all that life has to offer.

*At Life Care Chiropractic and Wellness Center, we look at a person as a whole being. A being that needs to nurture the physical self, the emotional self and the nutritional self in order to feel your personal best.*

**(301) 870-4277**

1 Post Office Road, Waldorf, MD 20602

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



# SUMMER 2021 IS HERE!



Program starts  
as low as \$93

## MEDICAL WEIGHT LOSS

- Appetite Suppressants
- Vitamin B/12 & Lipotropic Injections
- Meal Replacement Programs
- Detoxification Programs



All programs require a consultation, call for more information!

**Hair-free  
& CAREFREE.  
THIS SUMMER.**

Get summer ready with the most effective & pain-free laser hair removal available.

**MotusAY**

## ALSO OFFERING...

- BIOTE HORMONE REPLACEMENT**
- MEDICAL CANNABIS CERTIFICATION**
- MEDICAL SKIN CARE**
- IV VITAMIN HYDRATION**



**WarmSculpting™**  
with SculpSure®



Non-surgical liposuction treatment  
using thermal laser technology.  
**NO SURGERY, NO PAIN, NO DOWNTIME.**

Ready For a **New You** This Summer?



**CALL: 410.672.2700**

**WWW.ABETTERYOUMEDISPA.COM**

**1114 Town Center Boulevard, Suite G., Odenton, MD**  
(Near Odenton MARC and Ruth's Chris Restaurant) • info@abetteryoumedispa.com



## BRITTNEY DE VICQ ACUPUNCTURE

COMMITTED TO HEALING TO ACHIEVE LASTING WELL-BEING

BRITTNEY DE VICQ, MAC, LAC

BRITTNEYACUPUNCTURE.COM

410-375-9716

### TREAT HEALTH CONCERNS WITH ACUPUNCTURE

- CHRONIC FATIGUE
- BACK PAIN
- ASTHMA
- DEPRESSION
- JOINT PAIN
- STRESS

NOW ACCEPTING AETNA, AND BLUE CROSS/CARE FIRST.  
PRACTICING IN MARYLAND SINCE 2004.

703 GIDDINGS AVENUE, SUITE U2  
ANNAPOLIS, MD 21401

# Acupuncture and Meditation



By Brittney de Vicq, MAC, LAC  
Brittney de Vicq Acupuncture

to acupuncture treatment. The following meditation technique is very simple. Sit still in an upright position with your eyes closed for one half-hour a day. As you sit still and breathe evenly let your mind relax and have no relationship with the thoughts that will pop into your head. Just let them go. Imagine your thoughts in a bubble and then release them.

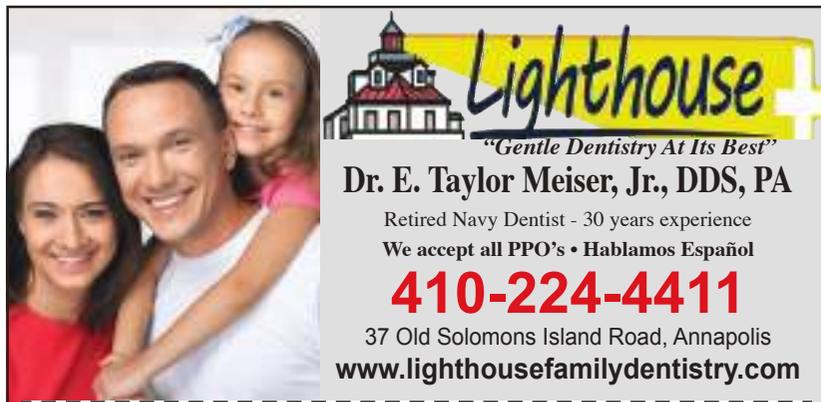
It can be challenging and some days it can be easier to meditate than others. This form of meditation is very simple and powerful. The more often you meditate the better you will feel. Once it becomes a daily practice you will begin to notice the changes in your well-being.

There are numerous studies documenting the benefits of meditation, which include improved concentration and memory functions, lower blood pressure, better sleep, less anxiety/depression as well as pain reduction. A recent eight-week study on mindful meditation conducted at Harvard University showed that participating in an eight-week meditation training program can have mea-

Truly effective acupuncture treatment involves more than going to see your acupuncturist and receiving a needle treatment. Starting acupuncture treatment helps to open the door to self-care and managing your symptoms in your daily life. For example, your acupuncturist might suggest lifestyle changes to complement and improve treatment, such as dietary changes, exercise, creative outlets and meditation.

Meditation is one of the easiest and most powerful complements

Please see "Meditation," page 65



**Lighthouse**  
"Gentle Dentistry At Its Best"

**Dr. E. Taylor Meiser, Jr., DDS, PA**  
Retired Navy Dentist - 30 years experience  
We accept all PPO's • Hablamos Español

**410-224-4411**  
37 Old Solomons Island Road, Annapolis  
[www.lighthousefamilydentistry.com](http://www.lighthousefamilydentistry.com)

**Call For New Patient Specials**

## It's 2021.

## Move Better, Live Better!

Dr. Diallo and EZ Rehab Solutions offer Comprehensive Physical Therapy Services To Help YOU Move and Live Better this New Year and Beyond:

- Knee, Hip, Back Pain • Ankle Sprains
- Manual Orthopedics • Aquatic Therapy
- Mechanical Spinal Traction • Physical Modalities
- Gait and Balance Training • Post Stroke Rehab
- Functional Capacity Evals • Work Hardening
- Post Joint Replacement Rehab • Spine Care
- MVA's and Workman's Comp Injuries

**EZ Rehab Solutions is an Adult and Geriatric focus provider with services geared toward pain management and movement dysfunctions (Industrial rehabilitation).**



**Dr. Ibrahim Diallo, PT, DPT**  
Owner and Director of Services

Undergraduate and Masters Degrees - University of Maryland, Eastern Shore  
Doctoral Degree - Widener University  
Trained at both Harbor Hospital and Mercy Hospital in Baltimore, Maryland.



**EZ Rehab SOLUTIONS**

*Isn't It Time For a Better Quality of Life?*

**Call Today: 301-446-1724**

7315A Hanover Parkway, Greenbelt, MD 20770  
[www.ezrehabolutions.com](http://www.ezrehabolutions.com)

# More Than Just a Cleaning

Submitted by E. Taylor Meiser, DDS  
Lighthouse Family Dentistry

A large number of the people who call the dentist just want their teeth cleaned. Most people don't understand that, while clean teeth are usually healthy teeth, what goes on below the gumline is really as much, if not more, important as what you can see.

Periodontal disease, formerly known as pyorrhea in the advanced stages, is found in some form in over 75% of the U.S. population. Chances are, you have some areas of gum disease in your mouth. How can you know? See your family dentist.

Periodontal disease comes in many forms and many stages, from simple reversible gingivitis (bleeding gums) to advanced generalized periodontitis (pyorrhea with pus, bone loss and loose teeth). A key fact to note about periodontal disease is that it is a progressive

disease. It starts off in the mild form and just gets worse and worse unless it is recognized and treated.

Regular dental checkups and cleanings can prevent or arrest periodontal disease. Early periodontal disease can be effectively treated by your family dentist. If more seriously diseased areas are discovered, then referral to a periodontist (gum specialist) will be recommended.

Periodontal disease should never be ignored. It will not go away on its own. It will only get worse. Periodontal disease should not be taken lightly either. Recent studies have strongly linked periodontal disease with heart disease, diabetes and pregnancy problems.

So when you come to see your family dentist for just a cleaning and the hygienist and/or doctor tells you that you have signs of periodontal disease which requires more than just a cleaning to treat – listen and get the treatment you really need.

# VIRTUAL MEDICINE

TREATMENT PROTOCOL OVER THE PHONE

## GOT GUT ISSUES?

### STOMACH/DIGESTION PROBLEMS?

Are you suffering With:



Bloating?  
Colitis?  
Constipation?  
Crohns?  
Diarrhea?  
Gas?  
Heart Burn?  
IBS?  
Weight Issues?

If you answered yes to any of the questions, call Dr. Angel today for help

### Dr. Angel Wood

Dr. Angel Wood is a Chinese Medicine Doctor who specializes in Integrative Natural Medicine that deals with gastroenterological disorders. She has created a line of products that helps to re-balance the intestinal flora, while assisting in supporting the immune system.



I offer colon hydrotherapy in my private medical practice.

**Board Certified Natural Health Practitioner**  
Licensed Acupuncturist, Certified Colon-hydro Therapist  
(Colonic), Ionic foot bath, Spiritual Wellness



**Better digestive health can help with many conditions, including:**

Allergies/Asthma • Headaches  
Acne and rashes • Immune health • Weight loss  
Constipation/Diarrhea • Re-balance your eating  
Aching joints • Food allergies/sensitivities

### ABSORPTION, ENDOCRINE, GUT FLORA SUPPORT FORMULAS



**Holistic Doctor Supervised Intestinal Support that helps heal the root of your gut discomfort.**

Eastern Medicine • Greenbelt, MD • 240-755-5925  
Magnificent Body Personal Trainer • 240-423-4389

**Natural Pain Relief**

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

Accepts Most Insurances as well as HSA (FSA)

# HYDRATED

FROM PAGE 4

- 50 fluid ounces of cold water can help you burn up to an extra 50 calories per day
- Keeps your energy engine firing. If your body can't get enough fluid from tissue, your cells draw it from your bloodstream. Blood then thickens, putting a strain on your heart, which may make you feel weak, groggy or light-headed.
- Aids in digestion: When food passes through the intestines, the nutrients get absorbed leaving the waste behind.
- Neutralizes acids in the stomach, keeping them from corroding the stomach lining

- Water makes up 70% of our body weight, representing a huge principal chemical component
- Cools the body, maintains muscle tone, skin tone and provide a moist environment for ear, nose and throat tissues
- Flushes out waste products by dissolving excess salt and urea in the kidneys to pass out as urine
- Body enzymes get activated in the presence of water

Now that you can see all of the benefits of proper hydration make sure that you try to stay properly hydrated as we begin to enjoy all of the summer activities.

# PAIN RELIEF

FROM PAGE 20

consists of up to five treatments.

Simply put, the ESWT brings attention to the chronically injured area by making the body "think" it has a new injury. Because of this, the patient is instructed to rest the body part for a day and to allow the body's healing process to work.

## What Conditions Are Treated With ESWT?

- Plantar fasciitis
- Frozen shoulder
- Rotator cuff injury
- Tennis elbow
- Golfers elbow

- Achilles tendinitis
- Biceps tendinitis
- Patellar tendinitis
- Shin splints
- IT band syndrome
- Piriformis syndrome
- Muscle strain and tension

The above list shows only a few examples of painful soft tissue conditions that respond well to ESWT.

ESWT is a modern, effective and research-based therapy that can help you or your loved ones overcome bothersome pain.

# INVISAIGN

FROM PAGE 19

and flossing are more productive. A straight bite helps eliminate wear on your teeth that can lead to cavities.

During therapy, you can remove your aligners when brushing and floss-

ing, or eating and drinking. This approach contributes to better oral care throughout treatment. With traditional metal braces, you have to work hard to clean around brackets and wires.

# OBESITY

FROM PAGE 30

ally, depending on how much weight loss is required the effects will vary.

## Indications For Weight Loss Surgery

Weight loss surgery is generally appropriate for individuals that are 80-100 pounds overweight and are being treated for the obesity-related diseases. Generally speaking, individuals who are 250-300 pounds and above tend to fall in the category of patients that would benefit from such procedures. Current weight loss procedures include the gastric bypass, sleeve gastrectomy and gastric band.

## Results Of Weight Loss Surgery

The most important outcome of

weight loss surgery is restoration of good health. Many patients lose the excess weight and have the medical problems go away. The medications often go away as well. Many patients are able to enjoy life in a way that was not possible before because of their weight. These procedures that were once feared have evolved such that they are performed with minimally invasive techniques and are now relatively safe procedures comparable to many other common surgeries.

Success with weight loss surgery as with all other weight loss efforts depends on a lifelong commitment to healthy lifestyle choices.

# CHILDREN'S FEET

FROM PAGE 19

A child's feet grow rapidly during the first year, reaching almost half their adult foot size. This is why foot specialists consider the first year to be the most important in the development of the feet.

Here are some suggestions to help you assure that this development proceeds normally:

- Look carefully at your baby's feet. If you notice something that does not look normal to you, seek professional care immediately.
- Cover baby's feet loosely. Tight covers restrict movement and can retard normal development.
- Provide opportunities to exercise the feet.
- Change the baby's position several times a day.

## Starting to Walk

When the child first begins to

walk, shoes are not necessary indoors. Of course, when walking outside or on rough surfaces, babies' feet should be protected in lightweight, flexible footwear made of natural materials.

## Growing Up

As a child's feet continue to develop, it may be necessary to change shoe and sock size every few months to allow room for the feet to grow. Although foot problems result mainly from injury, deformity, illness, or hereditary factors, improper footwear can aggravate preexisting conditions.

The feet of young children are often unstable because of muscle problems which make walking difficult or uncomfortable. A thorough examination by a podiatrist may detect an underlying defect or condition.

# VITALITY

FROM PAGE 27

woman is optimized to allow for health and well being in the safest possible way using the lowest effective dose.

While some women do very well in menopause with just a few symptoms, many others have a very difficult time with it and some are nearly incapacitated. The majority of symptoms are due to estrogen deficiency. Treating these symptoms with safe and effective doses of estrogen, progesterone, and in some cases testosterone, can make a big difference in how a woman navigates menopause. Positive results include improvement in sleep, decrease in hot flashes and night sweats, heightened libido and sexual pleasure, and a greater sense of well-being.

Low testosterone levels are fairly common as men enter into their 50s and beyond. This is not just about sexual performance. Men who have low testosterone levels are at a higher risk of dying from many causes than are men with normal levels of testosterone. Symptoms and

signs of low testosterone are fatigue, loss of muscle mass, low libido, elevated cholesterol. Low testosterone contributes to the development of diabetes and metabolic syndrome. By replacing testosterone to optimal levels a man can experience heightened vitality and well-being, often in a very surprising way.

DHEA is an adrenal hormone which when low can contribute to fatigue and poor exercise capacity. DHEA replacement can also be useful in treating lupus and rheumatoid arthritis.

Growth hormone can become deficient in adults and contribute to fatigue and weight gain. Judicious replacement can often make a remarkable difference.

The choice to utilize the option of hormone therapy is an individual one and should be reviewed with a physician that is experienced and that you trust. Using the lowest effective dose can make an enormous difference in one's health.

# AIR QUALITY

FROM PAGE 44

- If there are any children, elderly people, or anyone with a weakened immune system in your home, environmental testing is very important, as these people are at a higher risk of environmental harm.
- If you are concerned at all regarding the quality of the air in your home, testing is recommended. Length of

exposure is often the most important factor regarding the severity of health effects.

Having environmental sampling conducted in your home by a professional Certified Indoor Environmentalist can assure healthy indoor air quality, alleviate discomforting health issues, and possibly improve quality of life.

# SUPPORTIVE

FROM PAGE 46

with curative treatments like chemotherapy, dialysis, radiation therapy, blood transfusions and the like if that's what you choose to do. You can also choose to stop these treatments. That is why it is called supportive care.

How does this all get paid for? As

# ANXIETY

FROM PAGE 48

unwarranted.

Often, there is difficulty sleeping and physical symptoms develop. Trembling, muscle tension, irritability, headaches, sweating, nausea or feeling out of breath can be associated with the disorder.

Usually impairment related to GAD is mild in comparison to the other anxiety disorders, although this is not always the situation. When severe, the anxiety makes it very difficult to carry out routine activities. GAD develops gradually and often during childhood or adolescence, but can begin in adulthood. It is more

a board-certified medical specialty, it is covered by Medicare and most insurance plans and billed the same way. Managing advance illness or complex chronic diseases can be overwhelming for you and your loved ones. It helps to have a specialist ready to help you do it how you want to do it.

common in women.

Successful treatment may involve medication such as buspirone, cognitive behavioral therapy, relaxation techniques, and biofeedback for muscle tension.

If you or someone you know has intense symptoms of anxiety, a visit to the family physician can help evaluate if symptoms are due to an anxiety disorder or other medical conditions or both. Once the diagnosis is determined, appropriate treatment or referral to a mental health professional can be made for additional healthcare.

# COVID UPDATE

FROM PAGE 44

gained immunity, even though they can spread it among the non-immune. But, the non-immune are both the people spreading it, and the people catching it. That's why it makes sense to get vaccinated.

Another very important factor is that we are so much better at treating the virus now. Even though cases and hospitalizations are increasing, deaths are still declining. This probably has the effect of providing a "safe haven" for people who don't want to get vaccinated.

Note: Some data being reported is only being reported as percentages.

In evaluating that data, the lower the cases, hospitalizations and deaths, the higher the percentage of increases and decreases will appear to be. In other words, if there are a thousand new cases, an increase of 25 would be 2.5%. However, if there are 25 new cases, an increase of five cases would be 20%. Obviously five new cases is better than 25, but the percentage would make that look bad so pay close attention when you're looking at the data.

We have made incredible progress. Stay safe, get vaccinated, and enjoy the summertime.

# FERTILITY

FROM PAGE 49

mation from spermatogonia (the sperm germ cells) to primary spermatocytes, to secondary spermatocytes and spermatids to spermatozoa (mature sperm cells). This process is highly sensitive to fluctuations in the environment, particularly hormones and temperature.

Testosterone is required in large local concentrations to maintain the process. Testosterone is produced by interstitial cells that reside adjacent to the seminiferous tubules.

The seminiferous epithelium is sensitive to elevated temperature and are adversely affected by temperatures as high as normal body temperature. Thus, the testes are located outside the body in the scrotum, and maintain a

temperature about two degrees below body temperature.

Dietary deficiencies (such as vitamins B, E and A), anabolic steroids, metals (cadmium and lead), x-ray exposure, dioxin, alcohol, infectious diseases, as well as exposure to pesticides will also adversely affect the rate of spermatogenesis.

Being both underweight or overweight may lead to a low sperm count and infertility. A three-point increase in BMI increases the risk of infertility by 10% in men.

Next month's article will further discuss lifestyle factors and relationships between infertility and general health in men.

# VITAMIN

FROM PAGE 49

that are a necessary part of a healthy diet, such as iron, B-12, calcium and more. Discuss with your provider which vitamins may help fill the nutritional gaps in your diet.

Make sure to educate yourself. It is important to use reliable, scientifically sound information on dietary supplements for your health decisions. Talk with your health care provider and get their ideas.

Always choose a quality supplement. The quality is just as important as the type of product you take. Consider the following when selecting a brand:

- Is the product from a reputable manufacturer? If in doubt, ask your provider to recommend a reliable brand that carries the USP mark.

- Does the manufacturer have a toll-free number and website where you can get information from qualified professionals and ask questions?
- Does the label make claims that seem too good to be true? Use caution.

Know about safe supplement tips. Read the label and follow the dosage instructions carefully. Always look for warning statements, paying special attention if you take prescription medication, are pregnant or lactating, have allergies or any pre-existing conditions. When purchasing vitamins, choose a quality product and look for the USP mark.

For optimal health choices, open and accurate communication is the key.

# ORTHODONTIC

FROM PAGE 48

treatment or Intercept Phase I Treatment? Are there any disadvantages to Phase I Treatment? How young is too young for treatment? How old is too old for treatment? What is Comprehensive and Phase II treatment?

6. Will there be discomfort at the beginning of treatment or each adjustment?
7. What will be my or my child's responsibility with braces?
8. Can I clean and floss my teeth? How? How often will I need to see my general dentist?
9. Will I need a retainer after treatment? For how long? What type

- of retainer?
10. Will my child or I need other appliances besides braces for treatment? Why? What type? When?
11. How often would I need to come in for adjustments? How long are my appointments?
12. Will you do the work? Is your support staff certified?
13. Do you and your staff take Continuing Education courses? How often?

Make your time with the orthodontist a rewarding and informative meeting. Answering these questions will help you decide on the right orthodontist and treatment plan for you.

# HEALTHY SNACKS

FROM PAGE 50

**Fruit:** apples, peaches, pears, bananas

**Breads and Cereals:** air-popped popcorn, whole wheat bread, whole grain chips

**Dairy:** cheese, low-sugar yogurt

**Lean Proteins:** fish, cooked tofu, peanut butter

Stock up on a range of healthy foods at home. It is so much easier to make easy, healthy snacks when you keep a few key items stocked at home. Ideas should include different types of raw vegetables and fruit, yogurt dip, hummus, and cheese sticks.

Remove any distractions. Create mindful eaters who eat when hungry and enjoy the food they eat. Try to stop, sit (no distractions like TV) and

eat. Teach your children how to use simple kitchen equipment to prepare nutritious snacks such as smoothies, pita pizzas or sandwiches.

Avoid processed food and added sugars. They do not contain many nutrients and often have a lot of added sugar and salt. In addition, children may become hungry faster after eating processed foods. Eat a rainbow of colors. Arrange your children's foods to show the beauty of fresh, brightly colored foods. Talk about the farms where food comes from and the farmers who help grow it.

Providing nutritious snacks is a part of every parent's job, so choose wisely and help your child succeed on the field, in the classroom and life.



# DIRECTORY OF HEALTH PROFESSIONALS

## ACUPUNCTURE

Innovative Alternative Acupuncture, Angel Wood, 240-755-5925. [www.acupuncture4wellness.webs.com](http://www.acupuncture4wellness.webs.com)

## ALTERNATIVE MEDICINE

Knowles Apothecary Wellness, Kensington, MD, 301-942-7979. [www.knowleswellness.com](http://www.knowleswellness.com)

## AUDIOLOGY

Audiology Unlimited, Dr. Kathy Mellott, 301-706-4122.

## BEAUTY/SKIN

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

Lash Moi, 1166 Maryland Route 3 S., Suite 108, Gambrills, MD, 410-721-LASH, [www.lashmoi.com](http://www.lashmoi.com)

## BREAST HEALTH

University of Maryland Charles Regional Medical Center, 11340 Pembroke Square, Suite 202, Waldorf, MD 20603. 240-607-2010. [UMCharlesRegional.org](http://UMCharlesRegional.org)

## CHINESE MEDICINE & ACUPUNCTURE

Quansheng Lu, CMD, PhD, LAc, [www.wholelifeherb.com](http://www.wholelifeherb.com), 301-340-1066

## CHIROPRACTIC

Kovach Chiropractic & Wellness Center, Alicia Kovach, DC, 410-697-3566

Life Care Chiropractic, 301-870-4277. 1 Post Office Road, Waldorf, MD 20602. [LifeCareChiropracticAndWellness.com](http://LifeCareChiropracticAndWellness.com)

## DENTISTRY

Lighthouse Family Dentistry, E. Taylor Meiser, DDS, 410-224 4411

Karl A. Smith, DDS, Waldorf, MD, 301-638-4867

Tomenko Family Dentistry, Ekaterina Tomenko DDS, LLC, 301-439-8333. 10230 New Hampshire Ave., # 330, Silver Spring, MD 20903.

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

## DERMATOLOGY

Hema A. Sundaram, M.D.; Dermatology, Cosmetic & Laser Surgery; 11119 Rockville Pike, Ste. 205, Rockville; 301-984-3376; Also in Fairfax

## DIABETES/ENDOCRINOLOGY

University of Maryland Community Medical Group, 12070 Old Line Center, Suite 102, Waldorf, MD 20602. 301-870-4100. [umcmg.org/charlesdiabetes](http://umcmg.org/charlesdiabetes)

## EYE CARE

McNelly Optical, Inc., 410-263-2692. [www.mcnellyoptical.com](http://www.mcnellyoptical.com)

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

Maryland Eye Care Center, 831 University Blvd East, Suite #11, Silver Spring, MD 20903. (301) 431-0431. [www.mdeyecarecenter.com](http://www.mdeyecarecenter.com)

## FERTILITY

Montgomery Women's Fertility Center, 301-946-6962

## FITNESS

Happy Hour Yoga Center • 301-449-8664

## HAIR SERVICES

Hair Loss, 20 Years Experience, John Kiely, MD, 1-888-884-HAIR

## HORMONES

Epigenetics and Advanced Hormones, Jennifer Robin Musiol, C-RNP, 410-921-2208. [Epigenetic.consult@outlook.com](http://Epigenetic.consult@outlook.com)

## INTEGRATIVE MEDICINE

Alan Weiss, MD, Annapolis Integrative Medicine, 410-266-3613, 1616 Forest Drive, Suite #3, Annapolis, MD 21403

## MEDICAL EQUIPMENT/MOBILITY

Health and Mobility, 410-421-8070

## MEDICAL SPACE

Charles L. Feitel Company, 301-571-9333, [www.medicalanddentalspace.com](http://www.medicalanddentalspace.com)

## MENTAL HEALTH SERVICES

Charles Co. Freedom Landing, Inc., 301-932-2737, 301-870-3969

House Calls, LLC, 301-346-6732. [callingonbeth@gmail.com](http://callingonbeth@gmail.com)

Your Brighter Outlook, Patrice Perkins, 301-442-6190. [En2Oblivion@gmail.com](mailto:En2Oblivion@gmail.com)

## NEUROLOGY

Charles C. Reel, M.D., Maryland Gait and Balance Disorder Center, Charlotte Hall, 301-290-0395

## NUTRITION

Nutritional Healing Center, Thomas K. Lo, DC, MA, 240-651-1650, 7310 Grove Road, Suite 107, Frederick, MD 21704. [doctorlo.com](http://doctorlo.com)

## ONCOLOGY

Isabella C. Martire, MD, AC, 301-498-5067, [www.isabellamartire-md.com](http://www.isabellamartire-md.com)

## ORAL SURGERY

The Maryland Oral Surgery Group, Dr. Sharon Russell, 301-967-0183. [www.THE-MOSG.com](http://www.THE-MOSG.com)

## ORTHODONTICS

Jacqueline Brown Bryant D.D.S., M.S., P.C., Damon, Clear Braces & Invisalign for Adults And Children, Silver Spring, Maryland 20910 [www.smileconstructors.com](http://www.smileconstructors.com) 301-587-8750

## PAIN MANAGEMENT

Georgetown Pain Management, Netsere Tesfayohannes, MD, ABA, ABAP, 301-718-1082, 8120 Woodmont Ave, Suite 560, Bethesda, 7300 Hanover Dr., Suite 204, Greenbelt

Newbridge Spine and Pain Center, 301-638-4400. [www.newbridgespine.com](http://www.newbridgespine.com)

The Kahan Center for Pain Management, Dr.

Brian S. Kahan, DO, FAAPMR, DABP- [www.thekahancenter.com](http://www.thekahancenter.com), Annapolis

## PHYSICAL THERAPY/REHABILITATION

La Plata Physical Therapy Inc., Dr. Cunningham, PT, 301-392-3700. Wellness: 301.392.5054. La Plata, MD. [www.laplatapt.com](http://www.laplatapt.com)

Active Physical Therapy, Various Locations across Maryland and Washington, DC. [www.activephysicaltherapy.com](http://www.activephysicaltherapy.com)

Interdynamics, Inc. - Evaluations, Therapy & Training, 301-306-4590. [www.interdynamics.com](http://www.interdynamics.com)

## PLASTIC & COSMETIC SURGERY

Don Fontana, M.D., P.A., 301-870-0600. 3500 Old Washington Road, Waldorf, MD 20602. [www.fontanacosmeticsurgery.com](http://www.fontanacosmeticsurgery.com)

Bella Plastic Surgery, Michael F. Chiaramonte, MD, 301-567-6767

## PODIATRY

Burton J. Katzen, DPM, Temple Hills and Clinton, 301-423-9495, 301-868-3515

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

## PRIMARY CARE

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

## SENIOR CARE

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

St. Mary's Nursing & Rehabilitation

Center, 301-475-8000, Leonardtown, MD. [www.stmarysnursingcenter.com](http://www.stmarysnursingcenter.com)

## SLEEP LOSS/SLEEP APNEA

Advanced Sleep Treatment, Ekaterina Tomenko DDS, LLC, 10230 New Hampshire Ave., Suite 330, Silver Spring, MD 20903. 301-439-8333. [AdvancedSleepTreatmentCo.com](http://AdvancedSleepTreatmentCo.com)

## VETERANS

Charlotte Hall Veterans Home, 301-884-8171, Waldorf

## WEIGHT LOSS

The Bariatric and Hernia Institute, Dr. Etwar McBean, 240-206-8506, [www.tbhinstitute.com](http://www.tbhinstitute.com)

## Live Healthier

We make nutrition products with protein, fiber and vitamins to complement a balanced diet and support a healthy, active life. Herbalife is unique because of the one-on-one coaching and support that Herbalife Independent Distributors provide to their customers. Herbalife customers receive much more than a product, they get steady support and a plan to meet or exceed their personal nutrition, weight-management and fitness goals.

### Our Products Help With

Healthy Weight • Balanced Nutrition  
Energy & Fitness • Specialized Nutrition  
Skin & Hair Care

[lookfit.goherbalife.com](http://lookfit.goherbalife.com)

Call 240-412-7318

Ask for Michele!



## CHOOSE SKIN HEALTH: DR. HEMA SUNDARAM

Offering Free Skin Cancer Screenings in ROCKVILLE and FAIRFAX

In collaboration with the CHOOSE SKIN HEALTH program of the American Society for Dermatologic Surgery, local dermatologic surgeon and international educator, Dr. Hema Sundaram, has joined the fight against skin

cancer by offering free and potentially life-saving skin cancer screenings in Rockville, MD and Fairfax, VA.

Schedule a free skin cancer screening by calling 703-641-966 or 301-984-3376 today.

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

Pharmacist Help Desk: 1-877-823-1273  
Substance Abuse Helpline: 1-800-662-4357 (SAMHSA)

### CARDHOLDER INSTRUCTIONS

1. Present this card to your pharmacist.
2. Ask for a discount on each prescription.
3. Start saving up to 80% on your prescriptions.
4. Use this card over and over!  
This card does not expire.

### INSTRUCCIONES MIEMBROS

1. Presente la tarjeta con su farmacéutico.
2. Pida descuento en cada receta.
3. ¡Inicie un ahorro de hasta un 80% de descuento en los medicamentos con receta!
4. ¡Utilice una y otra vez!  
Esta tarjeta no caduca.



**Prescription Discount Card**  
Simply show this card to your pharmacist for an instant discount on your prescriptions  
Everyone Qualifies • No Exclusions

Present this card with your prescription to any participating pharmacy to SAVE UP TO 80% on your prescription medication

Cardholder ID: \_\_\_\_\_ Ten-digit telephone number

Pharmacy Help Desk (877) 823-1273  
RxBIN : 610219  
RxPCN : DRX  
RxGRP : MYCARD2379

Pharmacist: Please process their prescription using the above BIN/PCN/GRP  
If you have questions processing this claim, please call our Pharmacy Help Desk  
**THIS IS NOT INSURANCE - PRESCRIPTION SAVINGS COUPON**

# Subscribe Today!

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

Giant • Safeway • Harris Teeter • CVS • 7-11 • & more



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

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

CHECK EDITION (\$24 each edition):

MARYLAND  VIRGINIA

NAME: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

### 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

# CIRCULATION

FROM PAGE 55

index. It compares the blood pressure in your ankles with the blood pressure in your arm. If your ABI is abnormal, your podiatric physician may order other tests to determine the extent of your PAD.

PAD can be treated with lifestyle changes, medicines, and surgical procedures if necessary. Medical treatment options include:

- programs to stop smoking
- blood pressure control
- lowering cholesterol
- managing high blood sugar (diabetes)
- medications to prevent clotting
- healthy diet and
- exercise programs

A variety of surgical treatment options are available depending on the location and severity of the artery blockage. Your podiatric physi-

cian can refer you to the appropriate specialist for these procedures. Poor circulation in feet is something that seems very minor, but should not be ignored if the problem persists. If the symptoms are severe and/or persistent, you must consult your doctor immediately. Take care to stay warm and avoid being immobile for longer periods of time. Proper and timely treatment can address this problem and prevent further complications.

## When to Visit a Podiatrist

Do not ignore leg pain. It is important to discuss any leg or thigh pain that you are having with your podiatric physician since it could be a warning sign of a serious disease such as PAD.

Early detection of PAD can offer an opportunity to treat risk factors that can slow the progression of the disease and decrease the chance of heart attack and stroke.

FROM PAGE 52

# WOMEN WIN

ers state the need to be equipped to fight the increase in this cardiovascular risk burden following the pandemic.

For women to not add to the existing statistics of dying of cardiovascular disease more than men, as our #1 killer, requires a new preventive paradigm shift, giving yourself permission to adopt a healthier lifestyle. Reducing chronic stress and embracing relaxation tools to engage the parasympathetic nervous system, the healing part of the body will lessen the impact of 2020.

## How To Win In Your Wellness Game:

**Focus on the breath** – daily do 3-5-8 breathing or alternate nostril breathing

**Embrace slowing down** – take up meditation, relax with massages, practice mindfulness, be in Nature, pet animals

**Yin yoga for peace** – gentle, calm stretching

**Movement is medicine** – walk daily, find exercise you enjoy

**Write in a gratitude journal** – shifts mental anxiety

**Begin tapping** – [www.thetappingsolution.com](http://www.thetappingsolution.com)

**Scents that sooth** – smelling lavender, cedarwood, Joy are all relaxing

**Eat for the heart** – tomatoes, beets, strawberries, cherries, red pepper, garlic, watermelon

FROM PAGE 60

# MEDITATION

surable positive effects on how the brain functions, even when someone is not actively meditating.

When you start a meditation routine, you will become invested in it once you experience the results. The hardest part of getting started is actually making yourself sit still for a half hour once a day, because it is so

counter-intuitive in a world where everybody is always on the move and focused on being “connected.” But that makes the importance of finding stillness greater than ever. As the Dalai Lama said: “Calm mind brings inner strength and self-confidence, so that’s very important for good health.”

FROM PAGE 58

# MEDITERRANEAN

we often refer to as “bad” cholesterol – that can build up and eventually cause blocked arteries.

The Mediterranean diet is associated with a reduced risk of cardiovascular mortality, incidence of cancer and occurrence of Parkinson’s and Alzheimer’s diseases. It may even reduce breast cancer in women,

due to the emphasis on extra-virgin olive oil and mixed nuts. The bottom line is that most scientific organizations encourage this eating lifestyle as a preventive for many major diseases and to improve overall health and wellness.

There’s just not much to not love about it.

# PREVENTION

FROM PAGE 54

A patient’s medical history can be used to identify an individual’s absolute risk of falling, placing subjects into high-, medium- and low-risk groups. It is critical to understand the underlying factors that cause one to be placed into each one of these groups. From here an effective, tailored rehabilitation plan can be devised for the individual.

From a review of four trials comparing exercise rehabilitation to a non-intervention control group,

each trial displayed a reduction in fall rates with significant improvements related to *Thai Chi* and another trial that “delivered exercises to improve muscle strength and movement strategies.” Approaching fall prevention in PD is multi-faceted and is influenced by a wide range of variables. There is no catch-all approach. This emphasizes the need for a holistic, multi-disciplinary approach with a focus on exercise provision and pharmacological intervention.

# WOMEN’S HEALTH

FROM PAGE 55

great it drives them to seek cosmetic surgery and for others it makes them hide from the public as much as possible. For those who do not fit into those extremes, they may be product, juicing, or cleansing junkies. And there are some women who just do not care. However, aging gracefully can be managed with stress management and an antioxidant rich diet. Seek out a nutritionist for help.

There are stages to life for

everyone and all women are not in the same stage at the same time. All women should weave that into your day and let nothing distract you even if it is a mere 2-5 minute pause to breathe.

This is a month of kindness, friendship, and smiling – a month of peace. This will reduce the stress of your cardiovascular and hormonal systems, which will benefit your heart and breast health.

# AGE

FROM PAGE 58

These treatments are designed to look completely natural, prevent deepening of wrinkles and stimulate long-term collagen production. They are effective, long lasting and cost-efficient. Patients are often amazed at how young they look after these treatments. Their skin is not only lifted, smoother and tighter, but also has a beautiful glow.

A new and important area of wellness is feminine rejuvenation. Today’s woman in her 40s, 50s, 60s or beyond has every expectation that the second half of her life will be as vibrant, active and productive as the first. Childbirth, the years leading up to menopause or menopause itself can cause concerns that impact quality of life, such as leaking of urine when coughing or sneezing, vaginal dryness or less satisfying sexual function. These concerns were rarely discussed previously, but now can be addressed in many women by non-surgical treatment with the CO2RE Intima laser. There is no recovery time, and patients typically report dramatic improvements in their sense of wellbeing and quality of life. The difference between the CO2RE Intima and radiofrequency treatments that are advertised for feminine rejuvenation is that the CO2RE Intima is a quicker, longer-lasting treatment with fuller results due to its being a true laser.

The first step is to have a consultation with an expert in feminine rejuvenation with lasers, who will then devise the most appropriate treatment plan in collaboration with your gynecologist.

The American Board of Medical Specialties recognizes four core aesthetic specialties that are properly qualified to safely perform cosmetic surgery procedures such as these, and also fillers and Botox. These core four specialties are dermatology, plastic surgery, facial plastic surgery, and oculoplastic surgery. Some core aesthetic specialists evolve to the point of serving as researchers, international trainers and teachers for these technologies. They may also be selected to serve as principal investigators for FDA studies of new technologies, and to create educational programs for other doctors.

For the best results, select a board certified dermatologist or plastic surgeon who has specific training in these procedures and with whom you feel comfortable. A board certified dermatologist or plastic surgeon understands how to use the most modern technologies to lift your face and how to combine your face and body laser treatments with other treatments, including skin-lifting fillers like Juvederm, Restylane and Sculptra – or even your own natural fat.

In the Next Edition of Your Health Magazine

# DENTAL HEALTH

## Articles and Information from local DENTAL HEALTH PROFESSIONALS!

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

### It Makes a Difference!

We publish articles and practice information for local doctors every month in the **Magazine**, on our **Website**, ([www.Your Health Magazine.net](http://www.Your Health Magazine.net)), and on **Facebook** and **Twitter** (YourHealthDMV).

## PLUS Weight Control, Exercise and Nutrition Professionals...

Next month's issue will also spotlight local professionals who help us lose weight, eat right, and live to our fullest potential!



## ATTENTION PROVIDERS: BE FEATURED –

Featured Providers in next month's issue will have:

- YOUR Photo on the Cover
- YOUR 1/2 page Feature inside the magazine
- YOUR Feature on our Website & Social Media!

**FEATURE SPACE IS LIMITED – RESERVE NOW**



**Contact Us Today To Submit Content:**

**Maryland 301-805-6805 Virginia 703-288-3130**

[info@yourhealthmagazine.net](mailto:info@yourhealthmagazine.net)

# ACTIVE PHYSICAL THERAPY

A STEP IN THE RIGHT DIRECTION

## 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, AND MANY MORE!**



LEARN MORE BY VISITING US ONLINE AT  
**WWW.ACTIVE-PHYSICALTHERAPY.COM**

Physical Therapy • Hand Therapy • FCE / Work Hardening

### WASHINGTON METRO AREA

- CLINTON (Piscataway Rd.)**   
9135 Piscataway Rd., Suite 305  
Clinton, MD 20735  
Phone: 301-877-2323 \* Fax: 301-877-2366
- CLINTON (Woodyard Rd.)**   
8857 Woodyard Rd.  
Clinton, MD 20735  
Phone: 301-877-5460 \* Fax: 301-877-5463
- GAITHERSBURG / GERMANTOWN**   
211 Perry Pkwy., Suite 1  
Gaithersburg, MD 20877  
Phone: 301-916-8540 \* Fax: 301-916-8476
- GREENBELT\***   
8717 Greenbelt Rd., Suite 101  
Greenbelt, MD 20770  
Phone: 301-552-8700 \* Fax: 301-552-8751
- HYATTSVILLE**   
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

**WASHINGTON, DC (Southeast)**   
650 Pennsylvania Ave. SE, Suite 170  
Washington, DC 20003  
Phone: 202-544-4874 \* Fax: 202-544-4875

\*Accessible Physical Therapy Locations

**LAUREL**   
14405 Laurel Pl., Suite 102  
Laurel, MD 20707  
Phone: 301-498-1604 \* Fax: 301-498-1608

**ROCKVILLE**   
3200 Tower Oaks Blvd., Suite 450  
Rockville, MD 20852  
Phone: 301-881-4610 \* Fax: 301-881-4612

**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

**WASHINGTON, DC (Northeast)**   
Brookland Center, 3742 10th St. NE  
Washington, DC 20017  
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

### SOUTHERN MARYLAND

**CALIFORNIA**   
22599 MacArthur Blvd., Suite 106  
California, MD 20619  
Phone: 301-737-3400  
Fax: 301-737-3403

**PRINCE FREDERICK**   
497 Main St., 1st Floor  
Prince Frederick, MD 20678  
Phone: 410-414-3560  
Fax: 410-414-3563

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

### WESTERN MARYLAND

**FREDERICK**   
406 S. Jefferson St., Unit B  
Frederick, MD 21701  
Phone: 301-662-9335 \* Fax: 301-662-9337

**HAGERSTOWN**   
1101 Opal Court, Suite 306  
Hagerstown, MD 21740  
Phone: 301-790-3929 \* Fax: 301-790-3926

### BALTIMORE METRO AREA

**BALTIMORE CITY**   
809 N. Charles St., Suite 201  
Baltimore, MD 21201  
Phone: 410-837-4171 \* Fax: 410-837-4348

**COLUMBIA / ELKRIDGE**   
6855 Oakland Mills Rd., Suite E  
Columbia, MD 21045  
Phone: 410-381-2999 \* Fax: 410-381-3012

**DUNDALK**   
1515 Merritt Blvd.  
Dundalk, MD 21222  
Phone: 410-285-0920 \* Fax: 410-285-7494

**GLEN BURNIE**   
7300 Ritchie Hwy.  
Glen Burnie, MD 21061  
Phone: 410-863-5939 \* Fax: 410-863-5936

**ROSEDALE / WHITE MARSH**   
7106 Ridge Rd., Suite 150  
Rosedale, MD 21237  
Phone: 410-238-3030 \* Fax: 410-238-3131

**ESSEX & PIKESVILLE LOCATIONS – Coming Soon!**

Physical Therapy | Aquatic Therapy | Hand Therapy

**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.

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

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

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

**National  
Research  
Center**

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

**NOW OFFERING PRP  
PLATELET RICH  
PLASMA for  
HAIR RESTORATION**

*Dr. Hema Sundaram, MA, MD, FAAD*

Your skin is the largest organ in your body and, together with your hair and nails, the mirror of everything that's happening internally. After over twenty years as a fellowship-trained, Board Certified dermatologist and as a cosmetic surgeon, I am completely convinced of the positive effects of integrating medical and cosmetic treatments to balance how you look with how you feel. When that balance is missing or has been lost with age, how we look doesn't represent who we really are inside. Others may assume that an older, stressed or worried appearance means a lack of ideas, energy and creativity. This impacts us both personally and professionally. The greatest joy of my profession is restoring the inner-outer balance for the women and men who consult me. They find it an exhilarating experience to look in the mirror, and love the reflection that's looking back.

My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert treatment of skin, hair and nail conditions and state-of-the-art techniques including lasers, fillers, Botox, fat grafting, platelet-rich plasma (PRP), chemical peels, liposuction and body contouring and vaginal rejuvenation.

My mission in my North American and global research is to elucidate the scientific basis of new and emerging technologies, and how this science can be applied to achieve the best and safest procedural outcomes. As a Principal Investigator for studies of new technologies, a national and international teacher of dermatologists and plastic surgeons, and one of a handful of experts serving as an advisor and director of advanced medical education programs, I'm confident that you will achieve the best possible results when you entrust your face and body to our hands. As a daily practitioner of yoga, I understand the value of a holistic approach.

Above all, my team and I promise to give you straight answers. We'll steer you through the hype and jargon, and help you restore the inner-outer balance that empowers us in every aspect of our lives.

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

- Premier medical training at Cambridge University (England), University of Chicago and NIH.
- Internationally recognized physician teacher, researcher and author.
- International Speaker and Course Director at Dermatology and Plastic Surgery Academies.
- International Physician Trainer and Advisor.
- North American Chairperson of the Global Aesthetics Alliance and Global Aesthetics Consensus Group for Procedural Safety.
- Author of book chapters and scientific papers in plastic surgery and dermatology academy journals.
- Author of "Face Value: The Truth About Beauty and a Guilt-Free Guide To Finding It" - selected for the National Press Club Authors' Night.
- Quoted as an expert in leading publications including The New York Times, USA Today, Prevention, Good Housekeeping, Allure, Marie Claire, Essence, Cosmopolitan, Self and Woman's World.
- Medical Advisor to Fitness magazine and for tv and radio shows.
- Charities supported include Skin Cancer Foundation, Breast Cancer Awareness and The Leukemia & Lymphoma Society.



Before & After 1st 2 sessions of PRP Hair Restoration

Expert French Cannulas for Safe and Bruise-Free Filler Injections



Before & After Nonsurgical Neck Restoration



Before & After Facial Contouring

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

**Choose Skin and Hair Health**

**Join us for our Summer Specials**

Call Now to Reserve Your Appointment

**Additional special offers on all our services including:**

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

Se Habla Español • Now Open Saturdays

**Rockville/Bethesda**      **Fairfax**

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

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

Follow us on Instagram: @twicebornbeauty and @drhemasundaram



HEMA A. SUNDARAM, MA, MD, FAAD  
BOARD CERTIFIED DERMATOLOGIST  
TIFFANY DINH, PA-C, CERTIFIED PHYSICIAN ASSISTANT  
Dermatology, Cosmetic & Laser Surgery for Women and Men

**Interest-Free Financing Available • FREE PARKING**

**SEE PAGE 7 FOR MORE INFORMATION**