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PAGES 35 - 37

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Maryland Edition | October 2021

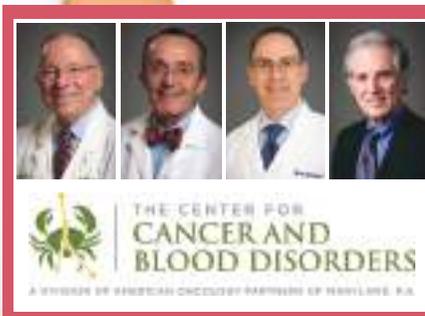
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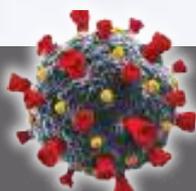
Alicia Kovach, DC
Chiropractor

PAGES 32 - 34

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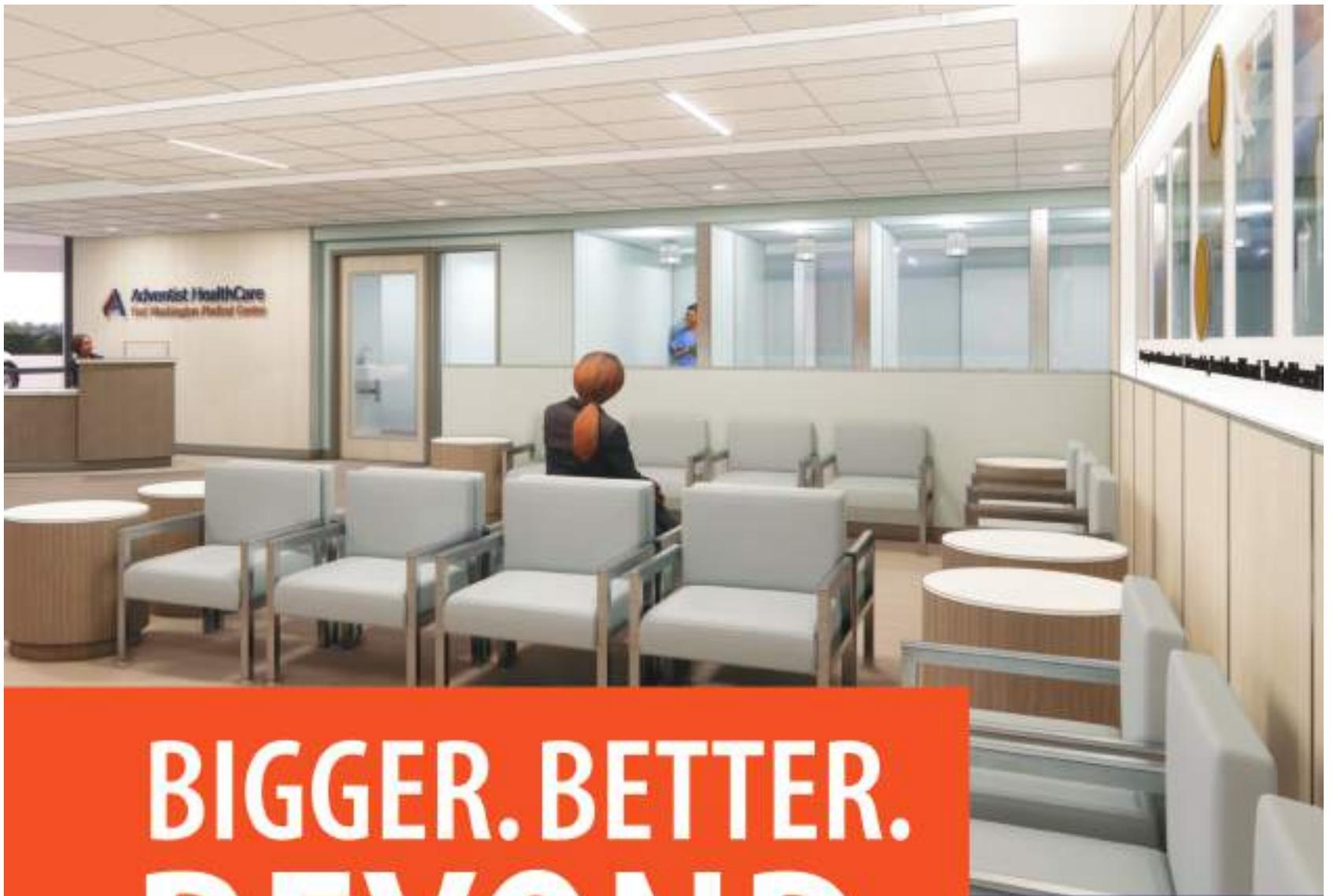
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Periodontal Therapy For the Diabetic Patient

By Harold Packman, DMD

Prevention, early diagnosis and consequent treatment of periodontal disease may have a major impact on the control of diabetes. Research suggests that not only does diabetes influence the progress of periodontal disease, but active periodontal disease also influences the diabetic state.

The systemic inflammatory response generated by inflamed periodontal tissue aggravates insulin resistance and increases blood sugar, thus creating a vicious cycle of diabetes and periodontitis exacerbating each other and putting diabetic patients at increased risk for diabetic complications.

People with diabetes are more than twice as likely to have periodontal disease than people without diabetes because diabetics are more susceptible to contracting infections.

This may be due to numerous physiological phenomenon seen in diabetes, such as impaired immune resistance, vascular changes, altered microflora, and abnormal collagen metabolism.

People with uncontrolled diabetes are especially at risk.

Aggressive management of oral health in diabetic patients may diminish the adverse inflammatory effects on diabetes control.

Several studies have reported that when periodontal infections were treated, the management of diabetes markedly improved.

These studies suggest that the reduction of periodontal inflammation can be helpful in controlling blood glycemic levels and reducing insulin requirements.

For diabetics, periodontal disease therapy is a long-term venture, requiring some modifications of the customary periodontal treatment applied to non-diabetics.

Gum disease is something that must be treated, not just to save your teeth, but maybe to save your life.



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Hammertoes

By Howard Horowitz, DPM
Bowie Foot & Ankle



Howard Horowitz, DPM

What Is a Hammertoe?

A hammertoe is a contracture – or bending – of the toe at the first joint of the digit, called the proximal interphalangeal joint. This bending causes the toe to appear like an upside-down V when looked at from the side. Any toe can be involved, but

the condition usually affects the second through fifth toes, known as the lesser digits.

There are two different types:

Flexible Hammertoes

These are less serious because they can be diagnosed and treated while still in the developmental stage. They are called flexible hammertoes because they are still moveable at the joint.

Rigid Hammertoes

This variety is more developed and more serious than the flexible condition. Rigid hammertoes can be seen in patients with severe arthritis, for example, or in patients who wait too long to seek professional treatment. The tendons in a rigid hammertoe have become tight, and the joint misaligned and immobile, making surgery the usual course of treatment.

Symptoms

- Pain upon pressure at the top of the bent toe from footwear.
- The formation of corns on the top of the joint.
- Redness and swelling at the joint contracture.
- Restricted or painful motion of the toe joint.
- Pain in the ball of the foot at the base of the affected toe.

How Do You Get a Hammertoe?

A hammertoe is formed due to an abnormal balance of the muscles in the toes. This causes increased pressures on the tendons and joints of the toe, leading to its contracture.

What Can You Do For Relief?

- Apply a commercial, non-medicated hammertoe pad around the bony prominence of the hammertoe. This will decrease pressure on the area.
- Wear a shoe with a deep toe box.
- If the hammertoe becomes inflamed and painful, apply ice packs several times a day to reduce swelling.
- Avoid heels
- A loose-fitting pair of shoes can also help protect the foot while reducing pressure on the affected toe.

See your physician if pain persists.



Howard Horowitz, DPM
Medicine & Surgery of the Foot

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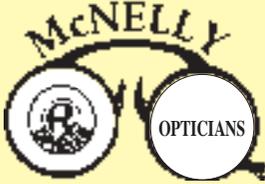
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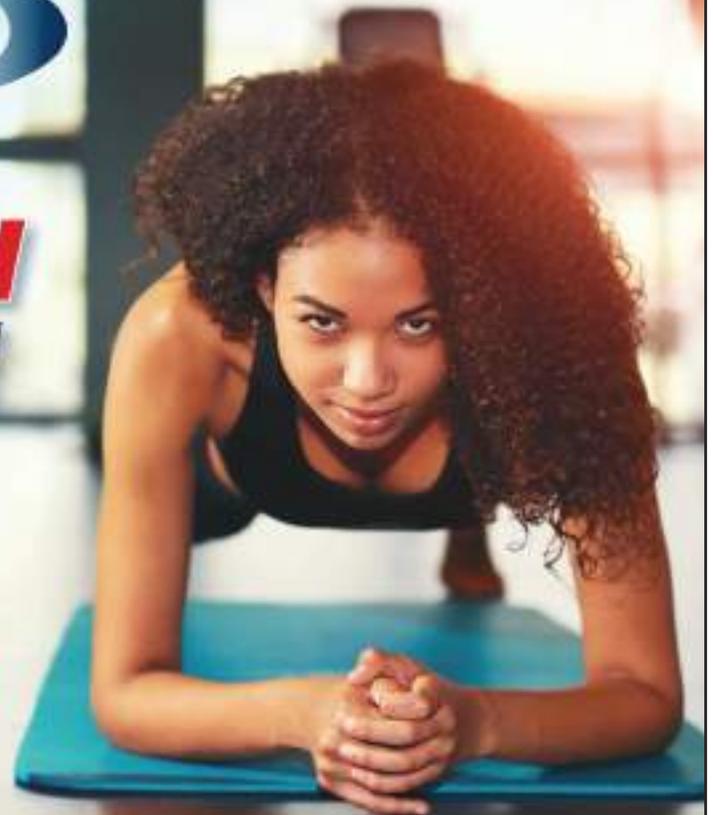
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In This Edition...

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

- 3 | **Periodontal Therapy For the Diabetic Patient** | By Harold Packman, DMD
- 4 | **Hammertoes** | By Howard Horowitz, DPM
- 7 | **Post-Laminectomy Syndrome: When Back Surgery Fails** | Submitted by Madhavi Chada, MD
- 7 | **Achieving Skin Health and Beauty At Any Age** | By Hema Sundaram, MA, MD, FAAD
- 10 | **Shockwave Therapy For Pain Relief** | By William A. Cox, DC
- 11 | **Cancer and Periodontal Disease** | By Karl A. Smith, DDS, MS
- 13 | **Skin Cancer: What You Should Know** | By Sherry L.H. Maragh, MD, FAAD
- 14 | **Causes Of Impotence: Can Belly Fat Cause Erectile Dysfunction?** | Submitted By Men Down
- 14 | **Your Highway To Healing: The Vagus Nerve** | By Linda Penkala, Author, LMT
- 16 | **Acupuncture For Cancer** | By Quansheng Lu, CMD, PhD, LAC
- 16 | **Why Is Weight Loss So Difficult?** | By Etwar McBean, MD, FACS
- 18 | **MAT Program: Assistive Telecommunications Equipment** | By Maryland Relay
- 20 | **Cancer: Improving the Odds** | By Alan Weiss, MD
- 20 | **Cancer and Chiropractic Care** | By Alicia Kovach, DC
- 22 | **Amniotic Fluid Allograft Therapy** | By Burton J. Katzen, DPM
- 24 | **Living With Bad Breath? No More!** | By Richard A. Miller, DDS
- 27 | **Offering New Hope For Treatment Of Depression** | By Aazaz Haq, MD
- 29 | **How New Tech In the Dental Office Benefits You** | By Judy Yu, DMD, MBA
- 30 | **A Reason To Smile Again** | By Sivakumar Sreenivasan, DMD, MDS
- 32-37 | Cancer Featured Professionals + Technology**
- 38 | **Four Levels Of Hospice Care** | By Genevieve Lightfoot-Taylor, MSN, CFNP, ACHPN
- 40 | **Cancers Of the Legs and Feet** | By Ademuyiwa Adetunji, DPM
- 40 | **Screening Tests For Oral Cancer** | Submitted by E. Taylor Meiser, DDS
- 42 | **Recovery and Mental Illness** | By Joyce Abramson, RNMS
- 42 | **Osteoarthritis** | By Ben Carr, Director of Wellness
- 43 | **Habits That Affect Teeth and Jaws** | By Jacqueline Brown Bryant, DDS, MS, PC
- 43 | **Bullying Prevention** | By Janet V. Johnson, MD
- 46 | **Egg Freezing – Women and Fertility** | By Yemi Adesanya-Famuyiwa, MD
- 48 | **Non-Surgical Spinal Decompression: Is It Right For You?** | By Ronda Sharman, DC
- 50 | **Acupuncture and Erectile Dysfunction** | Submitted by Young C. Yi, LAC, OMD
- 52 | **What Is Vaginal Steam?** | By Venetta Kalu, LDN, CNS, ND
- 52 | **Nutrition and Breast Health** | By Thomas K. Lo, DC
- 53 | **Essential Oils and Acupuncture** | By Brittney de Vicq, MAc, LAC
- 53 | **Coping With Nasal Allergies** | Submitted By Kensington Pharmacy
- 54 | **Coping With a Medical Crisis** | By Beth Albanese, CTRS, CPRP, CLP
- 56 | **Why Do I Have To Probate an Estate?** | By Steven M. Katz, Attorney
- 58 | **COVID-19 Update: Shocking Vaccination Data** | By Your Health Magazine

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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VIRGINIA OFFICE

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

Office (703) 288-3130 • Fax (703) 288-3174
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EDITOR-IN-CHIEF
Gregory Scott Hunter

MANAGING EDITOR
Heather L. Mahoney

SALES & MARKETING CONSULTANT
Milli Parra

PRODUCTION & DESIGN ADMIN ASSISTANT
Alison Doner – MD

Post-Laminectomy Syndrome: When Back Surgery Fails



Submitted by Madhavi Chada, MD
Synergy Spine and Pain Center

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

called a laminectomy.

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

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

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

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

Please see "Back Surgery," page 62

Achieving Skin Health and Beauty At Any Age



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

Did you know that skin is the largest organ in our bodies, and the outer mirror of everything happening internally? Being a board certified dermatologist means knowing how to analyze the skin as well as the hair and nails for any signs that can point

to medical conditions involving the blood, intestines, heart, liver, kidneys, and every other organ system. That's why an annual skin check, as recommended by the American Academy of Dermatology, is an essential part of total health – think of it not only as a "physical" for your skin but for your whole body.

Healthy skin is even-toned, blemish-free, and has a radiant glow. An experienced dermatologist can even tell your stress level, whether you're eating healthily, whether or not you smoke, and many other aspects of your lifestyle just from looking at your skin. The first steps to achieving healthy skin are to get enough sleep, control stress, and eat a well-balanced diet with plenty of antioxidants and other nutrients that

Please see "Health and Beauty," page 60



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By William A. Cox, DC
Allegiance Chiropractic

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Please see "Pain Relief," page 62

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Cancer and Periodontal Disease



By Karl A. Smith, DDS, MS

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

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

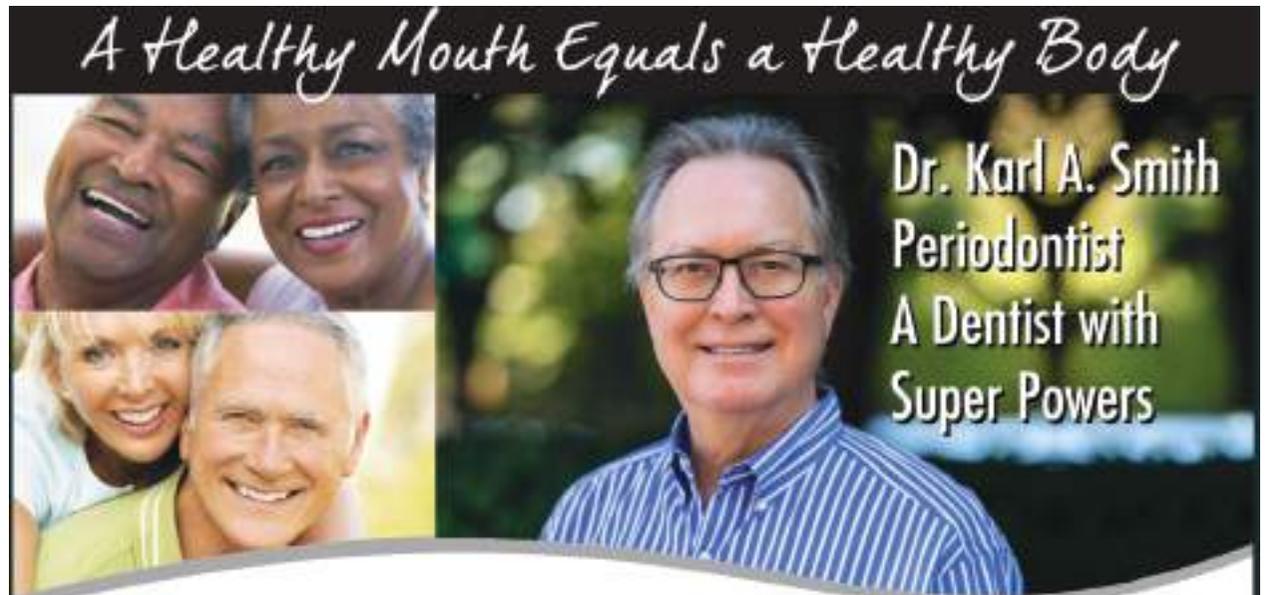
What can be done today? See a periodontist. A periodontist is a special dentist that can determine your level of periodontal disease and help determine your risk factors. A referral is not required. Patients with a recent cancer diagnosis should see a periodontist prior to starting chemotherapy or radiation.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

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

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

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

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



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Skin Cancer: What You Should Know



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

The largest organ of the human body is the skin. With this in mind, it makes sense that skin cancer is the most prevalent of all types of cancers, affecting approximately one million Americans every year.

Signs

Basal cell carcinoma (BCC) appears frequently on the head, neck, and hands as a small, fleshy bump, nodule, or red patch.

Untreated, the cancer may begin to bleed, crust over, heal, and repeat the cycle. BCC can extend below the skin to the bone and nerves, causing considerable local damage.

Squamous cell carcinoma (SCC) is typically located on the face, lips, ears and mouth. This cancer may appear as a bump, or as a red, scaly patch. SCC can develop into large masses and become invasive. Unlike basal cell carcinoma, SCC can metastasize (spread to other parts of the body).

Malignant melanoma is the most deadly of all skin cancers. Melanoma may appear suddenly or begin in or near a mole, or another dark spot in the skin. It is important to know the location and appearance of the moles on your body to detect changes early.

Risks

As with many diseases, BCC culminates from a combination of genetic and environmental factors, with the majority of impact occurring during childhood and adolescence. Overexposure to UV radiation from the sun is a major factor and has a cumulative effect. Other contributing factors include therapeutic radiation, chemical toxins and immunosuppressant medications. All of these factors are also linked with the cause of SCC. Research now indicates, however, that an additional factor may contribute to the disease. The human papillomavirus (HPV), which sometimes is a contributing factor to other cancers, may play a role in the development of squamous cell skin cancers as well.

Radiation from the sun is the main concern linked to the development of melanoma. Factors that increase the risk of developing melanoma include blistering, severe sunburn during childhood or adolescence, fair skin, a large number of moles, a significant number of dysplastic nevi (abnormal moles) or a family and/or personal history of previous melanoma.

Prevention

Prevention and detection are the best tools for fighting all forms of

skin cancer. When exposing the skin to the sun's rays there is always a risk involved, however there are several ways in which to minimize the risk:

- SPF15 or stronger with repeated applications every two hours
- Protective clothing like sunglasses, shirts, wide-brimmed hats and special SPF clothing
- Seek shade whenever possible
- Avoid exposure during peak hours; 10AM to 2PM

Treatment varies depending on

the type of skin cancer contracted, developmental stage, bodily location of the cancer and the patient's best interests. Possible treatments include excision, laser surgery, Mohs surgery, cryosurgery, chemotherapy, radiation therapy and/or biological therapy.

Early detection is the best way to ensure successful treatment. Any change in the skin's appearance, especially pertaining to existing moles, should be brought to a board certified dermatologist's attention.

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Causes Of Impotence Can Belly Fat Cause Erectile Dysfunction?

Submitted By Men Down

Once settled in a committed long-term relationship many men will unwittingly start to gather some extra weight around their mid-section. Some endearingly call it a spare tire, others a beer belly. Whatever you call it, excess belly fat is usually the worst kind of fat in terms of its effect on one's health. Belly fat can be the root cause of many health issues, including type 2 diabetes, heart disease, or cancer. Now recent studies suggest that being obese or overweight in general can even lead to erectile dysfunction (ED).

Erectile dysfunction is when a man is no longer able to achieve or maintain an erection. Decreased sexual desire can also be a symptom. These types of symptoms are not necessarily

always consistent – one week you may not be able to achieve an erection at all, and the next week you may not have any problems. The time to seek help is when the symptoms of ED become chronic, and more consistent.

The main culprits of belly fat are from quite simply eating more calories than one burns. Overeating and poor dietary choices add up, and coupled with inactivity from a desk job, or sitting in front of the television for extended hours, the picture starts to become very clear. The stress of daily life can be another factor, as stress impacts the hormones that create fat.

Belly fat, or excess weight, is not the primary or only cause of ED, however the conditions that come with being overweight or obese, such as

Please see "Belly Fat," page 62

Your Highway To Healing The Vagus Nerve



By Linda Penkala, Author, LMT
Wellness Catalyst

unable to return to the parasympathetic nervous system for rest, repair and calming.

This is where the vagus nerve – meaning wandering in Latin, and the longest nerve in the body – plays a pivotal role for healing, and maintaining health, along with its major role of controlling inflammation. Since many chronic diseases today are affected by inflammation, like diabetes, arthritis, and cancer, engaging the vagus nerve for optimal well-being is vital, according to Dr. Navaz Habib, author of *Activate Your Vagus Nerve*. Lessening sympathetic nervous system dominance is key.

Two-time cancer survivor Dr. Veronique Desaulniers states not being in a calming state using the vagus nerve sets up angiogenesis and increased tumor growth over time. Keeping calm and more in the parasympathetic ner-

Please see "Vagus Nerve," page 65

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Acupuncture For Cancer

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

traditional Chinese medicine (TCM). It involves the placement of very slender needles into the skin along predetermined points for therapeutic effect.

In Chinese medicine, it's believed that acupuncture works by unblocking the flow of energy along channels, or "meridians." The theory behind acupuncture is that when the body's energy channels are blocked, discomfort results.

Benefits Of Acupuncture

According to the Centers for Disease

Control and Prevention, each year more than eight million Americans use acupuncture to treat different ailments. Studies have demonstrated its effectiveness in the treatment of a host of non-cancer-related health issues, such as back pain, chronic headaches, osteoarthritis, high blood pressure, infertility, and hot flashes. Acupuncture is also safe, tolerable and effective for a range of side-effects resulting from conventional cancer treatments.

Relief Of Cancer Pain

40% of individuals with early or intermediate stage cancer and 90% with advanced cancer have moderate to severe pain, and acupuncture has a role in management of cancer pain. A recent study, published in *Journal of Clinical Oncology*, found that individuals receiving acupuncture experienced significant reductions in pain and dysfunction when compared with individuals receiving standard care.

Easing Chemo-Radiation Therapy Side-Effects

The preliminary data suggests acupuncture might be effective for chemotherapy-induced nausea, vomiting, fatigue, pain, leukopenia, radiation, therapy-induced xerostomia, insomnia, and anxiety.

A recent study reported acupuncture reduces some of these common side effects and produces fewer adverse effects than antidepressant, venlafaxine.

Another trial also suggested that acupuncture reduces vasomotor symptoms in breast cancer patients treated with adjuvant tamoxifen.

Increasing Quality Of Life

Acupuncture can increase energy and provide a sense of well being to cancer sufferers. Another study, was done to examine the quality of life of breast cancer patients medicated with estrogen antagonists, two years after having acupuncture treatment for hot flashes.

Patients treated with acupuncture complained less of hot flashes, and had a more positive outlook on life.

Safety Of Acupuncture

Although acupuncture is generally considered safe, it may cause dizziness, local internal bleeding, dermatitis, nerve damage, and/or increased pain (especially when the acupuncturist is not well-trained). A well-trained professional acupuncturist is very important for a better treatment result.

Acupuncture began more than 3,000 years ago and is an important part of



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Why Is Weight Loss So Difficult?



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

Millions of Americans struggle with obesity and experience a progressive increase in their weight over time. The typical story is that of someone that gains a few pounds every year until it reaches a point that the person realizes that his/her weight is a problem.

The weight usually becomes a problem when clothes no longer fit, when the person can't move as quickly as in the past, when they get short

of breath when walking or they start medications for a number of different health problems.

What Causes Weight Gain?

Obesity is a disease caused by a complex interaction of genetics, individual metabolism, lifestyle, behavior and environmental factors. Most cases of progressive weight gain can be traced back to daily lifestyle patterns.

Contributing factors include large meal portions, late night meals, eating a lot of starchy foods, eating a lot of high calorie foods, fast foods, snacks, sweets, and high calorie drinks such as sodas. Lack of regular exercise also contributes.

While these factors do not lead to rapid weight gain, they do lead to slow but progressive weight gain over a period of many years that is often difficult to reverse.

Why Common Weight Loss Efforts Fail?

There are many fad diets and

Please see "Weight Loss," page 62

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An ounce of prevention

Through its participation in the new 'Time to Screen' national awareness campaign, Regional Cancer Care Associates (RCCA) hopes to remind community members of the importance of regular cancer screenings.

The world was locked down last year, and many individuals were afraid that they might contract COVID-19 in hospitals, doctor's offices, and other care facilities. As a result, routine exams for many cancer modalities were put off — a trend that persists today, according to the Centers for Disease Control and Prevention (CDC).

But without those screenings, it becomes more difficult to catch and treat cancer earlier.

"When patients do return for screening again, we find a higher incidence of more advanced cancer and other co-morbidities," said Terrill Jordan, president and CEO of Regional Cancer Care Associates, a leading provider of individualized and compassionate care for cancer and blood disorders.

Health care providers are hoping to change that with Time to Screen, a national public awareness campaign initiated by the Community Oncology Alliance (COA) and supported by leading cancer care practitioners and stakeholders, including RCCA.

"Through the 'Time to Screen' campaign, we hope to see patients restarting their regular screenings and re-engaging with their other physician specialists to ensure that if there's a chance they may have cancer, it's identified and they're referred to a community oncologist as soon as possible, because time is of the essence," Jordan said.

According to a recent study by Avalere Health, breast, colon, prostate and lung cancer screenings nationwide have declined from 56% to 85% over the past year — a reality that concerns cancer care providers.

"We often say that 'cancer doesn't wait' — as a result, and especially during the pandemic, it's more important than ever to pursue regular

screenings and identify any conditions early on so that in the event of a cancer diagnosis, treatment options can be less aggressive and outcomes more favorable," Jordan said.

Launched on July 22, the Time to Screen campaign will involve a year-long series of press releases, public service announcements and advertisements, as well as an endorsement by two-time Grammy Award-winner and "Godmother of Soul" Patti LaBelle, a vocal advocate of preventative screenings following the loss of all three of her sisters to cancer. In addition to a dedicated website and toll-free hotline, the campaign will offer a Practice Toolkit with resources to help clinical teams get involved, and a Stakeholder Toolkit enabling employers and others to join the campaign.

"From colonoscopies, which identify precancerous polyps and prevent the development of colon cancer; to highly sensitive CT scans, which can now detect even early lung cancer and improve survival; strongly persuasive evidence shows that routine screening exams prevent the risk of more advanced disease and lead to a defined decline in mortality from a range of cancers," said Frederick Smith, MD, medical oncologist at RCCA in Chevy Chase, Md. "Over the decades, people had gotten into a good routine of annual mammograms for appropriate age groups, periodic colonoscopies, general checkups and CT scans for individuals at risk for lung cancer, and other important screenings, and we need to get back to that."

Call **855-53-SCREEN** or visit **TimetoScreen.org** to learn about the benefits of screening and to find your convenient screening location.

For more information about RCCA, please call **844-386-0157**.



Terrill Jordan, president and CEO of Regional Cancer Care Associates.



Frederick Smith, MD, medical oncologist at Regional Cancer Care Associates' Chevy Chase, Md., office.

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If you meet the above criteria, you may apply for the MAT program. Applications are available online at mdrelay.com. Once your application is approved, you will be notified and given instructions to schedule a free evaluation at a MAT evaluation center near you.

During this evaluation, you will have the opportunity to practice dialing, answering and talking on several different pieces of equipment until the evaluator finds the solution that works best for you. Your evaluator will order your equipment and it will be shipped to your home within 4-6 weeks. Each device comes with personalized instructions for setup and use, and you may always contact your local MAT evaluation center for additional training and set-up.

A sampling of the solutions available through the MAT program includes:

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- Hearing Carry-Over (HCO) phones
- Voice Carry-Over (VCO) phones
- Hands-free phones

If you do not qualify for the MAT program but would like to purchase equipment, you may also request a free evaluation at any MAT evaluation center.

To learn more, or to apply for the MAT program, please visit mdrelay.org or call 1-800-552-7724 (Voice/TTY) or 443-453-5970 (VP).

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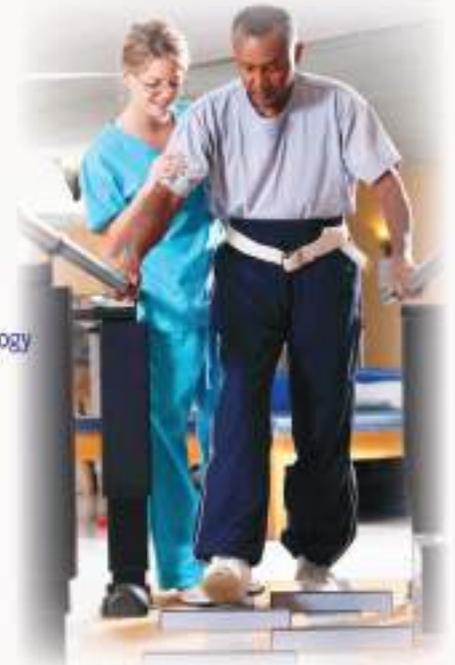
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Cancer: Improving the Odds



By Alan Weiss, MD
Annapolis Integrative Medicine

In the U.S. cancer will claim the lives of half a million people annually, and 1.5 million new cases of cancer will be diagnosed each year. The three most common cancers among men are prostate cancer, lung cancer and colorectal cancer, in that order of frequency. The three most common cancers among women are breast, lung, and colorectal cancers. Not as commonly known is that lung cancer

is the cancer that kills most women, even more than breast cancer.

The genetics we are born with certainly play a big role in determining our susceptibility to cancer. While we can't change our genetics, there is a great deal of information available, which teaches us the things we can do (and not do) to increase our chances of not developing cancer or to survive cancer.

It has been estimated by the American Cancer Society that being overweight or obese contributes to 14% of all cancer-related mortality. With two-thirds of Americans being overweight and half of those being obese, this becomes a very important statistic. At least 20 cancers are associated with being overweight. And cancer death rates are 50-60% higher in obese men and women.

Physical inactivity is also directly associated with risk of contracting

Please see "Odds," page 62

Cancer and Chiropractic Care



By Alicia Kovach, DC
Kovach Chiropractic

adjustment helps to properly align the spine and other joints and restore nerve function. It can also help alleviate a variety of symptoms, including back pain, neck pain, headaches, sciatic nerve pain, painful walking, nausea and neuropathy (pain or numbness in the hands and feet).

Chiropractic care can also reduce stress and increase mobility, flexibility, strength and function, as well as help improve quality of life and overall well-being.

The American Chiropractic Association (ACA) recently included the Cancer Treatment Centers of America (CTCA) as a focus of the cover story in the August 2013 issue of ACA News.

At CTCA chiropractic physicians work on teams alongside surgeons and oncologists to support cancer patients during their treatment. Its patient-centered approach came from a simple question, "If your mother had cancer, how would you want her to be treated?"

Please see "Cancer," page 63



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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.

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Amniotic Fluid Allograft Therapy

A Cutting Age New Non-Surgical Treatment For Foot and Ankle Conditions

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

Amniotic fluid allograft is a breakthrough non-surgical treatment option that offers healing and pain relief without side effects and without the risk of surgery, general anesthesia, or prolonged recovery and downtime. They have been shown to be very effective in treating foot and ankle conditions and injuries including those to Achilles tendons, plantar fasciitis, arthritic joints,

damaged cartilage and numerous other foot and ankle conditions.

What Is Amniotic Fluid?

Amniotic fluid allograft is an all-natural regenerative medical treatment that is composed of 100% amniotic fluid. The fluid is rich in over 200 naturally occurring growth factors and can greatly aid in the healing of acute pain and injuries or stubborn chronic problems. The process of replacing or regenerating human cells or tissues damaged by age, disease, or trauma can be effective with amniotic fluid injections

because they are rich in growth factors that boost the regenerative process.

How Does It Work?

Amniotic fluid allograft contains over 200 growth factors, collagen, protein, inflammation modulators known as cytokines, nutrients, and hyaluronic acid which plays an essential role in joint lubrication and is also found in healthy joint fluid and can actually promote new cartilage growth.

It has high anti-inflammatory properties, but contains no steroids with its multiple side effects. The injections

rely on naturally occurring anti-inflammatory agents such as cytokines, which are small proteins released by cells that have a specific effect on the interactions between cell and communications between cell, or the behavior of cells. It has no threat of patient rejection

Safety and Controversy

Amniotic tissue products have been used therapeutically in health care for over 100 years. They have been regulated by the FDA since 2003 and are considered safe, virtually painless, and non-controversial compared to stem cell therapy. This is because amniotic fluid does not come from embryonic cells, blood cord donation, or by removing bone marrow to harvest stem cells necessary for stem cell therapy. The effects and results are similar to stem cell therapy, but there is no need to harvest stem cells from our patient's body. Amniotic fluid is sterilized using gamma radiation to ensure maximum safety according to the strictest federal guidelines. It contains no umbilical cord blood or embryonic stem cells.

In addition, there is virtually no risk of patient rejection or allergic reactions. Side effects have been virtually eliminated because amniotic fluid does not contain any antigens, which are what alert your body to the presence of a foreign substance.

What Conditions Can Be Treated With Amniotic Fluid Injections?

- Achilles tendon injuries
- Tendonitis, ligaments, and other soft tissue injuries
- Joint injuries and damaged cartilage
- Ankle pain, toe pain
- Bursitis
- Plantar fasciitis
- Sports injuries
- Chronic pain relief
- Diabetic wounds
- Osteoarthritis, ankle arthritis

How Many Treatments Will Be Needed?

Most patients will see physical and experience relief within four weeks of an initial injection, and many patients will see significant improvement after a single treatment

Are Amniotic Fluid Injections Covered By Insurance?

Medicare recently announced that it will cover amniotic fluid injections and some private medical insurance companies will also provide coverage. We provide pre-approval services to all patients prior to treatment.

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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
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Living With Bad Breath? No More!

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

Research has shown that chronic bad breath affects more than 65 million people in the United States alone.

And, about half those numbers have the chronic type of bad breath, unrelenting in its ability to make life miserable for millions. The putrid

odors that cause untold embarrassment, from the bad taste of morning breath to the smell of rotten eggs, feces, or dirty socks coming from the mouth of chronic halitosis sufferers can now be eliminated, for good.

Mouthwash, toothpaste, tongue scrapers and brushes are great, but once you develop real bad breath, halitosis, those are unlikely to fix the problem. Why? Because the bacteria that cause

halitosis live deep within the biofilm (coating) that adheres to the top of the tongue surface. And, by definition, a biofilm can only be removed by mechanical means (it grabs on to living tissue), assuming you can get to it. To make it even worse, those bacteria live without air, so they can produce their waste products (odors of bad breath) – no matter how much you clean.

Research is clear on many things



Richard A. Miller, DDS

about halitosis. We know that bacteria cause the odors of bad breath. We also know that they live in the depths of the biofilm (coating) on the tongue and under the gums. We also know that no matter what we spray on then, rinse them with, or scrape the top layers with, they continue to flourish, multiplying and causing more odor. The key is total removal of the tongue coating and teaching people how to prevent its return.

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

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

NO BIOFILM = NO ODOR

How do you know if you need Tongue Rejuvenation? If you are getting cues from others – turning a bit away, walking away, rubbing under their nose, or sudden coughing – you probably have a serious problem with your breath.

If someone you love has told you so, then you know you have bad breath. But what if no one has told you? You're not out of the clear because people close to us are mostly too polite or they have gotten used to the odor little by little.

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

With Tongue Rejuvenation® you can get it treated today. You will thank yourself, and a lot of other people will thank you too.

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By Aazaz Haq, MD
McLean Neuropsychiatric
Treatment Center

Offering New Hope For Treatment Of Depression

effects, esketamine has been reported to show antidepressant effects as early as 24 hours. The most common side effects of esketamine are sedation and disassociation, which generally wear off within 1-2 hours.

ECT is the gold-standard, often life-saving treatment for severe depression. ECT should be considered early in the treatment of severe depression, particularly when psychotic features, severe suicidality, catatonia, or severe-

ly diminished food and water intake are present. ECT involves the delivery of a brief electrical stimulus to the brain to induce a brief, controlled, and closely monitored seizure, which brings about changes in brain activity leading to clinical improvement. The patient is under anesthesia and complete muscle relaxation during the treatment. ECT has much higher response rate than antidepressants; approximately 80% of patients treated with ECT see symptom

relief, usually much sooner and more definitively compared to medication therapy. Some patients can have mild memory side effects, which can be minimized with modern modifications to ECT technique.

There is always hope for relief from depression, even when your brain tells you otherwise. If you suffer from depression and have not improved with psychotherapy or medications alone, consider the above options.

Anybody who has battled depression can attest: Depression is painful, and the pain is often hidden from view of others. Depression can have devastating consequences on one's life, including withdrawal from the world, feelings of loneliness and isolation, loss of enjoyment and motivation, disrupted sleep and appetite, pervasively negative mood, and a sense of hopelessness and worthlessness. Some people with depression wonder whether life is worth living, and some tragically end up acting on suicidal thoughts.

The good news is that depression is eminently treatable. Talk therapy can be very effective for some people, as can a whole variety of antidepressant medications. These treatments should generally be tried first. However, a substantial percentage of people with depression simply do not respond to these first-line treatments. Fortunately, for such people, transcranial magnetic stimulation (TMS), esketamine treatments, or electroconvulsive therapy (ECT) can offer substantial relief.

TMS is a noninvasive brain stimulation therapy FDA cleared for treatment of depression. A TMS machine delivers magnetic pulses to the left frontal part of the brain, which contains regions that are often underactive in patients with depression. The resulting activation of these regions results in clinical improvement of depression. Up to 40-60% of patients with depression have a positive response to TMS, with 30-40% of patients showing complete remission of symptoms. TMS is generally well tolerated, with most common side effects being a mild headache that resolves with Tylenol.

Esketamine, or Spravato, is another novel treatment recently FDA-approved for depression. Esketamine is a nasal spray derived from the anesthetic medication, ketamine, and works by modulating receptors of the neurotransmitter, glutamate, in the brain, although the mechanisms of its antidepressant effects are not yet fully determined. While traditional oral antidepressant therapy may take weeks to demonstrate full therapeutic

We Treat Depression When Medications Don't Work.

McLean Neuropsychiatric Treatment Center is a subspecialty psychiatry clinic in McLean for individuals with treatment-resistant depression and other psychiatric conditions.

We offer state-of-the-art treatments to individuals whose conditions are not responsive to medications and/or psychotherapy alone.



Esketamine (Spravato)

Esketamine is a novel, FDA-approved nasal spray indicated for treatment-resistant depression in adults in conjunction with oral antidepressant therapy. Esketamine works by modulating receptors of the neurotransmitter, glutamate, in the brain, although the mechanisms of its antidepressant effects are not yet fully determined.



Transcranial Magnetic Stimulation (TMS)

TMS is a non-invasive brain stimulation therapy cleared by the FDA for treatment of moderate to severe depression. TMS uses electromagnetic pulses to stimulate activity in the parts of the brain that are underactive in depression.



Electroconvulsive Therapy (ECT)

ECT is the gold-standard, often life-saving treatment for severe depression. It involves the delivery of a brief electrical stimulus to the brain to induce a seizure, which is brief, controlled, and closely monitored. ECT brings about changes in brain activity leading to clinical improvement.

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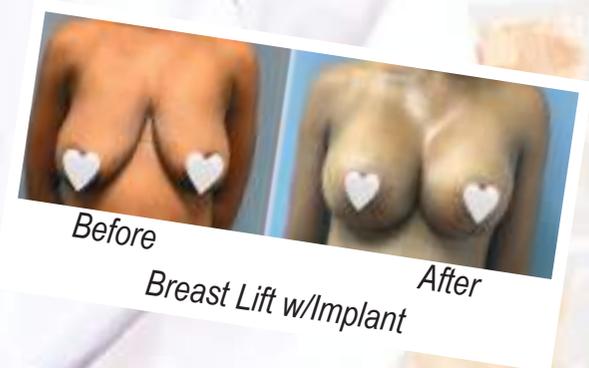
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How New Tech In the Dental Office Benefits You



By Judy Yu, DMD, MBA
Dental FX

The iTero Element 5D is a wand-shaped digital scanner that features an intraoral camera. The wand can be moved around the inside of a patient's mouth to essentially create five-dimensional impressions of your teeth. This makes your dentist's job easier when treating you, but, what exactly does this mean for you?

This state-of-the-art diagnostic

tool is used for a number of purposes, including finding cavities, to enhance Invisalign procedures, and to replace traditional dental impressions.

Finding Cavities Between Teeth

Cavities between teeth are often invisible to the naked eye, and dentists typically rely on bitewing X-rays to find them.

The iTero features an infrared camera that allows your dentist to identify cavities between teeth without an X-ray. So if your dentist has the iTero they can use traditional X-rays less frequently. As a result, patients can have a more comfortable experience, and exposure to radiation from X-ray technology is minimized.

Enhancing the Invisalign Procedure

The iTero can be used to simulate Invisalign treatment, allowing a pa-

Please see "New Tech," page 62

- Children's Dentistry
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Submitted By Sivakumar Sreenivasan, DMD, MDS
Dental Implant Center of Rockville

A Reason To Smile Again

All-On-Four Dental Implants

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 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

All-On-4: Same Day Smiles



Missing Teeth or Tired of Wearing Dentures?

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Boris Naydich, MD

Degrees, Training, and Certificates: Board Certified Radiation Oncology. He was born in Novokuznetsk, Russia, and graduated from medical school in Kemerovo and obtained a Ph.D. from the First Moscow Medical School.

Internship at Englewood Hospital in New Jersey, an affiliate of Mt. Sinai Medical School. Residency at National Institutes of Health (NIH).

Practice Philosophy: Providing individualized, expert radiation therapy for our community.

Treatment Modalities: SRS, SBRT, 3D, IMRT, IGRT, HDR Brachytherapy, including breast and gynecological implants, and prostate seeds implants.

Special Interests: Prostate, Breast, Lung, Head and Neck, Skin, Gastrointestinal, and Gynecological Cancers.



Kathleen Settle, MD

Degrees, Training, and Certificates: Board Certified Radiation Oncologist. Completed her undergraduate degree at the University of Virginia. Received her medical doctorate from Jefferson Medical College (now known as Sidney Kimmel Medical College). Internship in Internal Medicine at George Washington University Hospital. Radiation Oncology Residency at the University of Maryland.

Practice Philosophy: Providing individualized, expert radiation therapy for our communities.

Treatment Modalities: SRS, SBRT, 3D, IMRT, IGRT, HDR Brachytherapy, including breast and gynecological implants.

Special Interests: Breast, Lung, Head and Neck, Skin, Gastrointestinal, and Gynecological Cancers, as well as Palliation.



Beant Gill, MD

Degrees, Training, and Certificates: Board Certified Radiation Oncology. Completed undergrad and medical school at George Washington University. Internship in Internal Medicine at Georgetown University Hospital/ MedStar Washington Hospital Center. Radiation Oncology Residency at the University of Pittsburgh Medical Center (UPMC).

Practice Philosophy: Dr. Gill strongly believes in supporting the community where he practices by providing exceptional medical care while still focusing on holistic well-being and individualized management.

Treatment Modalities: SRS, SBRT, 3D, IMRT, IGRT, HDR Brachytherapy, including breast and gynecological implants, and prostate seeds implants.

Special Interests: Prostate, Breast, Lymphoma, Gynecologic Malignancies, Lung, Head and Neck, and Gastrointestinal.



Aileen Kim, MD

Degrees, Training, and Certifications: Board Certified Radiation Oncology; Completed her undergraduate degree at the College of William and Mary. Received her medical doctorate at the Duke University School of Medicine. Residency at the University of Washington Medical Center.

Practice Philosophy: Her mission as a radiation oncologist is to improve survivorship and quality of life for patients with cancer.

Treatment Modalities: SRS, SBRT, 3D, IMRT, IGRT, HDR Brachytherapy, including breast and gynecological implants.

Special Interests: Breast, Lymphoma, Gynecologic Malignancies, Lung, Head and Neck, and Gastrointestinal, and Palliation

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Ralph V. Boccia, MD, FACP

Ralph V. Boccia, MD, FACP is Board certified in medical oncology, hematology and internal medicine. Dr. Boccia earned his medical degree from Autonomous University of Guadalajara School of Medicine. He then completed his residency in internal medicine at Kern Medical Center, followed by a fellowship in hematology, oncology and bone marrow transplant at the combined UCLA-Veterans Administration Program and the National Cancer Institute at the National Institutes of Health. Dr. Boccia is a member of the American College of Physicians, the American Society of Clinical Oncology, the American Society of Hematology and the American Society of Blood and Marrow Transplantation. He is a clinical associate professor of medicine at MedStar Georgetown University Hospital and the medical director of the International Oncology Network (ION) Clinical Research Program as well as the chairman of the ION Medical Advisory Board. He has been listed as a Top Doctor by *Washingtonian Magazine* and *Consumer's Checkbook Magazine* since 1992. And was recognized as a Super Doctor by the *Washington Post Magazine* and a Regional Top Doctor for Washington, D.C., Baltimore and Washington-Baltimore by Castle Connolly. Dr. Boccia is fluent in Spanish.



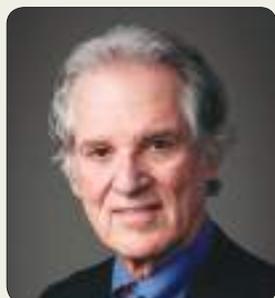
Victor M. Priego, MD

Victor M. Priego, MD is Board certified in medical oncology and hematology. Dr. Priego earned his medical degree at the Autonomous University of Guadalajara School of Medicine. He then completed his residency in internal medicine at Providence Hospital in Washington, D.C., followed by a fellowship in hematology and oncology at Howard University Hospital, Georgetown University Medical Center and the Lombardi Cancer Research Center at Georgetown University. Dr. Priego is a member of the American College of Physicians, the American Society of Clinical Oncology and the American Society of Hematology. He is a clinical assistant professor of medicine at Georgetown University and principal investigator with the Eastern Cooperative Oncology Group at Suburban Hospital. He has been rated among the region's top oncologists and hematologists by *Washington Magazine* since 2005. Passionate about helping bring medical care to Central America, Dr. Priego served as President of the Pan American Medical Society of the Washington Metropolitan Area, this organization helps with volunteer missions and serving medical needs for underprivileged women and their families. Dr. Priego is fluent in Spanish and Italian.



Mark G. Goldstein, MD, FACP

Mark G. Goldstein, MD, FACP is Board certified in medical oncology, hematology and internal medicine. Dr. Goldstein earned his medical degree from St. George's University. He then 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 where he was the Chief Fellow. His fellowship training included an externship in bone marrow transplant at Yale New Haven Hospital. Dr. Goldstein is a member of the American Society of Hematology and the American Society of Clinical Oncology. He is a Fellow of the American College of Physicians. He was the program chair of the Frederick Memorial Hospital cancer survivorship program, which he initiated and developed over the last 10 years.



Bruce D. Cheson, MD, FACP, FAAAS, FASCO

Bruce Cheson, MD, FACP, FAAAS, FASCO is Board certified in hematology and internal medicine. He earned his medical degree from Tufts University School of Medicine. He completed his residency in internal medicine at the University of Virginia Hospital and his clinical and research fellowship at New England Medical Center Hospital. From 2002-2020 Dr. Cheson was Head of Hematology at Medstar Georgetown University Hospital, Lombardi Comprehensive Cancer Center. Additionally, he has more than 40 years' experience in academics focusing primarily on lymphoid malignancies and is a Scientific Advisor to the Lymphoma Research Foundation. Dr. Cheson serves on numerous scientific boards for both non-profit and biotech sectors, as well as advisor to clinical trials monitoring for molecular and genetic companies. He is also experienced in protocol and drug development processes with over a decade of working with the National Cancer Institute and he has authored over 400 articles.

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

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Degrees, Training and Certificates:

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

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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

Hobbies: Sports Fan, Swimming, Running and spending time with her family

Inspiration: Helping people restore their health naturally on a daily basis.

Most Memorable Moment: Through the use of the chiropractic care and other wellness modalities, she has seen patients go from extreme back and/or neck pain to little or no pain and the ability to return to a productive life. Patients injured through automobile accidents or work related accidents that could hardly function daily in their jobs have been able to return to work and daily activities pain free.

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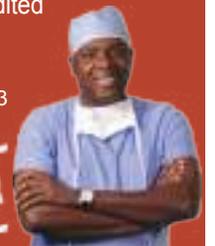
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By Anthony T. Hardnett, DC
Effective Integrative Healthcare
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It is most often used for patients experiencing shoulder pain, chronic inflammation, heel spurs, hip/joint pain, back pain, tennis elbow, and it can even be used to stimulate collagen production.

The procedure itself is completely pain-free, nor is it uncomfortable. At most you may feel a light tapping, and it can be delivered over your clothes.

In many instances, these treatments can replace pain medications and help patients avoid surgery. A study of professional athletes revealed that ultrasonic wave technology created a positive result for 84% of the patients who tried it, with the positive effects lasting for up to three months.

Gel Knee Injections

Patients of all ages can suffer from knee pain with a wide variety of causes. Whatever your age, and whether you had a car accident, over-trained, or if you are experiencing the onset of osteoarthritis, gel knee injections can help.

Many people are familiar with corticosteroids injections and the negative side effects they bring. Gel knee injections consist of refined sodium hyaluronate, which is a material very similar to the fluid that surrounds your joints, so there are no side effects.

The process of administering the gel is a quick series of injections. The extra joint lubrication from the injected gel helps alleviate your knee pain, no matter the cause, and allows for quick healing and recovery.

Gel knee injections have been proven to reduce inflammation, reduce pain, and enhance mobility. If you experience knee pain when walking, going up or down stairs, getting out of bed, or during exercise be sure to consider this natural option.

Pulsed Cold Laser Therapy

Lasers are very popular in health-care these days because they are painless and they have amazing healing

properties. Pulsed cold laser therapy is a new tech used to promote soft tissue healing. It is most popularly used for sports injuries like tennis elbow, sprains and strains, and general neck and back pain. It can be used for both acute injuries and chronic conditions.

The light from the cold laser is able to penetrate the top levels of your skin into the deeper tissues. It can be just as effective as anti-inflammatory medica-

tions. This makes it effective for pain relief, increased blood flow, quicker wound healing, increased natural tissue regeneration, and reduced scarring.

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Four Levels Of Hospice Care



By Genevieve Lightfoot-Taylor, MSN, CFNP, ACHPN
Hospice of the Chesapeake and Chesapeake Supportive Care

hospice care as defined by the Centers for Medicare and Medicaid Services. One patient could experience all four levels. Another may experience just one level of care as they reach their end of life.

The first level of care is the hospice care. This is where an individual receives hospice care where they live. This can be a private residence, a senior or assisted living facility or a nursing facility.

The second level is general inpatient care, which is provided for pain control or other acute symptom management that cannot be controlled in any other setting. It begins when other efforts to manage symptoms have been ineffective. These symptoms can include, but are not limited to, difficulty breathing, pain, anxiety, nausea, vomiting, or complex wound care. General inpatient care can be provided in a Medicare-certified hospital, hospice in-patient facility or nursing facility that has a registered nurse available 24 hours a day to provide direct patient care.

The third level is continuous home care. This is provided for between 8-24 hours a day to keep the patient in their home while the hospice team manages pain and other acute medical symptoms. Continuous home care must be predominantly nursing care, supplemented with caregiver and hospice services.

Caring for a loved one can be very difficult. So, the fourth level of care, respite care, is available to caregivers who really need a break from all the caregiving they have been giving. This provides temporary relief to the patient's primary caregiver. Respite care can be provided for up to five consecutive days in a hospital, hospice facility or a long-term care facility that offers 24-hour nursing personnel present on all shifts to ensure the patient's needs are met.

No matter what level of care, the decision to enroll in hospice can be changed at any time if the person's illness improves or if the person chooses to resume curative treatment. It is not giving up on life. It is choosing to live life to the fullest extent possible.

One of the biggest misconceptions about hospice care is that it is a place. For the most part, people do not "go to" hospice. Rather hospice goes to people. Hospice care treats the individual rather than the disease and honors the patient's needs with medical, emotional, and spiritual support at their end of life.

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Cancers Of the Legs and Feet

By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

The sun has always been viewed as the primary cause of skin cancer, due to the fact that it is often found on the parts of the body that receive

the most sun exposure. This is mostly true of some bodily skin cancers, but this does not hold true for those that arise on the skin of the feet.

Skin cancers of the feet are more related to exposure to chemicals,

chronic inflammation or irritation, inherited traits and viruses. Regular foot check-ups for abnormalities is very important, but unfortunately the skin of the feet is often overlooked during routine medical examinations.

Types Of Skin Cancers Of the Legs and Feet

Basal cell carcinoma frequently appears on sun-exposed skin surfaces. This is less with the feet. This is one of the less aggressive cancers in the body. It can cause local damage but rarely spreads beyond the skin. On the legs and feet, basal cell cancers often resemble non-cancerous skin tumors or benign ulcers.

Squamous cell carcinoma is the most common form of cancer of the skin of the feet. This form is mostly confined to the skin during the early stages but can spread during the advanced stages. It usually begins as a small scaly bump or plaque, which might possibly appear inflamed.

Sometimes there will be a history of recurrent cracking or bleeding. Squamous cell cancer can possibly resemble a plantar wart, a fungal infection, eczema, an ulcer, or any other common dermatological condition of the foot.

Malignant melanoma is one of the deadliest types of skin cancers known. This type of skin cancer must



Ademuyiwa Adetunji, DPM

be discovered very early to ensure patient survival.

Melanomas may occur on the skin of the foot or sometimes underneath the toenail. They are found on the soles and on the tops of the feet. As a melanoma grows it will tend to extend deeper into the skin. This becomes very serious because it may spread through the body through the lymphatic and blood vessels.

Malignant melanoma commonly begins as a small brown-black spot or bump, but in about a third of the cases, this skin cancer will lack brown pigment and thus appear pink or red. These tumors may look like common moles; however, close inspection will usually demonstrate asymmetry, irregular borders, alterations in color, and/or a diameter of more than six mm. Melanomas may resemble benign moles, blood blisters, ingrown nails, plantar warts, ulcers caused by poor circulation, foreign bodies or bruises.



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Submitted by E. Taylor Meiser, DDS
Lighthouse Family Dentistry

A physical examination for oral cancer may be done during a routine oral examination by your dentist. All areas of the mouth are checked for oral cancer including the high-risk areas of the mouth such as the floor of the mouth, the front and sides of the tongue, and the soft palate. The exam will also include looking for lesions on

the mucous membranes. The dentist or hygienist will also physically palpate areas of the head and neck to feel for any suspicious lumps or bumps in the soft tissue.

In addition to the physical examination, an oral cancer screening should be routine at least once a year and performed by your general dentist. Make sure your general dentist offers an oral cancer screening test in addition to the examination they will give you. This is the only way to win the battle against oral cancer.

Regular Dental Check-Ups Are Important

Regular check-ups, including an examination of the entire mouth, are essential in the early detection of cancerous and pre-cancerous conditions. You may have a very small, but dangerous, oral spot or sore and not be aware of it.

Please see "Oral Cancer," page 63

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Recovery and Mental Illness



By Joyce Abramson, RNMS
Charles County Freedom Landing

It is important to understand that persons with a disability don't get rehabilitated in the way cars get tuned up or repaired. They are not passive recipients of services. They experience themselves as recovering a new sense of self and purpose which goes beyond the limits of their disability.

Rehabilitation refers to the services made available so persons with disabilities may learn to adapt to their world. Recovery refers to real life experiences as people accept and

overcome the challenge of the disability. It is the kindling of hope followed by action.

Recovery is a process, not an end product. It is marked by a growing acceptance of personal limitations from which grow unique possibilities. For many it becomes an attitude, a way of life, a way to approach daily challenges.

If possible, those of us working in rehabilitation would love to manufacture the spirit of recovery and hand it to those who attend our programs as we greet them at the door. We cannot. However, all of us can work to create an environment which will nurture recovery.

To recover, people with a psychiatric disability must be willing to try and fail, and try again. A program is fail proof when a person feels he can always come back, pick up where he left off and try again. The person is welcomed, valued, and wanted.

A second point is understanding that each person's recovery is unique. Each person is an individual and must

Please see "Mental Illness," page 63

Osteoarthritis



By Ben Carr, Director of Wellness
La Plata Physical Therapy & Wellness

Osteoarthritis is a major cause of disability with estimates of up to 80% of those over 75 years old showing radiological signs of OA. Increasing longevity, inactivity and obesity are leading to increased prevalence of OA. By 2020, OA will be the fourth leading cause of disability worldwide.

The key features of OA are; thinning of cartilage, bone thickening, swelling, and stiffening of the joint and weakening of the muscles.

However, there is strong evi-

dence to support the benefits of participation in regular exercise in the management of osteoarthritis. We know that exercise and regular physical activity decreases pain, increases function, enhances a sense of well-being and ultimately improves an individual's quality of life.

If you are having difficulty managing the symptoms of your OA it is advised that you arrange an appointment to see a Physical therapist. Many patients find physical therapy an essential part of arthritis treatment. With their expertise they can help an individual cope with pain and disability caused by arthritis.

Once the symptoms of OA are better managed, a transition to appropriate, progressive exercise is advised. Find a physical therapy and wellness center that has trained professionals with experience managing people with osteoarthritis. A wellness staff, in conjunction with physical therapist, can create personalized exercise programs based on each individual's needs and abilities to help you achieve your rehab goals.

Habits That Affect Teeth and Jaws



By Jacqueline Brown Bryant
DDS, MS, PC

Part One

Abnormal oral habits can cause harmful tooth movements and growth patterns of the face and jaws. Common habits, such as mouth breathing, lip, nail and cheek biting, tongue sucking/thrusting, thumb or finger sucking, and bruxing, clenching or tooth grinding are very prevalent in both adults and children. Chronic allergies and nasal congestion can also cause habits to occur at the same time magnifying and multiplying the effects.

To understand the affects of habits we must first understand the terms used to describe the results.

Proper alignment of the teeth and jaws occurs when there is a balance between muscles, bones and teeth and a harmonious relationship involving horizontal and vertical growth of the face. Occlusion or malocclusion describes the way the teeth meet or bite together with a malocclusion being an abnormal bite. Overjet is the horizontal distance between front surfaces of the top teeth and that of the bottom teeth. Over bite is the amount of horizontal overlap between the top and bottom teeth. A crossbite is where a tooth (or teeth) have, a more buccal or lingual position. That is, the tooth is either closer to the cheek or to the tongue and out of proper alignment. With an openbite, there is no overlap between top and bottom teeth. A deep bite occurs when there is excessive of more than 1-2 mm of vertical overlap of the top and bottom teeth.

Crowding is the amount of overlapping of the teeth. Spacing is the amount of gaps or space between the teeth. TMD, Temporal Mandibular Disorder, involving headaches, clicking and popping noises, stiff necks

Please see "Habits," page 63

Bullying Prevention



By Janet V. Johnson, MD
Loving Care Pediatrics

Nearly one in five students is bullied each year. Teachers and parents are looking for ways to make their child's classrooms safe, supportive learning environments.

Bullying has three key components – unwanted, aggressive behavior; a real or perceived power imbalance, and repetition; and the potential to be repeated over time. The combination of these three factors creates a

situation that moves beyond conflict to become persistent persecution.

There is a strong correlation between bias and bullying. The targets of bullies are often from a group marginalized because of certain characteristic (such as race, immigration status, sexual orientation, religion, ethnicity, gender expression/identity or size) about which others hold prejudiced assumptions.

A large study of California middle and high school students revealed nearly 40% reported that they had been bullied within the past year. Analyzing the incidents, it was concluded that 75% of all bullying came from some type of bias.

The most effective tool against bullying is prevention. By creating an inclusive learning environment that supports all children/students, educators maintain a space that is inhospitable to those who would bully. Everyone – including administrators,

Please see "Bullying," page 63

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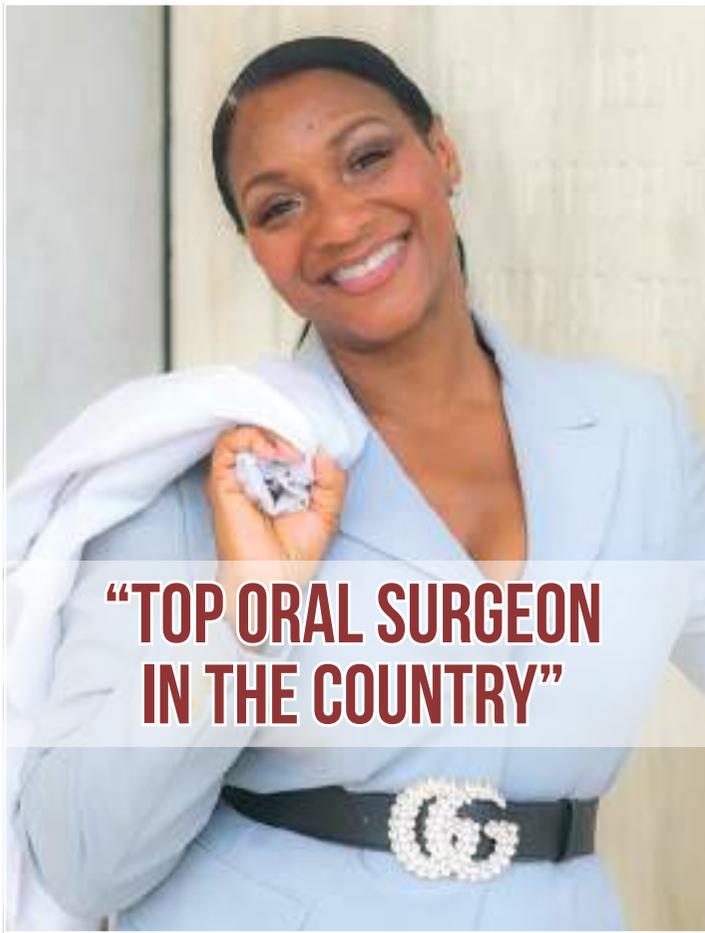
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Egg Freezing Women and Fertility



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Egg freezing can be an option for women who have religious or ethical reasons for not creating supernumerary embryos (more embryos than are needed). It allows for the option of fertilizing only the eggs sufficient to make only the precise number of embryos that will be implanted.

Egg freezing is also an option for cancer patients seeking to preserve their fertility potential prior to cancer treatment.

It can also be seen as an option for patients who have social or personal reasons for freezing their eggs. Many athletes may choose this option since their peak athletic performance may also coincide with the peak quality of their eggs.

Egg freezing is one of the most common services offered at fertility facilities, and the recovery rate for frozen eggs is about 90% or more in a highly skilled lab.

For women under the age of 35, it is recommended to freeze 10-20 mature eggs to have up to a 90% chance of a live birth using their eggs in the future.

For women older than 35 years, 20-30 mature eggs should be frozen to have close to 70% chance of a future live birth. Since older patients may have fewer eggs, they may need more than one cycle.

To get started an initial work up including testing of your reproductive hormones, usually on the second to fourth

Please see "Egg Freezing," page 63



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Non-Surgical Spinal Decompression Is It Right For You?



By Ronda Sharman, DC
Life Care Chiropractic
& Wellness Center

Some patients have suffered with unrelenting pain for a long time despite trying physical therapy, spinal manipulation or even spinal injections. It can be frustrating, debilitating and depressing to get no relief. Fortunately for some conditions, there is a treatment alternative that has been very successful for these types of patients: non-surgical spinal decompression.

Spinal decompression is a therapy designed with the goal of alleviating pain and promoting healing of the intervertebral disc. It's recommended for sufferers of many types of back pain, neck pain or nerve pain (like sciatica). Patients with disc (herniated, bulging or degenerated), severe arthritis or stenosis are the ideal patients for this type of therapy.

In a nutshell, spinal decompression stretches the spine by having the patient lie on a traction table (or similar motorized device). The device stretches and relaxes the spine intermittently in a controlled fashion. The thinking behind this approach is that if we create negative pressure within the disc itself, a couple of things can happen. First, the process can retract or reposition the herniated or bulging disc material back into the disc. But also, it can promote the influx of healing nutrients into the disc and surrounding nerve area, which will foster a better environment for healing to occur.

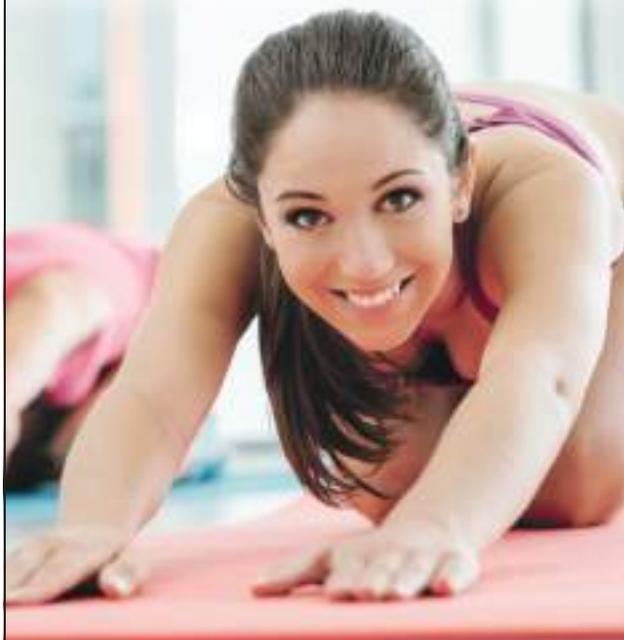
Treatment is conducted right in the office. During this therapy, patients lie on the traction table (either face up or face down, depending on the specific device). A harness is placed around their hips and attached to the feet area of the table. The lower half of the table slides back and forth while the upper portion remains fixed, creating an alternating traction and relaxation. Many patients wonder if this process is painful. The answer is no. If you are having spinal decompression therapy, you should feel no pain during or after the treatment and only a stretching sensation in the spine.

Each treatment takes about 15 minutes. It typically takes between 10-20 treatments over a 4-8 week period to resolve or greatly reduce the pain. With this many treatments involved, the cost keeps some people from seeking out this treatment option.

Like most pain relief therapies that are recommended, other therapies are encouraged to go along with spinal decompression to help it be more effective. This may include physical therapy modalities or chiropractic care. It is also perfectly fine if the patient chooses to just stick to the spinal decompression alone. In most cases patients should also drink up to a half-gallon of water each day, rest (always), participate in a nutritional supplement protocol and

Please see "Decompression," page 63

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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.

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Acupuncture and Erectile Dysfunction



Submitted by Young C. Yi, LAc, OMD
Yi's Acupuncture and Herbal Clinic

Erectile dysfunction (ED) is a common male disorder that occurs when a man cannot get an erection for sexual intercourse. Around 52% of men experience some form of ED in their lifetimes. The risk of ED increases with age, though it is still possible for young men to experience ED.

Many psychological or emotional causes may lead to a man experiencing ED, such as a hectic lifestyle and feeling stress/pressure, or changes in his diet, living environment, relationship status, etc. ED can also be caused by medical or physical issues.

Medications, such as Viagra, and other modern treatments are available to help men obtain an erection, however these medications do not work for about 30% of men who experience ED. Additionally, many men are reluctant to take medication for this issue and would rather seek out a more natural treatment option.

The good news for these men is that in recent years acupuncture has been widely used to treat ED. In fact, there have been clinical trials that confirm acupuncture can improve male erectile function, especially for patients experiencing ED caused by psychological or emotional issues.

Acupuncture provides natural, safe help for a wide range of health problems including chronic and acute pain, as well as ED. Positive results are typically felt within 1-3 sessions. Acupuncture may be an alternative to medication or surgery, and it is inexpensive and non-invasive. Pre-sterilized single-use needles are used.

Each of us respond differently to the same stimulus. Ideal systems of health care recognize our individuality, and work with its unique pattern to bring us to our highest level of health.

Acupuncture can be used to effectively treat and energize patients who have, in the past, shown little or no response to traditional medical treatments. It addresses the strengths and weaknesses, disease tendencies and inherent characteristics of each person.

An initial office visit includes an individualized treatment, based on a detailed history, examination, and evaluation. Your acupuncturist will work with you to determine the best way to meet your individual needs, and will take the time to answer questions.

Erectile dysfunction is an age-old problem. What better way to find relief than with the time-tested, age-old remedy of acupuncture?



Young C. Yi, "One of the best practitioners of Oriental Medicine in the U.S."
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Tumor: Breast Cancer / Non-Malignant Breast, Rump & Tumor, Thyroid & Skin Tumor/Cancer.

Livers: Cirrhosis, Digestive Disorders

Others: Allergies, Asthma, Bronchitis, Chronic Fatigue, Frozen Shoulder, Joint Pain, Back Pain, TMJ, Arthritis, Sports Injuries, Car Injuries, Menopause, Infertility, PMS, Erectile Dysfunction



Testimony:

I was diagnosed in 2006 for macular degeneration in the left eye. After treatments by retina specialists, including Avastin injections, the left eye has a scar and permanently lost central vision. In 2012, my right (good) eye experienced bleeding and swelling of the retina. Again, Avastin injection retina specialists temporarily stopped the symptoms. However, my night vision was very poor. When I went see a low vision doctor, he recommended wearing glasses with telescope on it. These are very expensive and heavy. Out of desperation, I went to see Dr. Yi, who had advertised in the Chinese news paper about treating macular degeneration. After three months of treatments I can now drive in the dark on dry on the roads. The "Dark cloud" in the central part of my left eye also has been reducing after each treatment. I am very grateful about Dr. Yi's treatment.

- DC Resident, Mrs. Zhang

For more testimonies, please visit: www.eyecure.net

Reference:

It is my pleasure to write this letter of recommendation for Dr. Young C. Yi. I have known Dr. Yi for many years both professionally and personally and consider him a brilliant oriental medicine doctor and a great human being. I have worked with him on several occasions on health-related tips for our readers in Parade Magazine and in doing so interviewed him and many of his patients and found his results with patients just short of miraculous. If you have any further questions about Dr. Yi, I can be reached at *Parade Magazine*, and I'll be glad to answer any other questions you might have about him.

- Michael H. O'Shea, PhD
Contributing Editor
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What Is Vaginal Steam?



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

A vaginal steam, popularly known as a V-Steam, is an ancient Korean, African, Asian, Indian, and Mayan feminine regimen used to cleanse the vagina and uterine lining in a safe, relaxing, and gentle way. The warm herbal steam delivers natural essential oils that nourish the vagina and uterine tissues.

Why Do Women Engage In a Vaginal Steam?

Women's bodies bear a heavy burden monthly, weekly, or on a yearly basis with the rigors of menstruation,

the pleasures of sexual intercourse, and at times, through the process of childbirth. In addition, with the hormones changing as we age causing dryness at times, muscle and hip issues at other times, the entire groin and vaginal area withstands a lot and can become less than comfortable.

What Are the Benefits Of Steaming the Vaginal Area?

This age-old natural remedy used primarily after birth to cleanse the vagina and uterus has recently become popular as a detox treatment, an after-sex cleanser, an emotional regulator, a facial for the lady parts, or part of a girl's trip. It is also used to help regulate menstruation, ease period cramps, calm bloating, tighten the vaginal tissue, rid vaginal odors, relieve itchiness, calm the nerves, help with stress and depression, and give a feeling of being clean.

What Happens During a Visit?

During the 30 or 60 minute V-Steam process, clients are covered from the waist down and kept modest

Please see "Vaginal Steam," page 65

Nutrition and Breast Health



By Thomas K. Lo, DC
Advanced Chiropractic Center

Roughly one-third of all cancer deaths are related to diet and activity. But diet alone is unlikely to be the "cause" or "cure" of cancer. Although more research needs to be done on diet and breast cancer, findings suggest that physical activity, a healthy diet (particularly one low in fat and high in vegetables and fiber), and a healthy weight can help reduce the risk of breast cancer or the cancer returning.

Recent research reveals that the healthful compounds in different foods work together to provide health benefits. The benefits of any single food must be evaluated as a part of your whole diet. Below you can read about the compounds in some commonly not eaten but necessary foods and oils that are good for your health.

Black Currant Seed Oil

This wonderful oil is a natural source of gamma-linolenic acid (GLA). GLA is one of two essential fatty acids that are necessary for maintaining normal function and growth of cells, nerves, muscles and organs.

In 2005 a study found that "Gamma-linolenic acid (GLA), in various plant oils used in herbal medicine, inhibited the action of Her-2/neu, a cancer gene that is responsible for almost 30% of all breast cancers."

Cruciferous Vegetables

Scientific evidence supports

Please see "Nutrition," page 65

Essential Oils and Acupuncture



By Brittney de Vicq, MAc, LAc
Brittney de Vicq Acupuncture

Essential oils are an ancient and recently popular modality used in holistic healing. The tradition of using essential oils in healing can be found around the world in many ancient cultures. Recently there has been a surge in the interest of using essential oils for physical health and emotional well being.

Acupuncture and essential oils make a wonderful combination. The use of oils on acupuncture points and meridians can create a profound

healing experience. Each oil has an energetic quality and when they are paired with the appropriate acupuncture point they can create a powerful healing response.

The essential oils can be used to relax, stimulate, warm or cool. For example, lavender, a well known essential oil, can be used for a variety of ailments. Lavender has a pleasant pungent odor and when used on the appropriate acupuncture points it can calm headaches, relieve muscle spasms and alleviate anxiety. The quality of the Lavender essential oil is relaxing and cooling. It moves the physiological symptom through the acupuncture point and meridian as opposed to suppressing it.

The essential oil can be applied on an acupuncture point during an acupuncture treatment. A small drop of oil is applied topically on one or more points as part of the acupuncture treatment. Essential oil blends can also be custom made for a client

Please see "Essential Oils," page 65

Coping With Nasal Allergies

Submitted by
Kensington Pharmacy

Do you have a nasal allergy? Nasal allergies cause the lining of your nose to become swollen and inflamed. Do you have:

- A runny nose with a thin, watery discharge?
- Nasal itching and congestion?
- Red, itching eyes?
- Sneezing?
- Drainage from your nose down the back of your throat?

If so, then you may be a nasal allergy sufferer. Your pharmacist can help you decide whether to see a doctor or whether to treat your symptoms yourself.

The next question to ask yourself is if your allergies are perennial, seasonal, or both?

Many different triggers can cause nasal allergies.

Perennial Triggers

- Dust mites

- Animal hair or dander
- Indoor mold

Because these triggers are present all the time, these allergies are said to be perennial.

Seasonal Triggers

- Pollen from trees
- Ragweed
- Grass
- Weeds

Because these triggers are around only during certain times of the year, these allergies are said to be seasonal.

A few people suffer from both perennial and seasonal allergies. They may have symptoms all year round, but they tend to be worse during certain seasons.

How Do I Avoid the Triggers That Cause My Nasal Allergies?

Avoiding triggers entirely probably is not possible. But you can do a number of things to minimize them.

Please see "Allergies," page 65



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Coping With a Medical Crisis



By Beth Albanese, CTRS, CPRP, CLP, House Calls Total Wellness

Everyone has a daily routine consisting of family obligations, leisure and recreation, spiritual commitments and work/volunteering. All of these life experiences define us. Our attitude is the most important factor to guide us to make the best choices for ourselves, yet when we are faced with stress in our life of any kind, our fears can get in the way and make things worse.

For example you have just been diagnosed with cancer and the first action you take is to look up medical statistics without any medical explanation; listen to well intended friends tell you their personal journey and yet the comments on their situation might not be your experience at all.

We must create “a new normal” meaning accepting what is in store for you or your loved one and when coordination

of care is overwhelming then that is when you engage a professional who specializes in helping people reduce the anxiety of this new challenge.

The important lesson people learn is that if they fall apart and resort to giving up their roles in life (unless they cannot perform them anymore due to severe illness) then depression and hopelessness sets in which exacerbates the diagnosis. You will find that by exploring new possibilities and insights, you and your family will maintain a sense of control.

The idea of recreating and continuing to remain social is foreign to people who have a puritan work ethic that unless you work how can you deserve to play however, leisure and recreation that also includes social engagement is very important when faced with the shock of a diagnosis. Continuing with a philosophy that keeps telling you why should I play when I am faced with this massive responsibility will only create undue stress and many times hardship when someone is trying to save their life in any way possible. Leisure is a way of distracting oneself from the thoughts you cannot control and by integrating, you have an opportunity to explore interests that you might never have thought of before.

People who have never played golf switched to that activity to comply with social distancing as self protection but

realized when continuing due to the need to adapt from a team sport to a slower pace how much they enjoyed the game. A grandmother was not device savvy yet learned how to use facebook, zoom and B612 among other apps to establish rituals with the grandchildren while lying in bed recuperating from chemo.

Everyone has ups and downs but some people are facing a more severe medical or mental health challenge. How do you cope with these feelings and not impact your family? Knowing that there are a plethora of activities to explore or adapt will be more promising. Another example is watching “Dancing With the Stars” instead of going to your regular community club to dance; learning an art activity on line instead of going to the recreation center; taking up bridge with a group of virtual players etc. There are an array of choices that will help establish a rewarding routine even when your physical energy is depleted.

It is important to put in an effort and work towards sustaining a healthy self-esteem to help you feel a sense of self control, respect, purpose and significance. Knowing when to reach out for a professional to advocate, counsel, care manage, monitor medicine, find resources or talking to a priest or rabbi will provide that extra team approach to gather as much support as possible. If you don’t identify yourself what makes you feel intrinsically reward-

ed, you won’t be able to find alternative coping behaviors since knowing what you might be willing to try is a step towards finding peace of mind when you are faced with this difficult time.

Another challenge is financial and that is when professional advice will help you tap into resources in the community that will help you with additional home care support, transportation, food, medicines, volunteers, vouchers for discounts to community establishments like restaurant delivery, cleaners and housekeeping etc. If you want to start doing some investigation on your own, make sure to contact departments in your specific county. If you do not know where to turn that is the actual sign to utilize a professional. Hiring a care manager is another alternative for you and your family so you have ongoing assistance in a variety of ways to work with you. If the stress over finances is insurmountable you need to verbalize your frustration to your family so they understand that sadness, anger, helplessness is a sign you will need more support either from the family or from a professional.

Most important is not to compare yourself to the person you were before circumstances in your life got more stressful. If you compare and look backwards, your expectations of yourself will be unrealistic and pave the way for disappointment. Think about how do you want to be viewed by yourself and others now so you teach the young children coping skills for the future and help the family feel comfortable talking with you about your strengths and limitation and how to accommodate you.

Think one day at a time to help you have a heightened awareness and challenge these intruding thoughts from your reality. Be mindful to look at the future hope while you are enjoying your morning coffee or tea; read a book on tape or incorporate relaxation mantras to get you in a real routine of positivity and thankfulness.

Suggestions: Take a hot bath with candles; write post it notes to yourself to inspire you; connect with friends; create an on line book club; try interactive cooking; oasis classes on line; games with kids; continue family rituals; binge on Netflix, neighborhood listserv for opportunities; kindle on tape; new hobby; crafting; memory picture books for grandchildren to do with you. Try and write a book about your experience to inspire others.

Think of one victory a day and you will find your inner strength that enables you to reframe your negative thoughts to create this “new normal” during these unprecedented times. If possible, keep a gratefulness journal to reflect on why your fight to stay healthy is so important and then you will develop the motivation to pay it forward when you are ready to give to someone else in need.

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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.

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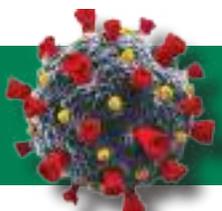
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COVID-19 Update

Shocking Vaccination Data

One thing we all know is that COVID is not going away, in many ways. Even though we have a proven vaccine, millions of Americans are not getting it. I can only shake my head! The data of how many people refuse to get vaccinated is shocking.

When the promise of a vaccine came to light late last year it was expected that everyone would want it, as soon as they could get it. This writer made every effort to get the vaccine as soon as possible. I worked to find an appointment because it is the only thing that makes sense, both scientifically and patriotically.

The protracted effect on society is remarkable with shortages of labor, empty office buildings, and demands for more government assistance. This will continue until unvaccinated people get vaccinated.

Largely missing from the narrative is how viruses mutate. The more infections, and the more spread, the better chance that there will be more

mutations. The longer this goes on, the chance that a mutation arises that is resistant to the current vaccine grows. Once that happens, who knows how or if we will be able to control it.

The people who refuse to get vaccinated seem to not understand a few things: science and the effect on everyone else. At this point in time, what are they waiting for? What is going on with those people?

It is very difficult to figure out what rationale the anti-vaxers are using in order to refuse to get the vaccine.

Do they not see what's going on? At some point they have to begin to realize that everyone else in society has to wait on them to be convinced, or something. The harm the unvaccinated are doing to themselves is probably not as bad as what they are doing to the country. Or, is that what they want?

Is it that the unvaccinated can now control the narrative, the media and government policy and that's what they want? It seems that way. Open



defiance of what doctors unilaterally assert is safe and effective? That's what it seems like! What seemed like an honest choice in the beginning with some legitimate concerns is transforming into what looks like pure selfishness.

I'm shocked every day that every

single eligible American doesn't run as fast as they can to get vaccinated. As a scientist, I have tried to figure it out, but I can't. Defiance, selfishness, control. Who knows!

Go get vaccinated, or just continue to put yourself, your family, your friends and your country at risk!

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repair the skin and body. Antioxidants in the right formulations can also be effective when applied to the skin. There are now a host of other topical treatments with skin health and anti-aging research behind them such as retinol, growth factors, DNA repair, and hyaluronic acid. The key is to look beyond the marketing hype, to find products with solid science and publications in medical journals.

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

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

Select a Qualified Doctor

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

The American Board of Medical Specialties oversees board certifications for physicians, and recognizes four types of “core” aesthetic specialists who are properly trained to be performing cosmetic procedures. They are board certified dermatologists, plastic surgeons, oculoplastic surgeons and facial plastic surgeons.

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

1. Are you board certified in dermatology or plastic surgery?
2. Do you teach, chair and direct scientific sessions at academy confer-

ences of dermatology (ASDS and AAD) and plastic surgery (ASAPS and ASPs), as well as for university and other academic programs?

3. Is your clinic a recognized research center, including for U.S. FDA studies of the newest technologies?

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

Find the Latest Techniques

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

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

Another hot trend is microneedling with platelet-rich plasma (PRP) the so-called “vampire facelift” which harnesses the power of your body's own platelet cells to rejuvenate your face and body. Scientific research shows that PRP can also be used with advanced techniques to treat hair loss and restore a healthy pattern of hair growth. For the best and safest results, select a clinic where the dermatologist or plastic surgeon is personally performing the PRP treatments.

Natural fillers such as Voluma, Restylane, Juvederm, Radiesse and Sculptra can be added to restore youthful contours to your face. These fillers are gently injected just beneath your skin to fill under-eye hollows and lines around your mouth, restore shape and fullness to thinning lips, re-contour your jawline and improve the shape of your nose with no downtime or scarring. Muscle relaxers like Botox, Dysport, Xeomin or Jeuveau

can be added to safely smooth out frown lines, worry lines, crow's feet and wrinkles around your mouth and on your neck. For treatment that looks so natural that it's undetectable, it's best to have an expert dermatologist or plastic surgeon with in-depth understanding of facial anatomy perform these treatments.

The most expert treatment doesn't just soften wrinkles – it can actually reshape your whole face to give it more ideal proportions – while preserving your facial expressions so you never look “frozen” – and stimulates new collagen and elastin for long-term results. We've all seen bad Botox, fillers and lasers – but those who have expert treatments are typically told by others that they never seem to age!

Don't Forget Your Body

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

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

A new and important part of wellness is feminine rejuvenation. Childbirth or aging can cause con-

cerns that impact quality of life, such as leaking of urine when coughing or sneezing, vaginal dryness or less satisfying sexual function. These concerns were rarely discussed previously, but now can be addressed in many women by non-surgical treatment with the CO2RE Intima laser. There is no recovery time, and patients typically report dramatic improvements in their sense of well-being and quality of life. The difference between the CO2RE Intima and radiofrequency treatments that are advertised for feminine rejuvenation is that the CO2RE Intima is a true laser, to give quicker, longer-lasting treatment with fuller results. The first step is to consult with an expert in feminine rejuvenation, who will then devise the most appropriate treatment plan in collaboration with your gynecologist.

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Final Tips

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

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



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 US to fourth year rotations 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.

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

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

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

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

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

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

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

PAIN RELIEF

FROM PAGE 10

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.

WEIGHT LOSS

FROM PAGE 16

many commercial diets for weight loss. There are also many exercise programs and medications for weight loss. The problem with these methods is that individuals try to reverse years of weight gain with a program that lasts only a few months.

These methods typically give modest weight loss over a few months but then the person usually stops due to boredom, fatigue, side effects, or expense.

Once the program ends, the person usually goes back to their regular lifestyle with diet habits, or lack of exercise, that has been leading to the progressive weight gain. Usually all

the weight that was lost is regained and often times, even more.

What Is the Best Approach For Weight Loss?

Individuals that are successful with weight loss typically make lifestyle changes. Attention is paid to the diet ensuring regular meals, modest portions, a limit on calorie intake with limitations on high calorie foods, snacks and drinks. The focus is on healthy foods as well as regular physical activity.

This usually requires commitment to the cause, motivation to be persistent and patience. The goal is to reverse progressive weight gain to progressive weight loss.

ODDS

FROM PAGE 20

various cancers. A person's degree of physical activity is also likely predictive of their chances of surviving cancer.

A high Vitamin D level is likely protective against both breast and prostate cancer (though there is some conflicting data). The high incidence of prostate cancer among African American men may well be due to the high rate of Vitamin D deficiency in people with darker skin (which prevents the sun from creating Vitamin D).

Alcohol and tobacco use are clearly associated with increased risks of certain cancers. But other dietary influences such as saturated and trans fats and other environmental exposures can cause cancer.

A book that addresses the role of diet in cancer is "The China Study" by T. Colin Campbell, which is the most comprehensive study of the role of nutrition in causing disease ever conducted. He makes a strong case for the role of dairy and animal meats and fats in causing an increased incidence of cancer and for vegetables and fruits being protective.

Eat lots of vegetables and fruits (of different colors), limit meat and dairy, exercise regularly. Don't smoke (or quit if you do) and limit your alcohol intake. And regular skin exams, breast exams and imaging, and colonoscopies can help reduce the incidence of three of the most common cancers.

NEW TECH

FROM PAGE 29

tient to see what his or her smile would look like after treatment is completed.

Replacing Traditional Dental Impressions

Reducing how often traditional dental impressions need to be taken is one of the most notable benefits of this new dental technology.

For traditional dental impressions, dentists place impression material into a tray, and the patient must bite down into it for about five minutes. This can be challenging for patients.

Taking traditional impressions is not only time-consuming, but they are goopy and may not taste pleasant, making patients uncomfortable when they have to hold the trays in place for

a period of time.

With the digital scanner, the dentist can obtain a digital impression without using the traditional method, and the scanner may even provide better results since it is more accurate than traditional impressions. There can be more distortions with traditional impressions.

This digital tool can also be used to create bite guards for athletes or TMJ patients, as well as to track changes in a patient's teeth over time.

Another benefit is that digital impressions also provide your dentist with the ability to compare scans from different time periods. They can overlay a present-day scan with one from the past to see how things have changed over time.

BELLY FAT

FROM PAGE 14

heart disease, diabetes, and high cholesterol, can cause ED on their own.

So, losing those extra inches will not only vastly improve your overall health, it can also improve your love life—in more ways than one. First, losing weight can be one of the best ways to restore normal erectile dysfunction. But one also shouldn't overlook an obvious, not-so-insignificant side benefit: tightening up your mid-section will also tighten up your appearance, making you feel more in the mood for sexy times, and may even make your wife or significant other feel more in the mood as well.

How Else Can ED Be Treated?

Viagra (Sildenafil) is the most common drug used to treat ED. It

works by stimulating the nerves of the penis, which allows the muscles and spongy materials around the penis to relax, allowing blood to flow in. The increased blood flow leads to an erection. One pill of Viagra can stimulate an erection in about 30 minutes.

Online options are available, so you can order Viagra from the privacy of your own home without having to see a doctor face-to-face. We are living in a time where Viagra can now be diagnosed, prescribed, and dispensed all 100% online. Licensed physicians who are experienced in diagnosing ED and prescribing the right medication to treat it will review your information on a case-by-case basis to ensure you are a qualified candidate.

DECOMPRESSION

FROM PAGE 48

perform exercises on their own to increase their strength and mobility.

Getting rid of pain doesn't happen overnight – so patients that are a good fit for spinal decompression need to be prepared for a many weeks process and a commitment to follow the treatment approach. However, the pros greatly

outweigh the cost and time commitment. Pros include: overall reduction in pain and ability to return to daily activities, may start getting relief after five or six treatments, may have reduction in the size of the disc herniation, avoiding surgery and drugs, safe, no pain and little if any side effects.

EGG FREEZING

FROM PAGE 46

day of the menstrual cycle is needed.

Various protocols can be used to stimulate the ovaries in order to collect the eggs. The stimulation of the ovaries can take 10 days followed

by collection, also called retrieval of the eggs.

Egg collection is done under mild sedation provided by board certified anesthesiologists.

ORAL CANCER

FROM PAGE 40

Your dentist will carefully examine the inside of your mouth and tongue and in some patients may notice a flat, painless, white or red spot or a small sore. Although most of these are harmless, some are not. Harmful oral spots or sores often look identical to those that are harmless, but testing can tell them apart. If you have a sore with a likely cause, your dentist may treat it and ask you to return for re-examination.

Your dentist may notice a spot or sore that looks harmless and does not have a clear cause. To ensure that a spot or sore is not dangerous, your dentist may choose to perform a test or a biopsy.

Here is why screening and early

detection are so important. In order for your dentist to do a biopsy, they need to actually see the lesion. Once a dentist can actually see a lesion with their eyes, it may be a later stage cancerous lesion. A screening enables your dentist to find these suspicious lesions much earlier, which can mean the difference between life and death.

Suggest that your dentist use one of the new screening technologies available today such as Vizilite Plus in addition to their visual examination so that these can be found much earlier in their development. Let's all work together so we can win this battle against oral cancer.

HABITS

FROM PAGE 43

and can entail limited mouth opening.

Mouth breathing causes a variation in the vertical growth of the face which can lead to excessive growth and materialize as a gummy smile appearance, and/or long face, narrow upper and lower arches, crowding and crossbites.

Lip and Nail biting habits are associated with the formation of spacing between the front or back teeth, crowding, and excessive overjet. Cheek Biting can be the results of crossbites. Tongue

Sucking/Thrusting and Thumb or Finger sucking can cause excessive overjet, openbites, narrow jaws, crossbites, flared or bucked teeth and excessive spacing of the teeth. Bruxing or Teeth grinding can cause crowding, deepbites or worn tooth surfaces and lead to TMD.

There are many different ways to treat and stop the above habits. Orthodontic treatment solutions can involve behavioral management and appliance therapies.

MENTAL ILLNESS

FROM PAGE 42

find his own special formula for what promotes recovery or does not help. A wide variety of options are useful to the person i.e.: skills groups, social interactions, work, and self help groups.

It is important to recognize the value of support that comes from others seeking recovery from mental illness. It is difficult to convince oneself there is no hope when others around you are struggling and making progress.

Finally, attitudes are vital in pro-

viding an environment for recovery. Attitudes sometimes imply a we/they approach. We are normal and they behave in a strange manner.

In reality, all of us are human and have behaved in a strange manner or differently at times in our lives. In accepting this common humanity, people can work together to improve their lives. Recovery is a process each of us uses to some extent including those diagnosed with a mental illness.

BULLYING

FROM PAGE 43

teachers, cafeteria staff, bus drivers, assistants, substitute teachers, parents/guardians and students – have a role to play in creating an anti-bullying climate for your child in their school, and the culture must exist from the cafeteria to the classroom.

Bullying often happens when – and where – adults aren't present. To ensure your child is in the inclusive environment you want them to be is to closely examine the school climate on a regular basis. This includes making sure your child and other students know how to report bullying and feel safe doing so. Sometimes just asking the right questions and letting children know they can talk to you makes all the difference.

Also remember that not all bullying looks the same. Harder-to-detect actions, such as spreading rumors or isolating your child or another student from friends, can also constitute bullying. Children may hesitate to even call the harassment they're enduring "bullying." Other phrases, such as "there was drama" or "she was messing with me," may clue you in on the situation.

Your child may be bullied if he or she:

- leaves school with torn, damaged or missing clothing, books or other belongings;
- has unexplained cuts, bruises, and scratches;
- has few, if any, friends with whom to spend time;
- seems afraid to be in school, leave school, ride the school bus, or take part in organized activities with peers;
- has lost interest in school work or suddenly begins to perform poorly;
- appears sad, moody, teary or depressed;
- complains frequently of headaches, stomach aches, or other physical ailments; or

- they avoid the cafeteria and/or doesn't eat.

Any child at any school may be the target of bullying, but certain children are at higher risk. Parents and teachers should be especially attentive to the child who exhibit the following risk factors:

- Are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider "cool"
- Are perceived as weak or unable to defend themselves
- Are depressed, anxious, or have low self-esteem
- Are less popular than others and have few friends
- Do not get along well with others, seen as annoying or provoking, or antagonize others for attention

Now that you know bullying is occurring, there are measures that you can do to stop it. First and foremost, it is essential that you understand your child's school anti-bullying policies. Being familiar with these expectations allows you to respond appropriately and immediately.

It is also important to remember that anti-bullying measures should address bullying behavior. Never label a child a bully. Bullying is an action, not an identity. When bullying is addressed constructively, it is possible to both support the bullied child and transform the behavior of the child who has been bullying others.

Because bullying so often happens when adults aren't present, it's especially important that students be empowered to stand up against bullying and biased language.

Children should also be informed about their school's anti-bullying policies – including how to appropriately report bullying behavior.

CANCER

FROM PAGE 20

CTCA's founder, Richard J. Stephenson, lost his mother to cancer and wished that her treatment had been more focused on providing comprehensive care in addition to the advanced treatment options she needed.

Chiropractic physicians joined CTCA's staff 10 years ago (due to patient demand), allowing its hospitals to offer comprehensive, integrated treatment under one roof. If a patient complains about a headache due to a new chemotherapy drug, his or her

treatment team might first suggest the patient try a chiropractic adjustment as opposed to going on yet another medication.

CTCA's model has influenced the way oncologists, surgeons and other clinicians around the country think about treating cancer patients. Whole-person cancer treatment combined with a compassionate, nurturing environment – known as the Mother Standard of Care – provides patients with much needed support during treatment.

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ALLERGIES

FROM PAGE 53

Talk to your doctor or pharmacist about specific products – such as filters and bedding covers – that can help you clear your environment of triggers.

How Can I Control My Symptoms?

Seasonal and perennial nasal allergies can be treated effectively using medications. Many are available without a prescription. Talk to your doctor or pharmacist to determine which one of these is best for you.

Antihistamines:

- Oral medications (taken by mouth)
- Nasal sprays

How it might help: Reduces itching, sneezing, eye irritation, and runny nose.

What to keep in mind:

- Not effective for nasal congestion.
- May cause drowsiness.
- Antihistamine nasal sprays may leave a bad taste in the mouth.

Decongestants:

- Oral medications (taken by mouth)
- Nasal sprays

How it might help: Reduces nasal congestion.

What to keep in mind:

- Can cause difficulty sleeping, loss of appetite, or excessive nervousness.
- Decongestant nasal sprays may temporarily reduce nasal congestion but can cause even more severe congestion if used for more than 3-5 days or more often than recommended.

Cromolyn sodium nasal spray:

How it might help: Effective in some people for controlling symptoms of nasal allergies.

What to keep in mind:

- Works only if used before nasal symptoms appear.
- Won't work during an active allergic attack

Corticosteroid nasal spray:

How it might help:

- Highly effective treatment of nasal allergies.
- Used as the primary preventive treatment for patients with moderate to severe allergies.

What to keep in mind:

- May cause nasal dryness.
- As an oral medication, can be taken over the short term (3-7 days) for treatment of severe symptoms.

ESSENTIAL OILS

FROM PAGE 53

so that they may use the oils at home to continue the treatment. The acupuncturist can create a custom blend of several different oils specific to the client's health issue and then the client can apply the oil twice a day for usually two weeks.

It is very important to work with

an acupuncturist who has received proper training in using essential oils in relationship with acupuncture. It is also important to use essential oils that have been made using the highest standards. The quality of the oil is paramount to receiving a good effect from the treatment.

NUTRITION

FROM PAGE 52

phytochemicals such as indole-3 carbinol (I3C), which is naturally found in cruciferous foods such as kale and Brussels sprouts.

This particular group of vegetables is an excellent source of distinctive phytochemicals known as glucosinolates. Once inside the body, glucosinolates are changed into compounds.

These phytochemical compounds have been shown to protect against colon, breast, prostate, thyroid, cervical, and other cancers. Additionally, certain naturally occurring phytochemicals found in cruciferous vegetables target specific breast cancer genes.

Omega-3 Fatty Acids

Scientific data implicate omega-3 fatty acids, such as those found in oily fish, as inhibitors of development

and progression of a range of human cancers. The typical American diet contains up to 20 times as much omega-6 fats as it does omega-3 fats; the optimum ratio for health is 1 to 1. The beneficial omega-3 fats won't work well in protecting you from cancer if the diet contains too many omega-6 fats and little or no omega-3 fats.

Research has found that women with the highest omega-3 fats in breast fatty tissue were less apt to have breast cancer than women with the least omega-3 fats.

Fiber

Research has shown that a high fiber diet works to reduce hormone levels that may be involved in the progression of breast cancer, and that fiber increases the amount of estrogen removed from the body.

VAGUS NERVE

FROM PAGE 14

vous system so healing can occur, is her mantra, as cancer is a very incoherent, chaotic energy. Utilizing the vagus nerve as your healing partner is wise.

This long nerve carries sensory information like a circuitry system linking the brainstem, through the neck, heart, lungs and abdomen. Having tools to enhance vagal tone increases HRV or heart rate variability (time between beats) which can improve survival rate of cancer 4x higher. Dr. Desaulniers mentions Heart Math's Inner Balance technology that measures HRV and its unique window into the heart/brain connection.

Tools For Anyone To Stimulate the Vagus Nerve (Dr. Habib)

- **Belly Breathing** – inhaling into belly first, then raising the chest

- **Nature Via Sunlight** – regularly is linked to enhanced HRV levels/solid sleep

- **Cold Shower At the End** – as long as possible on neck/head

- **Meditation and Massage** – both relax, and calm, with profound restoration

- **Yin Yoga** – with breathwork, offers tranquility and peace

- **Laughter and Friends** – vigorously is a fun way to enhance vagus nerve functioning

- **Essential Oils** – one drop of lime and clove oils behind ear, aids detox, breathing rose oil lessens fear in the brain's amygdala

- **Touch Ears** – massage ears, then with finger behind ears inhale and exhale, and hum a lot

VAGINAL STEAM

FROM PAGE 52

while sitting on the v-steamer, which is a cushioned seat with a hole in the middle to release the steam. The herbal steam created by the steamer makes contact with the vaginal tissues. It is as simple as that. All you do is relax and let the steam do all the work.

What Herbs Are Used?

There are many different herbs in different combinations that can be used based upon the spa. The primary herbs used have different properties that research shows helps with balancing the hormones, calming the nerves, relieving stress, sanitizing the body, increasing relaxation, delivering nourishment, softening the skin, balancing the pH, healing the body, and much more. However, the most common herbs used for V-steams are: calendula, mugwort, motherwort, lavender, chamomile, thyme, wormwood,

myrrh, rose, red raspberry, and the list goes on based upon the preferences of the practitioner.

How Often Should One Steam?

That depends upon the problem that is being addressed. A bacterial, yeast, or odor problem will require a series of V-steams close together to adequately address the problem. However, if there are no problems, to get that feeling of clean may require less steams and sessions that are further apart.

What Is the Bottom Line On Getting a V-Steam?

A V-steam is good to try at least once for yourself. With the V-steam, you cannot take another person's word for it because your body is your own and you will feel and get something different that is uniquely for you. Try it – you may like it.



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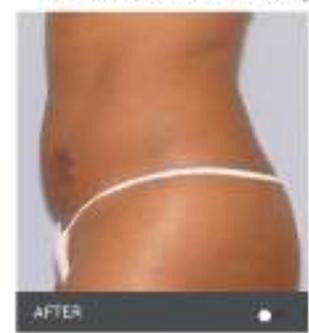
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Dr. Hema Sundaram, MA, MD, FAAD

Your skin is the largest organ in your body and, together with your hair and nails, the mirror of everything that's happening internally. After over twenty years as a fellowship-trained, Board Certified dermatologist and as a cosmetic surgeon, I am completely convinced of the positive effects of integrating medical and cosmetic treatments to balance how you look with how you feel. When that balance is missing or has been lost with age, how we look doesn't represent who we really are inside. Others may assume that an older, stressed or worried appearance means a lack of ideas, energy and creativity. This impacts us both personally and professionally. The greatest joy of my profession is restoring the inner-outer balance for the women and men who consult me. They find it an exhilarating experience to look in the mirror, and love the reflection that's looking back.

My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert treatment of skin, hair and nail conditions and state-of-the-art techniques including lasers, fillers, Botox, fat grafting, platelet-rich plasma (PRP), chemical peels, liposuction and body contouring and vaginal rejuvenation.

My mission in my North American and global research is to elucidate the scientific basis of new and emerging technologies, and how this science can be applied to achieve the best and safest procedural outcomes. As a Principal Investigator for studies of new technologies, a national and international teacher of dermatologists and plastic surgeons, and one of a handful of experts serving as an advisor and director of advanced medical education programs, I'm confident that you will achieve the best possible results when you entrust your face and body to our hands. As a daily practitioner of yoga, I understand the value of a holistic approach.

Above all, my team and I promise to give you straight answers. We'll steer you through the hype and jargon, and help you restore the inner-outer balance that empowers us in every aspect of our lives.

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

- Premier medical training at Cambridge University (England), University of Chicago and NIH.
- Internationally recognized physician teacher, researcher and author.
- International Speaker and Course Director at Dermatology and Plastic Surgery Academies.
- International Physician Trainer and Advisor.
- North American Chairperson of the Global Aesthetics Alliance and Global Aesthetics Consensus Group for Procedural Safety.
- Author of book chapters and scientific papers in plastic surgery and dermatology academy journals.
- Author of "Face Value: The Truth About Beauty and a Guilt-Free Guide To Finding It" - selected for the National Press Club Authors' Night.
- Quoted as an expert in leading publications including The New York Times, USA Today, Prevention, Good Housekeeping, Allure, Marie Claire, Essence, Cosmopolitan, Self and Woman's World.
- 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.



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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

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