



# YOUR HEALTH



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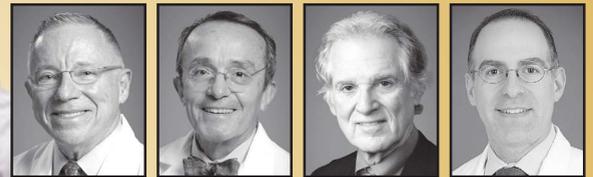
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## Meet Your Local Health Professionals

**PLUS:** Articles and Advice From Doctors Near You!

COVID-19 Updates • National Eye Care Month  
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# Do You Have Gum Disease? Read This To Find Out If You Are At Risk

By Harold Packman, DMD

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

## Risk Factors For Gum Disease Include the Following:

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

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

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

If plaque is not removed from teeth, gingivitis can progress to periodontitis, which can irreversibly damage bone that hold your teeth in place.

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

longer anchor teeth in place, and they may fall out.

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

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



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By Brenda E. Howard, DMD  
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Brenda E. Howard, DMD

The dental implant is today's state-of-the-art tooth replacement method. It consists of a very small titanium post (the actual implant), which is attached to a lifelike dental crown. The crown is the only part of this tooth-replacement system that is visible in your mouth. The implant itself rests beneath your gum line in the bony socket that used to hold your missing tooth.

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Please see "Implants," page 62



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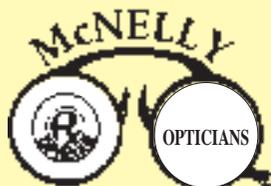
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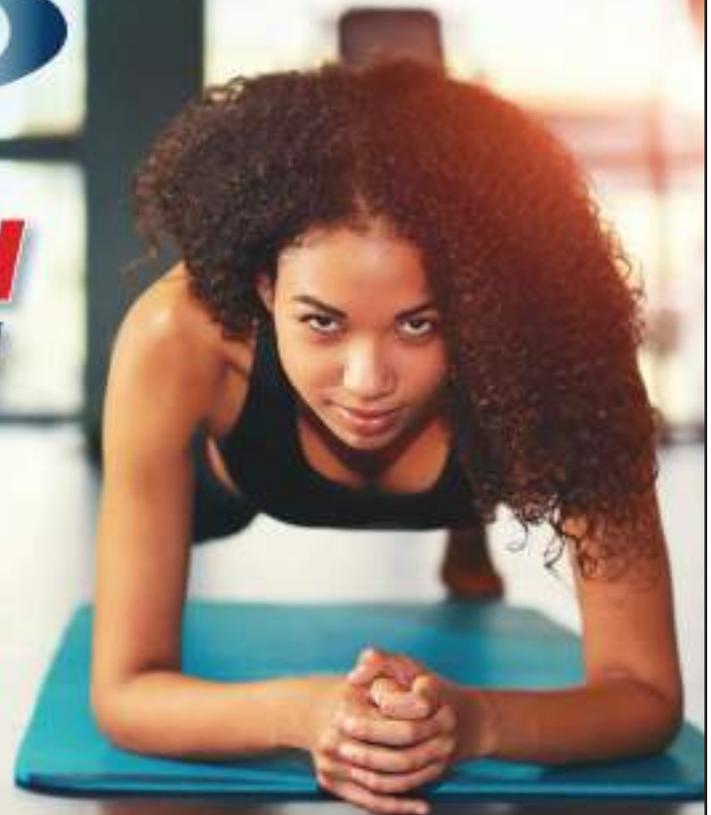
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Your Health Magazine is on a mission. There are far too many people, insured or not, who do not go to the doctor when they should, and in millions of cases, don't know who they should go to, or why.

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

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

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

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

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

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

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

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4201 Northview Drive, Suite 102  
Bowie, MD 20716

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

**VIRGINIA OFFICE**  
Springfield Corporate Center  
6225 Brandon Avenue, Suite 305  
Springfield, VA 22150

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

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

**MANAGING EDITOR**  
Heather L. Mahoney

**SALES & MARKETING  
CONSULTANT**  
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Alison Doner – MD

# Look As Good As You Feel

## With a Non-Invasive Multi-Level Makeover



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

How do you view midlife? If you're like most members of this modern generation, you probably have every expectation that this stage of your life will be fulfilling, inspiring and productive. This year, that goal may be even stronger as we emerge

from the challenges of last year with hope for the future.

Today's 30- to 70-somethings and beyond want to reflect externally the youthful vigor and vitality that they strive for internally. In doing so, they are redefining midlife and revolutionizing health and wellness for women and men of all ages. Even our clinic patients in their 90's are living life to its fullest, and typically mistaken for being 20-30 years younger than they actually are.

This positive life philosophy has led to the development of new, non-surgical rejuvenation techniques that harness the skin's natural repair processes. Recent academy teaching for dermatologists and plastic surgeons has focused on state-of-the-art techniques and technology that preserve individuality and avoid the

*Please see "Look As Good," page 65*

# Exit Strategy For Physicians/Dentists

## Who Plan On Retiring Or Selling Their Practices

By A. Shane Kamkari, Esq.  
DentalMedicalAttorney.com

Many physicians and dentists let their practices go sideways because instead of having an exit strategy to sell or retire, they simply reduce their workload by reducing the number of workdays and patients. However, by reducing their workload they also significantly reduced the selling prices for their practices.

Yet, that is not the whole story; they are also making it nearly impossible to sell their practices at all. A buyer who is willing to pay a premium to purchase a practice is looking to take over a viable practice, not one that they have to work hard to revive and build up. Couple that with the fact that the selling price is predominantly based on a practice's gross revenues

and/or net profits and you will realize that without an exit strategy you will stand to lose hundreds of thousands of dollars, if not millions, depending on the size and value of your practice.

If you are a dentist or a physician who is planning to retire, the time to plan your exit is about 2-3 years before you actually retire. There are a number of options that allow you to plan ahead and retire without losing the value of your practice so you can better enjoy your retirement.

But even if you have already reduced your workload there are options that will help you maximize the value of your practice. One strategy is to merge the practices of the medical professionals with the same or complimentary practices. The net effect is that those medical professionals

*Please see "Exit Strategy," page 65*



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

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# New Year, New You!

By Andrea Grant, Owner  
Bethesda Health and Wellness

The start of a new year allows us to look back on the past year and consider the life changes we would like to make. This period of reflection may help to reassess how we spend our time and the choices we make. A better sense of clarity of our goals will help you successfully plan for the future.

According to a recent poll, about

half of Americans wanted to start 2021 by getting in shape. The most popular New Year's resolution was "doing more exercise or improving my fitness." Moreover, approximately 57% of Americans say that health and wellness are their top priorities.

We often think about wellness in terms of physical health – nutrition, exercise, weight management, etc., but it is so much more. Wellness is defined as the quality or state of being in good health especially as an actively

sought goal. A wellness plan is geared toward achieving overall health in all facets of our lives.

There are eight dimensions to a wellness plan – they include the emotional, physical, occupational, intellectual, financial, social, environmental, and spiritual components. Every aspect of wellness can affect a person's life and overall wellness.

The eight dimensions of a wellness plan are as follows:

**Physical Dimension** – Caring

for our bodies to stay healthy in the present and in the future. Good physical health habits, include nutrition, exercise, sleep and proper health care.

**Intellectual Dimension** - Keeping our brains active and growing intellectually as well as maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges.

**Emotional Dimension** – Understanding and respecting your feelings, values, and attitudes as well as appreciating and considering the feelings of others. Managing our emotions and feeling positive and enthusiastic about our lives are also critical to our health.

**Social Dimension** – Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others, and letting others care about you.

**Spiritual Dimension** – Possessing a set of guiding beliefs, principles, or values that help give direction to our lives. It encompasses a high level of faith, hope and commitment to our individual beliefs that provide a sense of meaning and purpose.

**Vocational Dimension** – Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with our values, goals, and lifestyle as well as contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding.

**Financial Dimension** - Managing our resources to live within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs or emergencies.

**Environmental Dimension** – Understanding how our social, natural, and built environments affect our health and well-being as well as being aware of the unstable state of the earth and the effects of our daily habits on the physical environment

Creating balance in our lives is an important part of wellness. Change your habits, change your life. One popular method to build habits is called the 21/90 rule. Commit to a goal for 21 days and it will become a habit. Commit to a goal for 90 days and it will become a part of your lifestyle. Creating a wellness lifestyle can be challenging, but finding the right information, supports, and resources and tracking our progress can help us get there.

## New Year, New You?

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# Healthy Mouth Equals Healthy Body

By Karl A. Smith, DDS, MS

Do you have bleeding gums, a sore mouth, loose teeth or bad breath? If so, you may be among the majority of Americans who have gum disease, also known as periodontal disease. And if you have it, you should take it seriously (by making an appointment with a periodontist today) not just because of the problems it can cause in your mouth, but because it may increase your risk of developing a range of full-body diseases, from heart disease to cancer.

## The Connection Between Mouth and Body

Just like bacteria, which invades the body through cuts or other breaks in the skin, germs can gain access to the bloodstream when they get far enough under the gums. Periodontal disease causes pockets between the teeth and the gums, which are ideal breeding ground for some bacteria. And, unlike external bacteria that invade through obvious routes and cause obvious infection and swelling, periodontal bacteria are silent invaders, traveling from the mouth to all the crucial organs of the body undetected until they cause or contribute to a number of deadly diseases. There may be few symptoms and no pain, until your gums start to bleed and your teeth loosen and actually fall out.

## Periodontal Linked Diseases

Periodontal disease is linked to diabetes, as both a cause and exacerbating factor. Studies have shown that treating periodontal disease can improve blood sugar, and just going in for regular cleanings improves diabetic control. There is also a strong association between periodontal disease and low birth weight babies. Studies have found periodontal bacteria in amniotic fluid. When bacteria get into the mouth and travel to the bloodstream they elevate prostaglandins, the same inflammatory markers that stimulate uterine contractions, causing early labor. Since pregnant women are more likely to get gingivitis because of elevated hormone levels, it's crucial that they pay attention to dental care. Periodontal disease can be a factor in lung disease as well. Bedridden elderly patients who don't or can't take good care of their teeth can breathe in bacteria, which can cause pneumonia. People with COPD need to be especially careful to avoid periodontal disease since their lungs have a reduced capacity to fight off infection.

## Dentists With Super Powers

Periodontists are dentists who

specialize in the treatment and prevention of periodontal (gum) disease. They are experts in the treatment of oral inflammation, plaque and bacteria as they receive extensive training in these areas during their three additional years of education beyond dental school, plus continuing education throughout their careers. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease, and are trained in performing cosmetic periodontal procedures, and dental implants.

## How To Get a Healthy Mouth and Body

Remediating gum disease may help lower these overall health risks. When an inflammatory condition is suspected or diagnosed, it is important to quickly consult with a periodontist, as sometimes the only way to detect periodontal diseases is through a periodontal evaluation. A periodontal evaluation may be especially important if you:

- Have a high risk for periodontal diseases.
- Have heart disease, diabetes, respiratory disease or osteoporosis, or are thinking of becoming pregnant.
- Have a family member with periodontal disease. Research suggests

that the bacteria that cause periodontal disease can pass through saliva, which puts children and couples at risk for contracting the periodontal disease of another family member.

- Have a mouth sore or irritation that does not get better within two weeks.
- Take control of your preventative dental health. Make an appointment for a periodontal evaluation with an experienced periodontist today. Taking care of your teeth and gums will not only help enhance your smile, but will help you maintain your overall health.

*A Healthy Mouth Equals a Healthy Body*

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# Simplify Your Life and Health – Try a Medical One Stop Shop

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

Everything seems to be getting more convenient these days, from one-click shopping on Amazon, to being able to watch the latest movies from your couch with the push of a button. Everything sure is convenient...except for when it comes to going to the doctor.

And going to the specialist. And going back to your primary care doctor for a follow up. And on and on and on.

If every other business is trying to make things more convenient for consumers, isn't it time for healthcare to catch up?

Good news, local medical one-stop shops can make quality care accessible and convenient for everybody.

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

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

the care you need right under one roof.

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

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

Eliminating the need to run across town to various appointments is not only convenient, it's the difference between patients in pain complying with recommended medical treatments, or not.

**Management of Chronic Conditions:** Chronic conditions are challenging and can be difficult to manage. When left untreated or properly managed, it can lead to costly and painful complications. Another attractive benefit is when offices combine conventional medical approaches with other integrative healing modalities under one roof they can better help patients be proactive in their health, especially when it comes to managing their chronic conditions, such as diabetes.

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

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

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# How To Make Your Best First Impression

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

*“We only get one chance to make a good first impression.”*

This adage is worth remembering, especially in a competitive, modern day world. Each day we meet someone new, someone who may help us improve our lives. It might be a person assisting us in getting a promotion, or a new job, or it might be someone we want to make a good impression on, such as a first date.

Whatever the case, we always want to look our best. Often times that begins with investing in one of our most valuable assets, which is our skin. Whether it's for professional reasons, or just personal, we want our skin to look natural and healthy.

*“It can also smooth out wrinkles and provide a natural texture to the skin”*

Everyone can experience skin issues or irregularities. There are many non-surgical procedures that are available to help us look and feel better about ourselves, and the condition of our skin. When we look better, we feel better about ourselves.

There are also same day laser treatments available for acne. These treatments destroy bacteria that causes the condition and significantly improves scarring.

Light chemical peels, cosmetic fillers, and the use of Botox are just some of the techniques that are available for smoothing out wrinkles and improving facial blemishes. These procedures are particularly helpful in the forehead, and around those sensitive areas between the eyebrows and mouth (laugh lines).

Cosmetic dermatology allows us to improve the appearance of the skin by removing unwanted sun spots and pigmentation. It can also smooth out wrinkles and provide a natural texture to the skin. This is not just for older adults. Many young profession-

als should also consider this treatment.

These are just a few of the outpatient procedures available to improve fine lines, wrinkles and pigment irregularities. These treatments should always be conducted under the supervision of a board certified dermatologist and trained medical staff.

Sometimes multiple treatments are necessary depending upon the con-

dition and history of the skin problem. People with active, stressful lifestyles will benefit from these procedures as they rejuvenate the skin and help bring back a youthful appearance.

A board certified cosmetic dermatologist will carefully explain which of these procedures may be best for you, and remember, most of these skin procedures are available in a one-day therapy session. Improving



Sherry L. H. Maragh, MD, FAAD

lives, by improving the skin. That's a good way to be confident, and make a good first impression, every time.

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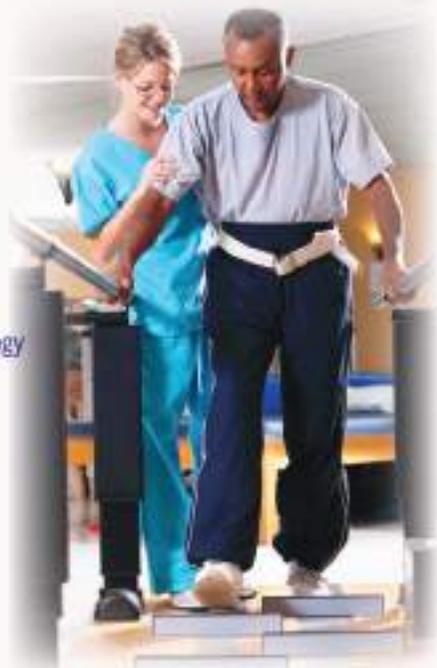
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# Shockwave Therapy For Pain Relief



By William A. Cox, DC  
Alliance Chiropractic

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*Please see "Pain Relief," page 62*

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

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# Help! I Need a Chiropractor

By Rudjar Good, RDH, DC  
Highland Chiropractic and Patapsco Integrative Medicine and Rehab

## What Is Chiropractic Care?

Chiropractors use hands-on spinal manipulation and other alternative treatments. The theory is that proper alignment of the body's musculoskeletal structure, particularly the spine, will enable the body to heal itself without surgery or medication. Ma-

nipulation is used to restore mobility to joints restricted by tissue injury caused by a traumatic event, such as falling, or repetitive stress, such as sitting without proper back support.

Chiropractic treatment is primarily used as a pain relief alternative for muscles, joints, bones, and connective tissue, such as cartilage, ligaments, and tendons. It is sometimes used in conjunction with conventional medical treatment.

## What Does Chiropractic Treatment For Back Pain Involve?

A chiropractor first takes a medical history, performs a physical examination, and may use lab tests or diagnostic imaging to determine if treatment is appropriate for your back pain.

The treatment plan may involve one or more manual adjustments in which the doctor manipulates the joints, using a controlled, sudden force



Rudjar Good, RDH, DC

to improve range and quality of motion. Many chiropractors also incorporate nutritional counseling and exercise/rehabilitation into the treatment plan. The goals of chiropractic care include the restoration of function and prevention of injury in addition to back pain relief.

## What Are the Benefits and Risks Of Chiropractic Care?

Spinal manipulation and chiropractic care are generally considered safe, effective treatments for low back pain, the type of sudden injury that results from moving furniture or getting tackled.

*Chiropractors use hands-on spinal manipulation and other alternative treatments*

Research has also shown chiropractic care to be helpful in treating neck pain and headaches. In addition, osteoarthritis and fibromyalgia may respond to the moderate pressure used both by chiropractors and practitioners of deep tissue massage.

## How Do Chiropractors Get Rid Of Pain?

Chiropractors treat conditions related to your body's structure. Their goal is to **relieve pain and improve function**. They don't prescribe drugs or do surgery. Rather, they adjust or manipulate your spine and other body parts to get them in the right position, or proper alignment.

Chiropractic treatment may also help people with other musculoskeletal-related pains.

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# Boost Your Weight Loss Efforts

## Check Your Hormones

Submitted by New Day Vitality  
 Hormone Center

Did you know that sex hormones impact many weight-related processes? From metabolism and muscle mass to sleep patterns and food cravings, sex hormones are crucial pieces in the weight-loss puzzle. Here's how estrogen, progesterone and testosterone link to the battle of the bulge:

**Sex Hormones Impact Sleep.** Estrogen impacts the human thermostat and the resulting hot flashes and night sweats can wreak havoc on sleep. Progesterone, a sleep-promoting hormone, also diminishes through menopause.

**Belly Fat Blooms.** Even without weight gain, middle-aged bodies start changing shape. For women, declining

estrogen causes fat to be stored in the belly, not thighs and backsides. Belly fat is especially detrimental to our health. It produces toxins that interfere with insulin metabolism. The resulting ebb and flow of blood sugar impacts appetite and energy levels as well as is associated with Type 2 diabetes.

**Muscle Matters.** It's a physiological fact that muscle burns more calories than fat tissue does. This makes muscle mass a key factor in weight loss. But menopause messes with muscle – even if nutrition and exercise stay constant. Testosterone (yes, it's found in females) decreases as much as 50% in the years from our mid-20s to our mid-40s. Decreasing estrogen diminishes muscle mass, too.

*Please see "Weight Loss," page 56*

# Reasons For Choosing Weight Loss Surgery



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

Millions of Americans suffer from obesity and struggle with weight management over their lifetime. Effective weight management usually includes a combination of diet, exercise and lifestyle modifications.

Weight loss surgery offers another tool to assist with weight management. In fact, studies show that weight loss surgery offers the best long-term results in weight reduc-

tion. Common reasons that patients decide to undergo weight loss surgery are discussed below.

### Sustainable Weight Loss

Many weight loss efforts result in temporary weight loss of a few pounds. Patients generally regain the weight and sometimes more once they stop the diet or exercise program that was started. Weight loss surgery offers an opportunity for weight loss of over 100 pounds that can be maintained over a lifetime based on a combination with lifestyle modifications.

### Improvement In Health

Many patients with obesity suffer from a number of medical problems including diabetes, hypertension, sleep apnea, heart disease, joint disease, among other things. Weight loss surgery offers an opportunity to reverse many of these health problems and provide better health.

*Please see "Weight Loss," page 62*

## Considering Weight Loss Surgery?

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# Chinese Medicine For Dysmennorrhea



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

Dysmenorrhea means that women have periodic pains during or prior to, or after menstrual periods in the lower abdomen caused by disruption of contraction within the uterus as a result of excess bad prostaglandins. For some women, it can be severe enough to interfere with everyday activities for a few days every month. This is a common health problem for

women all over the world.

Menstrual pain will take the form of cramping, lower abdominal pain, lower back pain or a pulling sensation in the inner thighs. Pain is often accompanied by headaches, dizziness, vomiting, nausea, diarrhea or constipation.

Dysmenorrhea can be primary or secondary. Primary dysmenorrhea involves no physical abnormality and usually begins within three years after you begin menstruating. Primary dysmenorrhea factors include allergic reactions, unhealthy diet, excessive estrogen, overweight, smoking, and stress. For primary dysmenorrhea, many experts believe that prostaglandins, hormone-like substances involved in pain and inflammation, trigger the uterine muscle contractions. Secondary dysmenorrhea is caused

*Please see "Dysmennorrhea," page 62*

# Chiropractic Care and Exercise



By Alicia Kovach, DC  
Kovach Chiropractic

Everyone knows that they "should" be doing regular exercise, but most people have not exercised in so many years that they don't know where to begin. Typically this results in people starting and stopping various training programs and routines. They join gyms, buy workout clothes, spend hard-earned income, and ultimately fail to follow-through because they don't have a clear idea of how to exercise effectively.

It's actually easy to hurt yourself if you're returning to exercise

after an absence of many years or, for some people, of decades. Doing too much too soon is a typical cause of an exercise-related injury. Doing the wrong type of exercise for your level of preparation is another major cause of these injuries. Getting hurt doing exercise is a real road block for people who didn't really want to exercise in the first place. If you haven't exercised in years, finally work up the motivation to start doing something, and hurt yourself after a few days or weeks of your new program, quitting and never going back becomes a very easy option.

But exercise is very important in maintaining overall health and wellness. If you're committed to the long-term health and well-being of yourself and your family, regular vigorous exercise is critical. One easy solution is in the initial phases of returning to fitness, walking for exercise. Walking avoids the vast majority of injuries associated with other types of exercise. Walking is low-impact,

*Please see "Exercise," page 62*

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# Invisalign



By Judy Yu, DMD, MBA  
Dental FX

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

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- Bite issues

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Imagine instead your teeth

straightening over time, and most people not even aware that you're undergoing orthodontics. With Invisalign, you live your best life during treatment, and after – it does not have to be one or the other.

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

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

Following therapy, you are sup-

*Please see "Invisalign," page 62*

# A New Year, A New Start



By Alan Weiss, MD  
Annapolis Integrative Medicine

The beginning of a new year is an opportunity to take stock of many things, including our relationships, finances, goals and dreams, and our health. One of the most common resolutions is to exercise and lose weight.

Shifting to a plant based diet can help with weight loss and reduce inflammatory issues, which are the root of many of the chronic health issues of western society. Reducing intake of sugar and processed foods is one clear key to greater health.

It is clear that people are under

stress with financial issues and a 24/7 news cycle. I see patients every day who are chronically tired, in some degree of physical discomfort, often not sleeping well and cannot seem to lose weight. An effective approach to getting patients like this well includes working to restore the sleep cycle, promote digestive health, and investigate the health of the thyroid and adrenal glands.

The adrenal glands are the stress handlers of the hormone system, and produce cortisol and other chemical messengers in response to stress. Over time the adrenal glands can become over taxed and ultimately stop functioning correctly. Symptoms pointing to this issue include sugar cravings, afternoon slumps in energy, waking up suddenly in the middle of the night unable to get back to sleep, and inability to lose weight. Diagnosing and treating adrenal issues can make a big difference in energy, alertness and over all well being.

The thyroid gland produces a hormone instrumental to cellular energy

*Please see "New You," page 62*



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# At Last – A Bad Breath Cure

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

Are you embarrassed by your breath? Do people step back when you get close? Turn away? Brush their fingers under their nose? Quietly move a half step sideways or turn their head? Offer you gum or mints? If so, you probably have bad breath.

For people with bad breath, a biofilm develops on the tongue, which can't be penetrated by tongue cleaners,

scrapers, or mouthwashes. You can try to cover the odor up with gums and mints, but you only get a partial solution. At some point, the bad breath odor penetrates the odor of the mints. Even the cure-in-a-bottle Internet products are usually temporary solutions and cover up the smell of bad breath for a short period. They do not eliminate the source.

Bad breath is due to the bacteria that inhabit the mouth, particularly those on the tongue. These bacteria form biofilms (coatings) that can only

be removed by mechanical means. Currently, the only procedure that eliminates the biofilm and the bacteria that cause bad breath is called Tongue Rejuvenation®.

Tongue Rejuvenation has been available since 1993 and has been proven to create life-long fresh breath. It has changed the lives of thousands of the 65 million Americans who are affected by halitosis. By breaking up the biofilm with gentle sound waves, Tongue Rejuvenation® eliminates bad breath at its source.



Richard A. Miller, DDS

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

- Coating on your tongue – whitish, yellowish, or brown
- People rub under their nose, turn a bit, cough, or react when you are near
- Morning breath
- Bad taste
- Brushing and flossing do little to stop the odor
- Mouthwashes don't last
- Dry mouth; thick saliva

If you want to check yourself, here is the best self-test available. Between meals, take a piece of sterile 2" x 2" gauze, available at every pharmacy. Lightly wet the gauze. Stick your tongue out as far as possible. From the furthest back area that you can reach (you may gag), wipe forward 3-4 times to get off as much coating as you can. Compare the color to the white part of the gauze. Is the gauze discolored?

A color on the gauze shows that you have removed the top of the biofilm, which is thick with bacteria and odor. Not all people can smell their odor on the gauze due to the process of adaptation which helps us get used to our own odors and smells.

Depending on the predominant sulfur compound manufactured by the bacteria in your mouth, breath odor can smell like "rotten eggs" from hydrogen sulfide and it can smell like "feces", caused by sulfur compounds in the breath. While there are many different bad odors occurring in halitosis, some of the more common ones are: fermented cabbage, gasoline, "poop", vomit, mothballs, and rotting flesh.

So, if you have bad breath, there is a way to say goodbye to it forever – Tongue Rejuvenation® is the answer.

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Offer You Gums or Mints?

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# Minimally Invasive Foot Surgery

## Permanent Cure For Bunions, Hammertoes and Calluses

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

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

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

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

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

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

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

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

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

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

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

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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  
Clinical Instructor, LSU  
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Many individuals who have difficulty speaking are best understood when they can be seen. That is why Maryland Relay also offers Visually Assisted STS, which gives the user the opportunity to also use gestures and other visual cues during STS calls. Visually Assisted STS establishes a live video connection between the user and the Operator by using a webcam and a computer with Skype software. The Operator uses visual cues such as mouth movements, facial expressions, and other gestures to better understand the user's side of the conversation and his or her intended meaning.

Maryland Relay provides people who have difficulty speaking with the opportunity to be better understood over the telephone. For more information about STS service from Maryland Relay, please visit [mdrelay.org](http://mdrelay.org) or call 800-552-7724 (Voice/TTY) or 443-453-5970 (VP).

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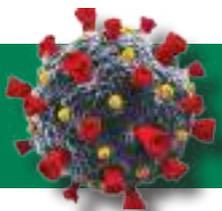
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# COVID-19 Update

## The COVID Rollercoaster

*It's just like the real thing!*

If you look at the cases and deaths graphs from the very beginning it looks like a rollercoaster ride and indeed it feels like it too. You know the way a rollercoaster goes up, and at its height it is very scary, and when it comes down it's not. Doesn't COVID feel the same way?

Right now we are at the lowest point of new cases and deaths in the US that we have been at in months, but hold on to your seat, the omicron variant is about to take us on another ride. Countries are shutting down, restricting travel, increasing mask requirements and all manner of reactions to the new omicron variant found in southern Africa.

Most health experts believe this variant is present around the world and it's just a matter of time until it is everywhere. What people do not quite

"get" is that omicron is like the 9<sup>th</sup> or 11<sup>th</sup> variant – point being there have already been several variants – and there will be more.

Viruses replicate incredibly fast compared to living organisms, like humans. For example, where a human generation may be 20 years a viral generation may be a split second. By nature of that, any mutation is going to manifest itself much more quickly. And, the same applies for mutations. The more the virus mutates and replicates the more variations we will see. This happens with all viruses and living organisms. It's something we should just expect, and prepare for.

Is the omicron variant more transmissible or deadly than say the delta variant? That is yet to be seen, but my educated guess is no. Will it evade the vaccine? Probably not. Will we

need more vaccines for new strains? Absolutely!

At some point the world has to accept that CoV-2 is probably never going to be gone from our world, but COVID, the disease from the virus, can be managed or eradicated over a long period of time. Like measles or polio, if enough people are vaccinated, there is the possibility to stop the virus.

It is more likely this virus will have to be treated like influenza, and we will need a flu shot and a coronavirus shot every year, or maybe even more often.

Do people understand that the reason for an annual flu vaccine is that the influenza virus mutates all the time, and what we're actually getting in a flu shot is the vaccine for the latest variant or strain? I wonder if people

realize that.

To those people who don't want the COVID vaccine, look at the way we manage the flu and decide at what point you want to get vaccinated against the flu or COVID. A lot of people don't get the flu vaccine. I swear by it because once I started getting it every year, my flu illnesses are virtually non-existent. Nuff said.

Vaccine companies will inevitably develop coronavirus vaccines on a regular basis to deal with the latest variants. Imagine that CoV-2 variants appear every month. They will develop a vaccine that addresses many of the strains and produce a flu shot for the variants encountered that year.

That's how we fight the flu. We'll have to do the same with CoV-2. Cases will go up and cases will go down, and we will have to deal with it.



By Howard Horowitz, DPM  
Bowie Foot & Ankle

## Orthotics For Your Feet

forces that could ultimately cause foot deformity and pain.

Foot orthotics fall into three broad categories: those that primarily attempt to change foot function, those that are primarily protective in nature, and those that combine functional control and protection.

### Rigid Orthotics

The so-called rigid orthotic device, designed to control function, may be made of a firm material such as plastic or carbon fiber, and is used primarily for walking or dress shoes. Rigid orthotics are chiefly designed to control motion in two major foot joints, which lie directly below the ankle joint. These devices are long lasting, do not change shape, and are usually difficult to break.

Strains, aches, and pains in the legs, thighs, and lower back may be due to abnormal function of the foot, or a slight difference in the length of the legs. In such cases, orthotics may improve or eliminate these symptoms, which may seem only remotely connected to foot function.

### Soft Orthotics

Soft-orthotic devices help to absorb shock, increase balance, and take pressure off uncomfortable or

sore spots. They are usually constructed of soft, compressible materials.

The advantage of any soft orthotic device is that it may be easily adjusted to changing weight-bearing forces. The disadvantage is that it must be periodically replaced or refurbished. It is particularly effective for arthritic and grossly deformed feet where there is a loss of protective fatty tissue on the side of the foot. Because it is compressible, the soft orthotic is usually bulkier and may

well require extra room in shoes, or prescription footwear.

### Semi-Rigid Orthotics

The third type of orthotic device (semi-rigid) provides for dynamic balance of the foot while walking or participating in sports. This orthotic is not a crutch, but an aid to the athlete. This functional dynamic orthotic helps guide the foot through proper functions, allowing the muscles and tendons to perform more

*Please see "Orthotics," page 63*

Orthotics are shoe inserts that are intended to correct an abnormal, or irregular, walking pattern. Orthotics are "arch supports." They perform functions that make standing, walking, and running more comfortable and efficient, by altering slightly the angles at which the foot strikes a walking or running surface.

Doctors of podiatric medicine prescribe orthotics as a conservative approach to many foot problems or as a method of control after certain types of foot surgery; their use is a highly successful, practical treatment form.

Orthotics take various forms and are constructed of various materials. All are concerned with improving foot function and minimizing stress



## Howard Horowitz, DPM

Medicine & Surgery of the Foot

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**Degrees, Training and Certificates:** Doctor of Acupuncture and Chinese Medicine, Pacific College of Oriental Medicine. Graduated from the University of Maryland Medical School in Bio-Genetics Engineering/Medical Research Technology. Holds a Masters Degree in Acupuncture and Oriental Medicine and a 2nd Masters Degree in Oriental Medicine and Chinese Herbs. A graduate of Tai Sophia Institute of Natural Healing. Board Certified Natural Health Practitioner.

**Conditions Treated By Dr. Wood:** Specialize in Natural Gut Health, building the immune system through rebalancing the intestinal tract. Pain management, fertility, female medical conditions (fibroids, painful menstrual cramps, etc.), male medical conditions, impotence, high blood pressure, diabetes, high cholesterol, vertigo, stroke, assist cancer patients, stress management, preventative medicine, weight management, nutrition, foot & heel pain, and many more medical conditions. For more information see my website and the World Health Organization. Most major health insurances accepted.

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**Mission Statement:** There are many parts to the human body, not just physical. The human body consists of the physical part, the mental part, and the soul part. The body can not and will not heal properly if the whole person is not receiving balance. All areas of the person's body must be addressed for overall healing to take form naturally. My training, skills and expertise in Western and Eastern medicine will offer you a unique approach in Mind, Body and Soul Healing.

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## AUDIOLOGY

Robin R. Robinson, AuD

Dr. Robinson founded Hearing Solutions Audiology Center to provide the excellence that patients deserve when it comes to their hearing health.

With emphasis on diagnostics and aural rehabilitation with advanced technology instruments, Dr. Robinson has been practicing for over 20 years and is board certified by the American Board of Audiology.

She received her doctoral degree in Audiology from the Arizona School of Health Sciences and her Master's and Bachelor's of Science degrees from Radford University in Virginia, graduating with Magna Cum Laude honors.

As an audiologist, Dr. Robinson has worked for large medical hospitals as well as ENT specialists, but she enjoys the personalization and patient care she is able to provide in a private practice like Hearing Solutions.



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## ACUPUNCTURE & ORIENTAL MEDICINE

Young C. Yi, LAc, OMD

*Yi's Acupuncture & Herbal Clinic*

**Degrees, Training & Certifications:** Dr. Young is a licensed acupuncturist in Virginia, Maryland, and Washington D.C. He received his Doctorate of Oriental Medicine from Vladivostok State Medical University and his Masters of Traditional Oriental Medicine from Emperor's College Of Oriental Medicine. Dr. Young Yi has over 35 years of experience.

**Professional Memberships & Awards:** Dr. Young was a member of the Virginia State Advisory Board of Medicine from 2002-2006 and is the President of the Korean Acupuncture and Oriental Medicine Association. He was recognized as "One of the best practitioners of Oriental Medicine In the US" in *Parade Magazine* in 2001, 2002, and 2004 and was also voted *Hakwonsa Magazine's* "Best 50 Doctors" in Korea.

**Clinical Interests & Services:** Eye Disease - including Macular & Retinal Degeneration, Night Blindness, Diabetic Retinopathy, Glaucoma, and more. Hearing & Ear issues including Deafness, Tinnitus, Hearing Loss, Auditory Nerve Disease, Dizziness & Vertigo. Brain issues including Alzheimer's, Autism, Depression, Insomnia, Migraine Headaches, and Addictions. Other conditions treated include Allergies, Asthma, Bronchitis, Chronic Fatigue, Frozen Shoulder, Joint Pain, Back Pain, Arthritis, Sports & Car Injuries, Menopause, Infertility, PMS, and more.

**Practice Philosophy:** "I strive to study and understand circulation and related neurological disorders as well as eye disorders and continue to gain enlightenment of spinal neurological disorders and associated minor disorders and am determined to work hard for my suffering patients."

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## CHIROPRACTIC

Alicia Kovach, DC

**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:** Dr. Kovach enjoys spending time with her son, Colton, and her family and friends. She also enjoys staying active running and is an avid sports fan.

**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.

**Best Health Advice:** Pay attention to your body and don't ignore the subtle signals. Those subtle signals can lead to a quicker recovery.



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## ADULT & ADOLESCENT NEUROLOGY

Charles C. Reel, MD

Dr. Charles C. Reel is a neurologist in Charlotte Hall, MD. He received his medical degree from the University of Pittsburgh School of Medicine and completed his Neurology Residency at MedStar Georgetown University.

Neurologists diagnose disorders of the brain, spinal cord, peripheral nerves, muscles, and the autonomic nervous system. They treat headaches, stroke, dementia, seizures, epilepsy, multiple sclerosis, sleep disorders and neuromuscular diseases, including:

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## CHIROPRACTIC

Andrew Rill, DC

Dr. Andrew Rill is a native of Maryland, growing up in Westminster. He attended Elon University where he was a member of the men's club lacrosse team and Kappa Alpha Order Fraternity. As a member of Kappa Alpha Order, Dr. Rill dedicated his time to raising money for the Muscular Dystrophy Association. Dr. Rill also spent time volunteering at the Boys and Girls Club of Burlington, NC. He graduated from Elon in 2009 with a BS in Exercise and Sport Science. Dr. Rill then attended Palmer College of Chiropractic, Florida Campus where he earned his Doctor of Chiropractic degree in 2012. While at Palmer, Dr. Rill had the opportunity to work with a wide range of patients including USA Track and Field Team members who competed in the 2012 London Olympic games.

Dr. Rill is excited to bring his knowledge and passion for conservative, natural healing to the Rockville community. In his free time, Dr. Rill enjoys spending time with family and friends, and tries to play as much golf as possible.



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## COLON AND RECTAL SURGERY

**Bradley H. Bennett**  
MD, FASCRS, FACS

Dr. Bradley Bennett is a colon and rectal surgeon serving patients in the Washington D.C. metropolitan area. Originally from Evansville, Indiana, Dr. Bennett pursued his education at Tufts University in Boston before attending medical school at Georgetown University School of Medicine. He chose to remain in the DC area, completing his internship and residency at George Washington University, as well as a fellowship at Suburban Hospital.

Dr. Bennett previously served in public health at the National Institutes of Health. He holds the honor of being voted one of the area's top doctors by both peers and patients. Currently, he maintains national certification from the prestigious American Board of Colon and Rectal Surgery, the American Board of Surgery and the National Board of Medical Examiners. In the past, Dr. Bennett served as Department of Surgery Chief at Holy Cross Hospital, and he currently works as an Assistant Clinical Professor of Surgery at George Washington University.

As a member of the American Medical Association and the Society of American Gastrointestinal and Endoscopic Surgeons, Dr. Bennett meets the standards and guidelines required of the nation's leading physicians and surgeons. He believes that excellent patient care is rooted in experience, ongoing education and advancements in modern medical technology. Over the years, his commitment to continued training has led to advanced training in robotic and laparoscopic colon and rectal surgery, as well as transanal endoscopic microsurgery and transanal hemorrhoidal dearterialization.

When he is away from the office, Dr. Bennett may be found spending time with his wife and beloved pet dog. Dr. Bennett enjoys golf, skiing, and catching up with his daughter.



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## COSMETIC & IMPLANT DENTISTRY

**Vivek M. Amin, DDS**

Dr. Amin moved to Southern Maryland after graduating from Temple University School of Dentistry. He has been practicing at Lexington Park Dentistry for over 30 years. Dr. Amin takes pride in providing the most innovative dental technology and procedures by the extensive continuing education he invests in for himself and his team to provide the best possible care to his patients.

At Lexington Park Dentistry, we provide all aspects of general dentistry including cosmetic and implant dentistry. We work with an implant team including a board certified oral surgeon for All-On-4 procedures. We provide comprehensive care and think of Dentistry, not as a service, but as a life altering experience combining health and beauty.

Dr. Amin is a member of the ADA, AGD, MSDA, Patuxent Dental Society and the Bob Barkley Study Club. He enjoys taking time to give back to the community for all of the support he has received over the years. He has participated with Donated Dental Services (DDS) and Mission of Mercy, as well as a board member for the Strouth Scholarship Fund.

From the friendly greeting when you walk through our door to the flat screen overhead entertainment monitors with soundproof headphones to the blankets and warm towels, your dental experience with us will be like no other. Our caring and competent team uphold the highest standards in the industry and will make sure you are comfortable throughout your visit with us. Our entire dental team maintains the highest levels of accreditation and pursue ongoing continuing education to stay abreast of the latest trends in Dentistry. We truly care about each other, which reflects in the care we provide for our patients.



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## COLON AND RECTAL SURGERY

**Rami Makhoul, MD, FASCRS, FACS**

After completing his fellowship in Colon and Rectal Surgery at the prestigious Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Hospital in 2014 to serve patients in the DC Metropolitan area. In January 2018, he joined Metro Colon and Rectal Surgery PC.

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

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

Dr. Makhoul diagnoses and treats various diseases of the colon, rectum, anus, and other parts of the GI tract using national standards and guidelines. He has a special interest in treating colon and rectal cancer using advanced surgical minimally invasive techniques including robotics, laparoscopy, transanal total mesorectal excision and transanal endoscopic microsurgery.

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

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



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## COUNSELING

**Maureen Vernon, PhD**

Dr. Maureen Vernon has been helping adults, children, couples, and families learn positive coping strategies to address their emotional needs. As a Board Licensed Psychologist for 25+ years, she continues to offer her services as a private therapist; divorce/child custody evaluator and mediator; parenting coordinator; conducting forensic and abuse assessments; and conflict resolution consulting.

**Degrees & Training:** PhD in Psychology and Evaluation – Catholic University of America, Washington, D.C.; Master of Science in Counseling/Clinical Psychology – Loyola University of Maryland.

**Professional Memberships:** American Psychological Association; Maryland Psychological Association; Association of Family & Conciliation Courts; Professional Academy of Custody Evaluators; Anne Arundel County Psychological Association;

**Interests & Hobbies:** Movies, college sports (Notre Dame & Villanova), her yellow lab Keenan, studying history, and travel.

**Volunteer Highlights:** Beans & Bread; Boy's Town; St. Mary's Annapolis; AA County Social Services Holiday Sharing; St. Vincent DePaul; AAMC Pediatric ER; and Backpacks for Kids.

**Professional Statement:** Life can be challenging and there are times when we could all use a little extra help...if you are feeling anxious, alone, struggling to manage all the demands of your life, or experiencing problems with your spouse, child, parent, sibling, friend, or coworker – you can trust that I will listen and offer the tools to improve those relationships.



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## COSMETIC & AIRWAY DENTISTRY

**Tamara M. Strouth, DDS**

Dr. Strouth grew up in St. Mary's County and after attending dental school at The University of North Carolina at Chapel Hill moved back home to the community she loves. She has been practicing at Lexington Park Dentistry for over 22 years. Dr. Strouth has a thirst for knowledge and personal growth to provide the best experience for her patients. She studies and consults with world-renowned healthcare professionals to provide the best care for our community.

In recent years, Dr. Strouth has found her passion in Airway Dentistry and Myofunctional Therapy. She is an ambassador for The Breathe Institute, a graduate of The Tongue Tie Academy and has completed the MyoMentor program for Myofunctional Therapy and the Airway Health Solutions Residency.

Dr. Strouth strives to be an overall health advocate for her patients and works collaboratively with a network of professionals in various fields to make sure that their patients have the best care here in Southern Maryland. She specializes in Sleep Disordered Breathing in children and adults and provides solutions to airway health that focus on the root of the problem, not just a temporary fix or band-aid. Dr. Strouth's solutions and comprehensive care provide life-long health for her patients.

Lexington Park Dentistry is happy to provide complimentary consultations and welcomes referrals from other healthcare professionals and dentists.



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## CPR TRAINING

**Tara White**

Whether it's teaching students, advising clients, or counseling patients, Tara White has always found herself pursuing her dreams and passions, adapting to her environment, stepping in to fill a need whenever it arises. Her current journey began in 2015 when her uncle choked on a hotdog in front of her, and subsequently passed away.

This was the catalyst for her crusade to ensure that people in the community are CPR-trained and equipped with the necessary skills to respond to real-life emergencies. TFC (Teaching For Charles) Lifesavers was born in an effort to increase the very low percentage of people in this country who are certified in first aid, CPR, and AED usage. TFC Lifesavers now has over 40 instructors in 18 states and has trained thousands of students in various health, safety and life-saving skills.

**Education:** Post Masters Certification in Child and Family Counseling – Wilmington University – 2012, Master of Education in Elementary and Secondary School Counseling – Wilmington University – 2011, Master of Primary Education K-4 – Wilmington University – 2004 and Bachelor of Arts – Criminal Justice – University of Delaware – 2001

**Certifications:** American Safety and Health Institute Active Violence Instructor Trainer, American Safety and Health Institute FA/CPR/AED Instructor Trainer, American Safety and Health Institute Basic Life Support Instructor, American Red Cross FA/CPR/AED Instructor Trainer, American Red Cross Basic Life Support Instructor Trainer, American Red Cross CPR for the Professional Rescuer Instructor, American Red Cross Babysitting Training Instructor Trainer, American Heart Association Basic Life Support Instructor Faculty, Nationally Registered Emergency Medical Technician (EMT).



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## DENTISTRY

### Abiodun Adesanya, DDS, PC

**Degrees, Training and Certification:** Dr. Abiodun Adesanya graduated in 1983 from the University of Ibadan, College of Dentistry, Nigeria. He completed two years of postgraduate training in Nigeria, two years of residency training in Hospital Dentistry at Meharry Hubbard Hospital in Nashville, TN and General Dentistry at Carolinas Medical Center in Charlotte, NC.

**Professional Memberships and Associations:** Dr. Adesanya has been named one of the Washington's Area Top Dentists in 2005, 2007, 2008 and every year thereafter. He received Prince George's County's 2012 Best Dentist award from the *Bowie Patch*. He attends several dental seminars yearly, enjoys reading dental journals, and has kept abreast of the latest dental techniques and technology to better serve his patients. He is a member of the Academy of General Dentistry, Maryland Dental Association, and Bowie/Crofton Dental Study Club.

**Practice Philosophy:** Dr. Adesanya's passion is to enhance the total oral health, function and smiles of his patients.

**Hobbies:** When spending time out of the office Dr. Adesanya enjoys keeping in touch with family and friends.

**Services:** Bonding, Cosmetic Contouring, Crowns and Bridges, Specialty Denture, Cosmetic Fillings, Implants, Veneers, Whitening, Sealants, Root Canal Therapy, Extractions, Scaling and Root Planing, Dentures, Cosmetic Dentistry



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## DENTISTRY

### Judy Yu, DMD

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

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

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

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

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

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## DENTISTRY

### Thomas L. Lutz, DDS

**Degrees and Training:** Dr. Lutz received his DDS degree from the University of Michigan. After graduation Dr. Lutz completed a two year General Dental Residency at Wyckoff Heights Medical Center in Brooklyn, NY. During residency Dr. Lutz received training in implant dentistry, pediatric dentistry and dental trauma.

**Professional Memberships and Associations:** American Dental Association, Fellow of the Academy of General Dentistry, American Academy of Implant Dentistry, Maryland State Dental Association.

**Practice Philosophy:** As healthcare evolves and patient care becomes more impersonal, Dr. Lutz has maintained a personal touch. He understands that every patient is unique and presents with their own health concerns. Dr. Lutz respects the individual goals of his patients and works with them to achieve the best results.

**My Best Health Advice:** I always see patients that have waited too long to address a dental concern. Often dental issues can be caught earlier and treated before a dental emergency arises.



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## DERMATOLOGY

### Robert S. Berger, MD

Dr. Robert S. Berger specializes in dermatology. At Charles County Dermatology Associates, Dr. Berger treats patients of all ages in White Plains, MD, and the surrounding areas.

Dr. Berger obtained his undergraduate degree at Boston College, Chestnut Hill, MA. He went on to graduate from New York Medical College, Valhalla, NY. Dr. Berger finished a medical internship at the Washington Hospital Center, Washington, DC. He served as a United States Air Force Flight Surgeon for four years. After which, Dr. Berger finished a dermatology residency at Wilford Hall USAF Medical Center, San Antonio. While a resident, Dr. Berger received national awards for research papers. After leaving United States Air Force, Dr. Berger started his practice in Waldorf. Shortly after starting his practice he was recalled to serve in Desert Storm. Dr. Berger was the only active duty USAF dermatologist located along the Eastern seaboard during Operation Desert Storm.

After Operation Desert Storm, Dr. Berger became a faculty member at Johns Hopkins Department of Dermatology, Baltimore, where he is currently an assistant professor. He has been honored twice as Outstanding Teaching Attending Physician by residents at John Hopkins (JHU). Board certified by the American Board of Dermatology, Dr. Berger has developed nationwide protocols for the treatment of acne utilizing a vacuum assisted intense pulsed light device. His pioneering efforts in the treatment of acne with light therapy have earned him the most experience in the world with this treatment modality. In addition to expertly treating acne, psoriasis, eczema, and all other skin disorders, Dr. Berger skillfully diagnoses and treats skin cancers. To date, he has diagnosed and/or treated more than 35,000 skin cancers. Dr. Berger also treats patients with light therapies for color spots, spider veins, hair removal, wrinkles, acne, tattoo removal, skin tightening, and skin resurfacing.



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## DENTISTRY

### E. Taylor Meiser, Jr., DDS

**Degrees/Training:** DDS, University of Maryland Dental School; General Practice Residency, San Diego Naval Hospital; Prosthodontics Residency, Naval Dental School, Bethesda; U.S. Navy Dental Corps Officer, Commander, USN, (retired).

**Professional Memberships:** American Dental Association, Maryland State Dental Association, Anne Arundel County Dental Society, Annapolis Dental Study Club, Chesapeake Implant Study Club, University of Maryland Alumni Association.

**Practice Philosophy:** To follow the "Golden Rule" in all aspects of professional dental care, providing outstanding quality dentistry in a caring, comfortable and comprehensive manner. Lighthouse Family Dentistry will "Light Up Your Smile."



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## DERMATOLOGY

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

**Degrees, Training & Certifications:** Dr. Maragh is Board Certified in general, surgical, cosmetic and laser Dermatology by the American Board of Dermatology. She received her training at The Mayo Clinic Department of Dermatology and Dermatologic Surgery in Rochester, Minnesota. She completed additional surgical fellowship training in Mohs Micrographic Skin Cancer surgery with advanced facial reconstruction and minimally invasive cosmetic surgery procedures. Dr. Maragh is a cum laude graduate of Hampton University in Hampton, VA. She completed her medical studies with Alpha Omega Alpha Honors at the University of Maryland School of Medicine.

**Professional Memberships:** Dr. Maragh is a fellow of the American Academy of Dermatology, the American Society of Dermatologic Surgery and the American Academy of Cosmetic Surgery. Dr. Maragh is a member of the American College of Mohs Surgery, reserved only for fellowship trained Mohs skin cancer surgeons.

**Services & Special Interests:** Skin Cancer Screening, Mohs Skin Cancer Surgery, Mole Removals, Acne and Rash Evaluations, Laser Age/Sun Spot Removal, Skin Resurfacing, Laser Hair Removal, IPL Photofacial, Laser for Vascular Lesions, Nonsurgical Facelift, BOTOX®, Restylane®, Microdermabrasion, Facials, Chemical Peels, SmartLipo™ Laser Liposculpture, Cosmetic Eyelid Surgery, Ultherapy, Emsculpt NEO, RF Microneedling, PRP, and QWO Cellulite Treatment.

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**540-878-5781**

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

# Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



## FERTILITY

### Yemi Adesanya-Famuyiwa, MD, FACOG

**Degrees, Training and Certificates:** M.D. – Emory University School of Medicine, 1989. Residency in OB/GYN – Georgetown University, 1989-1993. Fellowship in Reproductive Endocrinology and Infertility – The National Institute of Health, 1993-1995. Graduated, Magna Cum Laude with a degree in Biological Sciences – Kent State. Board certified in Reproductive Endocrinology and Infertility, as well as Obstetrics and Gynecology. She is the founder of Montgomery Fertility Center, as well as the Associate Clinical Professor of Obstetrics and Gynecology at George Washington University School of Medicine and an attending physician at Holy Cross Hospital in the department of Obstetrics and Gynecology.

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

**Awards:** Top Doctor in Washington-Baltimore in 2012. Castle Connolly Top Doctor in 2012, 2013, 2014, 2016, 2017, 2018, 2019, and 2020. Castle Connolly Exceptional Women In Medicine award in 2017, 2018, 2019, and 2020. Named one of *Bethesda Magazine* Top Doctors in 2019.

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



## HOSPICE/ PALLIATIVE MEDICINE

### Eric Bush, MD, RPh, MBA Chief Medical Officer and Physician

**Degrees, Training and Certificates:** Board Certified in Hospice and Palliative Medicine by the American Board of Internal Medicine, Internal Medicine and Addiction Medicine. SUNY at Buffalo School of Medicine, MD Degree. SUNY at Buffalo School of Management, MBA Health Systems Administration. SUNY at Buffalo School of Pharmacy, BS Pharmacy.

**Professional Memberships and Associations:** Member of the National Hospice and Palliative Care Organization.

**Family, Hobbies and Interests:** Faith and family are important to Dr. Bush. He lives in Howard County with his wife Dr. Marianna Cunanan-Bush, MD, a hospitalist at University of Maryland Baltimore Washington Medical Center, and their three children.

**Practice Philosophy:** The principle that guides me is true patient-centered care. The final decision is with the patient. It is up to me to make sure that the patient has all the information they need communicated in a way that they can understand and feel comfortable in making that decision.

It is great to be in a position where I can use all three of my degrees. I love interacting with patients. I can help them with my medical background in oncology, hospice and palliative care and pharmaceuticals. I also can help them and their families by helping to run an organization that is ethical, sustainable and integral to the community.



John and Cathy Belcher Campus  
90 Ritchie Highway  
Pasadena, MD

9500 Medical Center Drive  
Suite #250, Largo, MD

2505 Davis Road, Waldorf, MD  
**877-462-1101**  
www.HospiceChesapeake.org



## GENERAL DENTISTRY

### Craig A. Smith, DDS

**Degrees, Training, and Certificates:** Doctor of Dental Surgery (D.D.S.) - Howard University College of Dentistry; 2 Year General Practice Residency; Chief Resident - Harlem Hospital Center (Affiliate of Columbia University)

**Professional Memberships/Associations:** National Dental Association

**Areas of Interest:** Root Canal Therapy, Implants

**Hobbies:** Motorcycling, boating and spending time with family and friends.

**Additional:** The vast majority of the general public do not understand that some diseases first manifest in the mouth. That's why patient information is so crucial. Stressing the importance of healthy teeth and gums through regular recall visits is a good start.

**Practice Philosophy:** Your smile is very important. It is my mission to give my patients the smile they desire through education, dedication and a gentle touch.

7201 Hanover Parkway  
Suite A  
Greenbelt, MD 20770  
**301-446-1784**



## HOSPICE/ PALLIATIVE MEDICINE

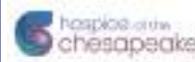
### Jasmine Crew, RN, BSN Director of Clinical Services

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

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

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

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



9500 Medical Center Drive  
Suite #250, Largo, MD

**410-987-2003**  
www.HospiceChesapeake.org



## HEALTH/WELLNESS

### Linda Penkala

*"If you're not INVESTING in your health, you may be GAMBLING on your health."*

This home-grown quote is the result of Linda pouring her heart and hands into the health and wellbeing of patients these last 34 years. She adds value to their lives as her patients experience profound relaxation, peace and stillness - all essential assets for robust longevity. Linda's personal and professional journey drives her work in raising awareness to pay attention to lifestyle choices in regard to cardiovascular disease, the #1 killer for men and women. She empowers her patients to lessen stress holistically through:

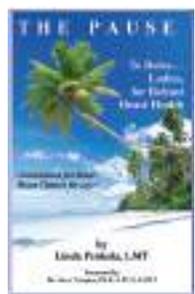
**Therapeutic Massage** – including Thai Rocking Massage, Swedish/Deep Tissue, Hands-Free Massage, Emotional Freedom Release with Tapping, Vagus Nerve Breathing tools, deep heat, and prayer.

**Aromatherapy with Young Living Oils** – including Raindrop Therapy for immune support, customized oil blends for massage, customized nasal inhalers, and Essential Oils 101-taught online or live to a group or business.

**Education/Writing** – virtual & in-person health and wellness presentations covering topics such as meditation, self-massage, EFT tapping, hands-on breathing applications. Linda's published wellness articles (on website) and recent heart health book for women, *The Pause to Relax Ladies for Robust Heart Health*, can be found on Amazon, Kindle, E-books, and bookstores.

**Affiliations** – Member of Associated Bodywork and Massage Professionals (ABMP), Central Maryland Chamber (CMC), Business Women's Network (BWN), Support to Believe Big, Maryland Therapeutic Riding, St. Joseph's Indian School, New Life, Compassion International.

Linda Penkala, Author, LMT, Wellness Catalyst  
www.LindaPenkala.com  
Instagram: @pausetorelax  
Facebook: The Pause to Relax  
Facebook: Optimum Health for Life  
LinkedIn: Linda Penkala



## HOSPICE/ PALLIATIVE MEDICINE

### Monica Hastings, BSN, RN, CHPN Clinical Manager – Prince George's County

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

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

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

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



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**410-987-2003**  
www.HospiceChesapeake.org

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## HOSPICE/ PALLIATIVE MEDICINE

**Nia Longwood, RN, BSN**  
*Director of Clinical Services*

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

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

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

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



John & Cathy Belcher Campus  
90 Ritchie Highway  
Pasadena, MD

**410-987-2003**  
[www.HospiceChesapeake.org](http://www.HospiceChesapeake.org)



## HOSPICE/ PALLIATIVE MEDICINE

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

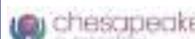
**Degrees, Training and Certificates:** Bachelor of Science in Nursing from Trinity Washington University, Master of Science in Nursing from Chamberlain University, and Doctor of Nursing Practice from Frontier Nursing University. Board Certified Family Nurse Practitioner

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

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

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

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



2505 Davis Road, Waldorf, MD

**877-920-5472**  
[www.ChesapeakeSupportiveCare.org](http://www.ChesapeakeSupportiveCare.org)



## HOSPICE/ PALLIATIVE MEDICINE

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

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

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

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

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



John & Cathy Belcher Campus  
90 Ritchie Highway  
Pasadena, MD

**877-920-5472**  
[www.ChesapeakeSupportiveCare.org](http://www.ChesapeakeSupportiveCare.org)



## HOSPICE/ PALLIATIVE MEDICINE

**Kristin Williams, RN, BSN**  
*Director of Clinical Services*

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

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

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

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



2505 Davis Road, Waldorf, MD

**877-920-5472**  
[www.ChesapeakeSupportiveCare.org](http://www.ChesapeakeSupportiveCare.org)



## HOSPICE/ PALLIATIVE MEDICINE

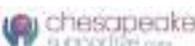
**Patrice Richardson, MSN, CRNP, ACHPN**  
*Nurse Practitioner*

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

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

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

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



9500 Medical Center Drive  
Suite #250, Largo, MD

**877-920-5472**  
[www.ChesapeakeSupportiveCare.org](http://www.ChesapeakeSupportiveCare.org)



## HYPNOSIS/YOGA

**Toni Greene, Owner**

**Degrees:** Graduate Gemologist, Yoga Teaching Certification, Hypnosis  
**Services Offered:** A yoga mix - all kinds of yoga; custom jewelry and clothing; Holistic Counseling; Tai Chi; Laughing Yoga; Hypnosis; Yoga Teacher Certifications Available

**Special Interests:** Yoga, Reiki, Ayurveda, Numerology, Hypnosis

**Family:** Married with two children.

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

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

6504 Old Branch Avenue  
Temple Hills, MD

**301-449-8664**

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## INTEGRATIVE MEDICINE

### Karen Clarke-Bennett, DO

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

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

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

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

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



525 Main Street  
Suite #101, Laurel, MD  
**410-672-2700**  
www.ABetterYouMediSpa.com



## INTERVENTIONAL RADIOLOGIST

### Rishi R. Sood, MD

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

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

It is a Minimally invasive procedure performed through a needle sized hole in your wrist or thigh.

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

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

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



6915 Laurel Bowie Road  
Suite #101, Bowie, MD

**Satellite Office:**  
7610 Carroll Avenue  
Suite #360  
Takoma Park, MD  
**301-622-5360**



## INTEGRATIVE MEDICINE

### Tracy Freeman, MD

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

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

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

5530 Wisconsin Avenue  
Suite #1235  
Chevy Chase, MD

**301-475-2038**  
www.TracyFreemanMD.com



## MASTECTOMY FITTER

### Mimi Quade, Owner

**Degrees, Training and Certificates:** Bachelor of Science Degree, Health Planning and Administration, Penn State University.

**Certified Fitter – Mastectomy, American Board for Certification in Orthotics, Prosthetics and Pedorthics, Inc.;** Juzo Certified Fitter, Compression Garments; 30 years experience in the provision of medical equipment and supplies, management/sales/service

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

**Hobbies:** Sudoku and reading.

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

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

Fran's  
Nu Image



11705 Berry Road  
Suite #303  
Barley Professional Bldg.  
Waldorf, MD

**301-843-9282**  
www.FransNuImage.com



## INTEGRATIVE MEDICINE

### Alan Weiss, MD

**Degrees:** Bachelor of Arts University of Virginia, Doctor of Medicine: McGill University.

**Post-Graduate Training:** University of Hawaii Internship in Medicine, St. Elizabeth's Hospital (Boston) Residency in Internal Medicine, Board Certified Internal Medicine, Fellow American Academy of Anti-Aging Medicine

**Practice Philosophy:** Combining the best of conventional treatments, natural approaches and alternative strategies.

**Areas of Interest:**

- Expert treatment of chronic fatigue syndrome and fibromyalgia
- Nutritional strategies and weight loss, including HCG protocol
- Bio-Te Hormone Replacement
- Addressing thyroid problems and adrenal fatigue using natural and holistic therapies
- Intravenous therapies
- Combining the best of conventional and holistic therapies to address chronic and complex health care issues
- Anti-Aging protocols using Botox, Dysport and Peptide Therapy



1819 Bay Ridge Avenue  
Annapolis, MD

**410-266-3613**  
AnnapolisIntegrativeMedicine.com



## MAXILLOFACIAL SURGERY

### Sivakumar Sreenivasan, DMD

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

As an Oral and Maxillofacial Surgeon, Dr. Sreeni manages a wide variety of problems relating to the Mouth, Teeth and Facial Regions. He graduated from dental school in India in the year 1984. His passion is in implant surgery and he is well known for same day placement of implants following teeth removal, be it for a single tooth or a complete "makeover" (Smile In a Day). He can also diagnose and treat Facial Pain, Facial Injuries and TMJ disorders and perform Bone Grafting and Sinus lift procedures.

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

Dr. Sreeni is an Advanced Cardiac Life Support instructor with the Adventist group. He is also certified in Pediatric Advanced Life Support and is very capable of providing anesthesia for both adults and children in state-of-the-art office settings with advanced monitoring for your safety. Dr. Sreeni's staff are well trained in assisting with IV Sedation/General Anesthesia. The goal of our office is to provide professional service with compassion and an understanding of the patients' perspective.



77 South Washington  
Street, Suite #205  
Rockville, MD  
**301-294-8700**  
www.omsmd.com

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## MEDICAL CANNABIS

### Sharron Sample

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

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

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

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



10766 DeMarr Road  
Unit 3A, White Plains, MD  
**240-585-5220**  
DispensaryWorks.com



## MENTAL HEALTH

### Beth Albanese, MA, CTRS, CPRP Certified Therapeutic Recreation Therapist Certified Rehabilitation Practitioner

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

House Calls Total Wellness is an award-winning program in the metro Maryland, DC area including nationwide online resources that arranges a variety of specialized behavioral health services designed for children to senior citizens starting in the comfort of one's home or location that the client chooses. Starting in January, Mindful Moment series of posts/videos are scheduled to commence thanks to Alexis McKensie, a House Calls "go to" provider in the arena of holistic counseling. What is a "mindful moment"? While it may seem small in scope, every mindful moment will offer a moment of respite from the stresses and complexities of our lives and focus on a thought, an action, or a goal to bring us some clarity, comfort, or direction. Oftentimes, mental health improvements can start small, and we hope this new series is a catalyst to spark mental health positivity. Stay tuned and check out our FB Facebook: <https://www.facebook.com/housecallstotalwellness> and You Tube <https://yh.m/news/HouseCallsYT!>



**Mindful Moment.**  
Headquarters in  
Montgomery County  
PO Box 776, Olney, MD  
**301-346-6732**  
HouseCallsTotalWellness.com  
info@housecallstotalwellness.com



## MEDICAL DOCTOR

### Keith P. Myers, MD, DC

Keith P. Myers, MD, DC has been in healthcare since 1991. He graduated from Chiropractic College in Kansas City and practiced as a Chiropractor for several years before joining the US Army. He attended the Uniformed Services University of Health Sciences School of Medicine in Bethesda, 2002, and went on to do residency training in Physical Medicine and Rehabilitation at Walter Reed Army Medical Center. He is board certified in Physical Medicine Rehabilitation and subspecialty board certified in Brain Injury Medicine.

**Professional Memberships/Associations:** Retired US Army Medical Officer/LTC, American Association of Medical Acupuncture, and American Association of Orthopedic Medicine.

Dr. Myers has had extensive experience treating musculoskeletal injuries and other complaints in our nation's wounded warriors as well as military retirees and dependents. He was in charge of the amputee service at Walter Reed National Military Medical Center for many years and has taken care of Traumatic Brain Injury patients at NiCOE. He retired from the military in 2021 after 26 years of service and entered civilian practice. Dr. Myers also has trained in and practices Medical Acupuncture.

Dr. Myers is committed to quality comprehensive care for patients and has worked closely with Physical Therapists and Chiropractors throughout his career. He brings a unique perspective to the office as well as his expertise in musculoskeletal medicine.

Dr. Myers is married with three dogs. He is a long-time Martial Artist and is a huge Star Wars fan.

**Practice Philosophy:** Patients come first!



50 West Gude Drive  
Suite #46B, Rockville, MD  
**301-710-9777**  
PainArthritisRelief.com



## OB/GYN

### Rupen Baxi, MD

Dr. Baxi is a board certified and fellowship trained GYN surgeon with advanced technical and surgical skills. He completed an Internship in General Surgery at the Jewish Hospital of Cincinnati followed by a Residency in Obstetrics & Gynecology at Oakland University William Beaumont School of Medicine and Health System. While in residency, he was awarded the Special Resident in Minimally Invasive Surgery Award, sponsored by the American Association of Gynecologic Laparoscopists (AAGL). He then went on to receive his fellowship training in minimally invasive GYN surgery at Mohawk Valley Health System, a highly coveted (AAGL) fellowship program. He also has the rare distinction of being certified as a Center of Excellence in Minimally Invasive Gynecological Surgery (COEMIG).

In addition to proficiency in minimally invasive GYN surgical techniques, Dr. Baxi has been published multiple times in the *Journal of Minimally Invasive Gynecology* and has presented scientific findings in multiple research studies at major national meetings. As an invited speaker, Dr. Baxi has also given several talks on such topics as Bloodless medicine and surgical techniques and Pelvic Organ Prolapse. He also received the prestigious Arnold P. Gold Foundation "Teaching and Humanism in Medicine" Award, a nod to his humble bedside manner and passion for teaching. Dr. Baxi has also served as a member of the surgical case review committee while at the Mohawk Valley Health System, ensuring consistent GYN surgical care across the health system. He also serves as a reviewer for the *American Journal of Obstetrics and Gynecology*. One of his highest honors is to serve as a site director for OB/GYN residency at Doctor's Community Hospital and train future doctors for the community.

Through all his years of training and experience, combined with his comforting personality, he has successfully created a premier GYN surgical practice with the mission of providing exceptional surgical care. His philosophy is centered around the simple fact that people go to a doctor because they are in need of medical or surgical care, and during that encounter with their doctor, they should feel like they were genuinely cared for. It starts by treating patients professionally and respectfully, the way we would want to be treated by our own doctors.



7500 Greenway Center  
Drive, Suite #1120  
Greenbelt, MD  
**240-616-3934**  
owcmd.com



## MENTAL HEALTH

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

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

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

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

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



We are seeking  
Clinical Therapists and  
Counselors  
  
Lakeview Professional Park  
605 Post Office Road, Suite #301  
Waldorf, MD 20602  
**240-346-0934**  
**240-300-8446**  
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## ONCOLOGY/HEMATOLOGY

### 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.



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## ONCOLOGY/HEMATOLOGY

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

Dr. Bruce D. 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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## ONCOLOGY/HEMATOLOGY

### 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.



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## OPHTHALMOLOGY

### Renee Bovelle, MD

Board Certified, Ophthalmology  
by the American Board of Ophthalmology

Board-certified ophthalmologist who has performed thousands of laser, ophthalmic, cataract, cornea and BOTOX procedures. Owner and Medical Director of Envision Eye and Laser. Trained at Wellesley College, UCLA School of Medicine, Yale University and the LSU Eye Center. Named a 2021 *Washingtonian* TOP DOCTOR by her peers. Selected as the *Millennial* EYE Outstanding Female Leader in Ophthalmology for the Mar/Apr 2021 Issue.

A commitment to excellence in ophthalmic training and surgical technique, coupled with her expertise with state-of-the-art technology, has enabled Dr. Bovelle to earn her patients' confidence and trust. Her practice emphasizes disease prevention, overall wellness, and patient education. She is committed to treating all of her patients with compassion and caring. She offers each patient an individualized treatment plan, and is dedicated to helping patients make informed decisions about medical, surgical, and aesthetic treatments.

Served as assistant professor of Ophthalmology at Louisiana State University, and worked at the National Institutes of Health. Current Director of the Cornea Service at Howard University Hospital Department of Ophthalmology.

Her work has been published in medical textbooks and ophthalmology journals in the U.S. and internationally. Donates her time to caring for the poor by participating in health fairs and medical mission trips.

She holds academic appointments at Howard University Hospital, Ross University School of Medicine and University of Maryland Capital Region Medical Center. Holds leadership positions in ophthalmic and other medical associations. Currently, she represents the Maryland Society of Eye Physicians and Surgeons (MSEPS) as a counselor to the American Academy of Ophthalmology and is on the MedChi legislative council. Under her leadership, MSEPS received the 2021 Star Award for innovative delivery of education and value to society members.



12200 Annapolis Road  
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## ONCOLOGY/HEMATOLOGY

### 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.



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## OPTOMETRY

### Chika Lillian Ojukwu, OD, FABCO

Dr. Chika L. Ojukwu, popularly known as "Dr. Chika" has been in practice as an Optometrist for more than 15 years. After graduating from Optometry School, she practiced in Africa for about 4 years where she was involved in the treatment and management of tropical ocular diseases. She served as an Assistant with Kaiser Permanente Vision Center in Washington, DC before joining WalMart Vision Center in Waldorf, MD where she was an Independent Doctor of Optometry for 8 years prior to opening Chika Eye Care, one of the leading optical outfits/eye care centers in Southern Maryland.

**Certifications and Associations:** National Contact Lens Examiners Certificate, Certified in the Treatment and Management of Ocular Diseases, Maryland Optometric Association, American Optometric Association, Contact Lens Society of America

**Inspiration:** The primary aim is provision of the best eye care to my patients.

**Family/Hobbies/Interests:** A dedicated wife and mother of four beautiful children (two boys and a set of identical twin girls), she enjoys shopping, playing table tennis (ping-pong), church activities and spending time with her family.

**My Best Health Advice:** Maintaining healthy eyesight is vital to a high quality of life.

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## OPTOMETRY

Alexander C. Nnabue, OD, PA

**Degrees, Training, and Certificates:** Educated in both Africa and the United States, Dr. Nnabue holds two degrees as Doctor of Optometry. Graduating from Imo State University (1988) and then from Pennsylvania College of Optometry (1994). Dr. Nnabue has received numerous awards and citations for the excellence he brings to the optometry industry. Board certified in treatment and management of ocular disease in Maryland, Washington, DC and Pennsylvania.

**Professional Memberships and Associations:** He is a member of the American Optometric Association and Maryland Optometric Association.

**Practice Philosophy:** Dr. Nnabue's passion for providing quality eye health care to all including the underserved, has lead him to lead bi-annual "Medical Mission" trips to Africa. These "Medical Missions" are life changing not only for the people receiving care, but for the medical team that take part in these missions.



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## PAIN MANAGEMENT

Sina Davari, MD

Sina Davari, MD joined Newbridge Spine & Pain Center after completing his Fellowship in Pain Management at Case Western Reserve University and Residency in Anesthesiology at University at Buffalo where he was awarded as the Chief Resident in 2018. Dr. Davari is a member of the American Society of Anesthesiologists, American Society of Regional Anesthesia and Pain Medicine, North American Neuromodulation Society, American Academy of Pain Medicine, and the American Society of Interventional Pain Physicians.

With both of his parents being physicians, Dr. Davari has been surrounded by the medical profession his entire life and was taught from an early age to be devoted to and passionate about his work.

Dr. Davari brings his multidisciplinary philosophy and experience in unique treatment techniques, such as Neuromodulation, Peripheral Nerve Stimulation, and Targeted Drug Delivery, making him a well-suited addition to the Newbridge team.



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



## ORTHOPAEDIC

Ngozi Akabudike, MD

Ngozi Akabudike, MD is a well – recognized orthopedic surgeon and upper extremity expert delivering world class care in the DC/Maryland/Virginia greater metropolitan area. She is fondly known by her patients as Dr. A.

She is a practicing Board Certified Orthopedic Surgeon specializing in the Hand and Upper Extremity. She is certified by the American Board of Orthopedic Surgeons. She is additionally Board Certified in Hand Surgery with a Certificate of Added Qualifications in Surgery of the Hand.



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## PAIN MANAGEMENT

Jay Gonchigar, MD

**Degrees, Training and Certifications:** Anesthesiology Residency and Fellowship in Pain Management at Beth Israel Deaconess Medical Center at Harvard Medical School in Boston, MA. Diplomate and Board Certified in Anesthesiology and Pain Medicine through the American Board of Anesthesiology. Privileges at Civista Medical Center in La Plata, MD, and Montgomery General Hospital in Olney, MD.

**Professional Memberships/Associations:** Founder, Newbridge Spine & Pain Center, Member, American Society of Pain Management. Diplomate, American Society of Anesthesiology. Member, American Society of Regional Anesthesia. Affiliate, American Pain Society. Member, North American Spine Society, Chairman, Board of Anesthesia

**Areas of Interest:** Diagnostic and Therapeutic Spinal Interventions, Neuro-modulation Therapies and Medication Management

**Practice Philosophy:** Provide the most comprehensive, effective and compassionate care to chronic pain patients while ensuring a patient-focused, efficient and friendly practice environment.



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



## OTOLARYNGOLOGY (ENT)

Duane J. Taylor, MD

*Medical Director of Le Visage ENT & Facial Plastic Surgery, LLC*

**Degrees, Training and Certificates:** Board Certified; Otolaryngology Residency: Los Angeles County KDMC, U.C.L.A. Affiliated Hospital. Fellowship: American Academy of Facial Plastic and Reconstructive Surgery, Washington, D.C., Surgery Internship: U. of Texas Affiliated Hospital, Christus St. Joseph Hospital, Houston, Texas. Medical School: BS/MD program at Northeastern Ohio Universities College of Medicine.

**Past and Present Professional Memberships:** Immediate Past President of the American Academy of Otolaryngology Head and Neck Surgery, American Rhinology Society, Montgomery County Medical Society, American Academy of Facial Plastic and Reconstructive Surgery, American Academy of Cosmetic Surgery, Washington Academy of Sciences, American Medical Association and National Medical Association.

**Languages Spoken:** French, Spanish

**Honors:** Past President Montgomery County Medical Society, Alpha Omega Alpha Medical Honor Society, *Washingtonian Magazine* Top Doctor, 2010, American Academy of Otolaryngology - Head and Neck Surgery, Presidential Citation Recipient, Honor Award and Distinguished Service Award recipient.

**Special Interests:** Minimally Invasive Procedures for sinus disorder, balloon sinus dilation, minimally invasive facial cosmetic procedures.



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## PAIN MANAGEMENT

Aaron McPeck, DO

Dr. McPeck is a native of NJ. He received his undergraduate education at Rutgers University. After completion of college, he received a master's degree and began his career as an Anesthesiologist Assistant. After working briefly in this role Dr. McPeck returned to medical school and received his medical degree from Rowan University in NJ.

He completed his Residency in Anesthesiology at Thomas Jefferson University in Philadelphia. He then completed Fellowship training in Chronic Pain Management at Thomas Jefferson. Dr. McPeck is trained in a wide array of interventional pain management procedures to help alleviate patient's pain and improve their quality of life. He also specializes in medical management of chronic pain with a focus on non-opioid pain management.

In his spare time Dr. McPeck enjoys the outdoors. He is an avid hiker, golfer, and is looking forward to enjoying the watersports and activities of the Chesapeake Bay and Southern Maryland.



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## PAIN MANAGEMENT

### Joseph Okai, MD

Dr. Joseph Okai is originally from Laurel, MD. He went to medical school at Georgetown University School of Medicine, and completed his Residency in Anesthesiology at the University of Virginia.

He has a number of publications and research presentations in the field of Anesthesiology and Pain Medicine, with some of his clinical interests including neuromodulation, integrative medicine, and ketamine infusion therapy.

Dr. Okai utilizes a multidisciplinary approach which appreciates that physical and emotional health are both vital to patient outcomes. He is continually working to give his patients options for treating their pain, which include a range of interventional blocks and injections, pain medication management, and neuromodulation techniques.

Dr. Okai recently joined the Lifestream team and he is excited about the opportunity to treat the members of the community. He values the patient-centered approach to care and recognizes that the best outcomes occur from personalized empathetic care.



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## PERINATOLOGIST

### Richard E. Broth, MD

*Medical Director of TLC Perinatal PA*

**Degrees, Training and Certificates:** Board Certified in Obstetrics and Gynecology with a subspecialty certification in Maternal-Fetal Medicine. He began his medical career as an undergraduate student in Israel at Yeshivat Kerem B'Yavneh and completed his undergraduate studies at Yeshiva University in New York City. Dr. Broth earned his medical degree at University of Maryland, Baltimore. He then went on to Residency completing the first 2 years at Mount Sinai Services/Queen Hospital Center in Jamaica, NY, followed by the latter 2 years at Rutgers School of Biomedical and Health Sciences in Newark, NJ (formerly known as UMDNJ). He completed his post-doctoral clinical studies in Philadelphia, where he did a fellowship program in maternal-fetal medicine at Thomas Jefferson University Hospital.

**Professional Memberships:** Served on the Quality Assurance team at Holy Cross Hospital in Silver Spring. Formerly served as a board member of the Association for Maternal-Fetal Medicine Management which is now a division of the Society for Maternal-Fetal Medicine. Fellow of the Society for Maternal-Fetal Medicine, and a member of the American College of Obstetricians and Gynecologists.



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TLCPerinatal.com



## PAIN MANAGEMENT

### Chirag Sanghvi, MD, MPH

*Newbridge Spine & Pain*

Board Certified in Anesthesiology and Pain Management, Dr. Chirag Sanghvi is the lead Pain Management Specialist at Newbridge Spine & Pain Center in Leesburg, VA and Frederick, MD.

**Degrees, Training and Certifications:** Dr. Sanghvi completed his Fellowship in Pain Management at the Cleveland Clinic in Cleveland, Ohio, after fulfilling his Residency at Loma Linda University Medical Center, in Loma Linda, CA, where he served as an anesthesia and trauma clinical research specialist. Dr. Sanghvi obtained his Masters of Public Health at the University of North Texas Health Science Center in Fort Worth, TX.

**What Patients say:** "Dr. Sanghvi is one of the best doctors all around. His bedside manner is over the top. He has never rushed me or made me feel like a doctor. He is extremely professional, kind, and personable. I wish, he were my doctor for everything!" - Patient on Health Grades

**Practice Philosophy:** Provide the most comprehensive, effective and compassionate care to chronic pain patients while ensuring a patient-focused, efficient and friendly practice environment.



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## PERIODONTICS

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**Degrees, Training and Certifications:** 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, an organization for sedation dentistry.

Dr. Smith's colleagues describe him as a gentle, easy-going person, and people come from near and far to experience the comfort and safety of his office and patient-oriented team. He is consistently rated by his peers as a Top Dentist 2010-2022 in *Virginia Living*, *Washingtonian Magazine*, and *Northern Virginia Magazine*.

His patient's say: "I'd give 10 stars if I could. Dr. Smith is so kind, caring and explains everything so that you understand. His assistants are thorough, knowledgeable and gentle."

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

**301-638-4867**

2500 N. Van Dorn Street  
Suite #128, Alexandria, VA

**703-894-4867**

www.DrKarlSmith.com



## PEDIATRICS

### Janet V. Johnson, MD

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

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

**Practice Philosophy:** I am committed to serving my patients, parents and community by providing excellent and compassionate health care service to a culturally diverse population that promotes the dignity and well-being of the people we serve.

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## PHYSICAL THERAPY

**Dorian Walker, DPT, CMTPT**

**Degrees, Training and Certifications:** Dorian went to Ramapo College of NJ for undergrad and University of Medicine and Dentistry of NJ for Physical Therapy school. Dr. Walker has worked as a Physical Therapist for 13 years! She has been with Pain Arthritis Relief Center since March 2021.

She specializes in Dry Needling and she LOVES treating knees and shoulders.

She is a HUGE New York Giants Fan.

Dr. Walker loves the Pain Arthritis Relief Center Team environment and having multiple specialties to collaborate and learn with!



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## PLASTIC SURGERY

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## PHYSICAL THERAPY ASSISTANT

**Renee Sirulnik, PTA, FMT**

**Degrees, Training and Certification:** BS, English, Communications/Public Relations for Healthcare - James Madison University, and AAS, Physical Therapist Assistant, Montgomery College

**Certifications/Training:** Functional Movement Training (FMT) Basic and Advanced, Kinesiology Taping Certification, Myofascial Cupping Certification, VM1 - Visceral Manipulation 1, Neufit Level 1 and 2 Certified Practitioner, HeartMath Certified Practitioner, Color Mapping PainLess Dry Needling, and Reiki Master.

**Professional Memberships/Associations:** AMTA and ABMP

**Areas Of Interest:** Soft tissue work, cupping, taping, posture and alignment, functional exercise interventions, stress management, holistic and integrative health

**Family/Hobbies/Interests:** Anything outdoors/nature! Hiking, swimming, yoga, meditation and breathwork, energy healing

**Practice Philosophy:** Anything is possible! Feel Better, Get Well, Stay Healthy!

Renee has been working with Pain Arthritis Relief Center since December 2020.

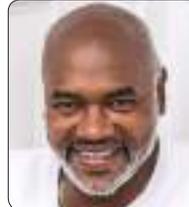
She is certified in Functional Movement Taping, Myofascial Cupping, Neufit Certified Practitioner Levels 1 and 2, and a HeartMath Certified Practitioner.

She has also trained in Visceral Manipulation and is a Reiki Master. Additionally, Renee is training to be a Licensed Massage Therapist.

Renee loves working with a supportive, caring, compassionate, innovative and professional team. She loves our integrative and holistic approach to helping patients feel better and move more.



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Suite #46B, Rockville, MD  
**301-710-9777**  
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## PLASTIC SURGERY

**Paul S. Thesiger, MD**

Dr. Paul Thesiger was born in the beautiful island of Jamaica and continues to be one of the top plastic surgeons in the DC metropolitan area. He graduated with distinction and was accepted at the Johns Hopkins University, and was then accepted to Columbia University's College of Physicians and Surgeons in 1989 and earned his doctorate in medicine. Having always expressed a desire to blend aesthetics with science, he sought a residency in surgery with a focus on further specializing in plastic surgery where his goal could be realized. After an internship at Columbia Presbyterian in New York, Dr. Thesiger relocated to DC to study General Surgery at Howard University.

After five rigorous years of general surgery training, he went on to the University of Miami where he completed a residency in plastic surgery in 2002. There, he was chosen to be the third Jerome Webster. Selected to be a Fellow in Pediatric Plastic Surgery by Interplast Inc., a philanthropic organization based in Mountain View, CA, Dr. Thesiger traveled to nine countries spanning from South America to the Far East, performing cleft lip & palate as well as hand surgery for poor children. He identifies this as the finest year of his academic life. After working as an associate in private practice outside of Cleveland, OH, Dr. Thesiger opened Thesiger Plastic Surgery in Washington, DC in January 2006. He has been the recipient of numerous awards to include the "Best of Chevy Chase" award for 2020 and 2021, and recognized as a Top 10 Plastic Surgeon by the National Academy of Plastic Surgeons.

Dr. Thesiger's interests are myriad and include foreign languages, particularly Spanish, French and Portuguese which he is conversant in. He enjoys art, music of all types and sports, particularly tennis and soccer. He is married with three children. He prides himself on being open minded, caring and generous and seeks only the best for each and every patient.



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## PLASTIC SURGERY

**Azra Ashraf, MD**

**Board Certified Plastic and Reconstructive Surgeon**

Dr. Ashraf is a highly skilled surgeon who also has an artistic eye for detailing. This attribute allows her to produce natural-looking and exceptional results.

**Degree, Training and Certificates:** She has been schooled and trained at some of the most prestigious institutions in the world. Medical Degree - Brown Medical School; Master's in Publish Health - Harvard University; Undergraduate Degree in Public Policy - Brown University. Completed an additional year in comprehensive breast reconstruction, including microvascular and aesthetic breast reconstruction at the Beth Israel Deaconess Medical Center, which is an affiliate of Harvard Medical School.

**Services:** She offers both cosmetic surgeries and non-invasive aesthetic treatments for anti-aging, body contouring, breast enhancement, hair transplant, skincare, etc. and other cosmetic treatments to men and women.



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## PODIATRY

**Howard Horowitz, DPM**

Dr. Horowitz arrived in Washington metro area in 1986 and established Bowie Foot And Ankle later that year. He quickly joined the staff at the newly opened Bowie Health Center Surgery Center. Dr. Horowitz enjoys the general nature of his practice and sees patients of all ages with a variety of foot problems. He especially enjoys dealing with the orthopedic nature of many podiatric problems, whether they be of recent onset or long standing. He has found that chronic problems affecting the ankle, knee, hip or back, can often be traced to recent symptoms within the foot, or vice versa.

Dr. Horowitz has been practicing in the Bowie area for over 25 years. He graduated from the Illinois College of Podiatric Medicine with a Doctorate of Podiatric Medicine and did his postgraduate training in podiatric medicine and surgery in association with the Podiatry Group of Greater New York and the New York College of Podiatric Medicine. Dr. Horowitz remained in New York for an additional two years to practice with several of his training program's attending doctors in order to further hone his medical and surgical skills. Dr. Horowitz continues to expand his knowledge in podiatric medicine, in an effort to bring advances in treatment and technology to his patients.

**Professional Affiliations:** American Podiatric Medical Association, Maryland Podiatric Medical Association and American Academy of Podiatric Sports Medicine

**Special Interests:** Biomechanics/Computerized Gait Analysis, Orthopedics, Surgery

**Board Certifications:** Wound Care - American Academy of Wound Care Specialists, Podiatric Surgery - American Board of Medical Specialties in Podiatry; Podiatric Surgery, Podiatric Orthopedics - American Board of Podiatric Orthopedics and Medicine, Podiatric Orthopedics Association of Orthotics, Prosthetics, Custom Orthotic / Brace Fabrication and Shoe Modification

**Family:** Wife: Karin and Children: Aliza and Talia



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**Professional Memberships/Associations:** American Board for Certification in Prosthetics, Member AOPA, ABC Accredited Facility

**Special Interests:** Spending time with my family; shooting pool on APA league

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*Board Certified Physician*

Dr. Afeta went into medicine to serve humanity and help in its scientific advancement. She also enjoys teaching the community & work sites via Preventative Health Seminars. A kid at heart herself, she grew up with children from different countries and has traveled overseas. Thus, has adapted a global & multicultural approach in her care of patients. She speaks English, French and Spanish.

She also leads an active lifestyle in fitness, teaches tasty healthy cooking and mindful practices / meditation in work places & the community. In addition to current medicine, she is also interested in finding effective cures for conditions that do not have one yet, so that soon all may benefit from pioneering advancements.

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**Degrees/Training:** Ohio Northern University, B.S. in Business Administration, 1983; Northwestern University, Certification in Orthotics, 1999.

**Professional Associations:** American Board for Certification in Orthotics

**Family:** Married and the father of five children.

**Practice Philosophy:** Take the extra time to listen to the patient and then provide the ideal orthotic device to improve their quality of life.

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## WEIGHT LOSS

**Chinyere N. Eze, MS, PA-C**

Chinyere Muforo-Eze is primary physician associate and clock of Eze Health Center in Waldorf, MD. Eze Health Center provides healthcare services including Primary Care, Medical Weight Loss and Aesthetics services. Prior to opening Eze Health Center in 2011, Ms. Eze has been a qualified and trusted medical practitioner for over 15 years. She received her Bachelor of Health Science Degree from the University of the Sciences in Philadelphia followed by her study at the Philadelphia College of Osteopathic Medicine where she acquired her Masters in Health Science. She received her certification as a Certified Health Consultant through the Institute of Integrative Nutrition. As a licensed practitioner in Maryland and Virginia, Ms. Eze has experience in Internal Medicine, Pediatrics, Emergency Medicine and Family Medicine. In 2019, Eze Health Center was recognized as among the Top 5 Family Medicine practices in Charles County by the *Maryland Independent* newspaper. Also, in January 2020, Ms. Eze was a featured guest on the "Let's Talk Live" show on ABC 7 (Washington, DC) to discuss health tips for the New Year.

With a commitment to community service, Ms. Eze is a supporter and donor for the African Women's Cancer Association and for the Mt. Ennon Baptist Church Scholarship Fund supporting minority students entering the field of Healthcare. She believes in developing a partnership with patients where they are empowered to take charge in improving their health and thereby positively improving the health of their families and communities.

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**Kim Weiss, RN**

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

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

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## WELLNESS

**Tiffany Daniel**

**Degrees, Training and Certificates:** BS in Psychology,

Certificate in Behavioral Health and Nutrition, Personal & Small

Group Fitness Instructor, Certified Health & Wellness Coach

**Areas of Interest:** Healthy Eating and Regular Exercise

**Specialties:** Nutrition, Meal Planning, Weight Loss,

Rehabilitation and Maintenance

**Practice Philosophy:** Your Health is Your Wealth

**Hobbies:** Reading, Researching Preventive Measures for

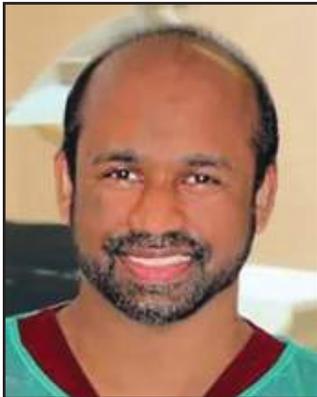
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# Get the Flu Vaccine Every Year



By Janet V. Johnson, MD  
Loving Care Pediatrics

uses that can cause the flu – strain A and B. Both types can be potentially serious. “Trivalent” vaccines protect against two A strains and one B strain of flu, while newer quadrivalent vaccines protect against two A and two B strains.

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The flu virus can spread by direct contact, such as sharing drinks, or through indirect contact, such as when an infected person sneezes on their hands and touches an object like the lunchroom microwave door. The influenza virus can live for 2-8 hours on surfaces.

In addition to getting vaccinated, the following recommendations should be considered:

- Avoid, if possible, contact with sick people.
- Cover sneezes and coughs.
- Wash hands to reduce the spread of germs. During flu season, everyone should wash their hands frequently to reduce the risk of transmitting

Please see “Lead,” page 63

Everyone over the age of six months old needs and should have a flu vaccine every year. The vaccines are available as an intradermal, intramuscular shot and as a nasal spray. They begin to arrive in doctors’ offices, pharmacies and clinics by mid-September.

Every year, scientists design the vaccine to protect against the types of flu viruses that are expected to be the most prevalent in the coming year. There are two basic types of vi-

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# Metformin Use In PCOS



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

Polycystic ovary syndrome (PCOS) is a common disorder caused by hormonal imbalance among women of reproductive age. Women with PCOS may have infrequent or prolonged menstrual periods or excess male hormone (androgen) levels.

Patients with PCOS may experience irregular menstrual periods, heavy periods, excess hair, acne, pelvic pain, and difficulty getting pregnant. It is often associated with the inability to ovulate, insulin resis-

tance, and neuroendocrine disruption. Mantzoros et al. describes insulin resistance as “a state (of a cell, tissue, or organism) in which a greater than normal amount of insulin is required to elicit a quantitatively normal response” and maintain glucose levels within the normal range. Individuals with insulin resistance may be overtly diabetic or merely have insulin resistance detected by testing.

There are many endocrine pathways that can result in polycystic ovary syndrome. There is disruption in the cyclic growth and subsequent ovulation of oocytes in the ovary. Polycystic ovary syndrome is a complex topic. One of the medications used in the treatment of its associated infertility is metformin.

Metformin is an insulin-sensitizing agent that lowers blood glucose levels in hyperglycemic individuals but has no effect on glucose levels in normal subjects. Metformin reduces absorption of glucose uptake from the gastrointestinal tract, blocks liver

Please see “Metformin,” page 63



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BSc: Kent State University—Magna Cum Laude  
MD: Emory University School of Medicine  
Residency: Georgetown University Medical Center  
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# Filling the Gap With Supportive Care



By Elyzabeth Marcussen,  
Senior Communications Specialist  
Hospice of the Chesapeake

going to beat this is up here,’” Thompson said, pointing to his head. “They said, ‘We could give you all the medicine that technology provides, but you have to have a positive mindset.’”

Soon after his new birthday, Thompson was referred to Dr. Eric Bush who was at that time Medical Director for Frederick Memorial Pain and Palliative Care and Hospice of Frederick County. “I walked into his office, and of course I was a mess. Because I thought, ‘Am I going to live a month? Am I going to live six months?’ I really didn’t know.”

He went to Bush for pain management, and that was important. But most importantly, Bush put him and his whole family at ease. “The main thing for me is he helped me up here, in my mind,” Thompson said.

Eight years later, he is still seeing Bush, but in the Hussman Supportive Care Center in Pasadena, as Bush is now Chief Medical Officer for the nonprofit Hospice of the Chesapeake. Thompson shared his story so people can see how supportive care is helping him live not only a longer life, but a quality life.

Supportive care, also known as palliative care, fills a much-needed gap between the treatment someone receives when first diagnosed with a life-limiting disease and the moment when a family chooses hospice care. From the beginning, the team serves as advocates for patients as they determine the right care for their disease. When it’s time to discuss end-of-life care, supportive care patients are prepared, making the transition less stressful and on their own terms. Supportive care goes on for as long as a patient needs it, as Thompson’s long-term relationship with Bush demonstrates.

Both men said that living with a chronic illness is a marathon. It may start out as a sprint, but then a patient needs help pacing their journey. Continuously living with illness requires support. Thompson and Bush want people to be aware supportive care can be an important part of the healthcare puzzle.



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- Knee (Genicular) Pain
- Post Herpetic Pain
- Pelvic Pain
- Abdominal Pain
- Cervicogenic Headaches
- Osteoarthritis
- Spinal Cord Injuries
- Cancer Pain
- Failed Back Surgery
- Neuropathic Pain



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# Prevent and Treat Osteoporosis

Submitted by  
Kensington Pharmacy

### What Is Osteoporosis?

Bone loss is a natural part of aging in all people. But some people develop a disease called osteoporosis, and for them, bone loss is severe. Bones become fragile and break easily. Fractures can happen almost anywhere in the body, including the spine, hip, leg, pelvis, and wrist.

More women than men develop osteoporosis, but bone health should be a priority for both men and women.

### Are You At Risk For Osteoporosis?

Examine your heritage:

- Are you Caucasian or Asian? These two ethnic groups are more likely to develop osteoporosis than are other ethnic groups.
- Are you thin and petite? Because small people, women in particular, have less bone mass to begin with, they are at greater risk for the dis-

ease.

- Do you have older relatives who have curvature of the spine (sometimes called "dowager's hump"), loss of height, fractures, or chronic back pain? If so, you may have inherited a tendency toward osteoporosis.

Examine your personal health history:

- Have you passed menopause? In women, estrogen aids in the production of bone mass. At menopause, the amount of estrogen their bodies produce declines sharply.
- Have your menstrual periods stopped? Women who have had a hysterectomy, women who are high-performance athletes, and women who diet excessively or who have an eating disorder may stop having periods. These women have had a hormonal change that can cause bone loss.
- Are you taking medicines that increase the risk of osteoporosis?

Please see "Osteoporosis," page 63



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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?

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**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 to 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  
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**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  
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# What Is Gout?



By Ademuyiwa Adetunji, DPM  
Largo Foot & Ankle Health

of inflammatory arthritis that affects approximately three times as many men as women. The number of newly diagnosed cases has increased over the past 40 years.

- Acute gout is a painful condition that typically affects one joint.
- Chronic gout is repeated episodes of pain and inflammation, which may involve more than one joint.

### Causes, Incidence and Risk Factors

Gout is caused by having higher-than-normal levels of uric acid in your body. This may occur if:

- Your body makes too much uric acid
- Your body has a hard time getting

Gout is a kind of arthritis that occurs when uric acid builds up in blood and causes joint inflammation. An estimated 5.1 million people in the United States live with gout.

Gout is the most common form

*Please see "Gout," page 63*

# Acupuncture and Meditation



By Brittney de Vicq, MAC, LAc  
Brittney de Vicq Acupuncture

ble and then release them.

It can be challenging and some days it can be easier to meditate than others. This form of meditation is very simple and powerful. The more often you meditate the better you will feel. Once it becomes a daily practice you will begin to notice the changes in your well-being.

There are numerous studies documenting the benefits of meditation, which include improved concentration and memory functions, lower blood pressure, better sleep, less anxiety/depression as well as pain reduction. A recent eight-week study on mindful meditation conducted at Harvard University showed that participating in an eight-week meditation training program can have measurable positive effects on how the brain functions, even when someone is not actively meditating.

When you start a meditation routine, you will become invested in it once you experience the results. The hardest part of getting started is actually making yourself sit still for a half hour once a day, because it is so counter-intuitive in a world where everybody is always on the move and focused on being "connected." But that makes the importance of finding stillness greater than ever. As the Dalai Lama said: "Calm mind brings inner strength and self-confidence, so that's very important for good health."

Truly effective acupuncture treatment involves more than going to see your acupuncturist and receiving a needle treatment. Starting acupuncture treatment helps to open the door to self-care and managing your symptoms in your daily life. For example, your acupuncturist might suggest lifestyle changes to complement and improve treatment, such as dietary changes, exercise, creative outlets and meditation.

Meditation is one of the easiest and most powerful complements to acupuncture treatment. The following meditation technique is very simple. Sit still in an upright position with your eyes closed for one half-hour a day. As you sit still and breathe evenly let your mind relax and have no relationship with the thoughts that will pop into your head. Just let them go. Imagine your thoughts in a bub-



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# Do You Have the Silent Dental Disease?

Submitted by E. Taylor Meiser, DDS  
Lighthouse Family Dentistry

A large number of the people who call the dentist just want their teeth cleaned. Most people don't understand that, while clean teeth are usually healthy teeth, what goes on below the gumline is really as much, if not more important as what you can see.

Gum disease is similar to having termites in the foundation of your home. Termites eat away at wood just as bacteria eats away at your bone.

Gum disease, formerly known as pyorrhea in the advanced stages, is found in some form in over 75% of the U.S. population. Chances are, you have some areas of gum disease in your mouth. How can you know?

See your family dentist.

Gum disease comes in many forms and many stages, from simple reversible gingivitis (bleeding gums) to advanced generalized gum disease (pyorrhea with pus, bone loss and loose teeth). A key fact to note about gum disease is that it is a silent disease that progressively gets worse. It starts off in the mild form and just gets worse and worse unless it is recognized and treated.

Regular dental checkups and cleanings can prevent or arrest gum disease. Early gum disease can be effectively treated with a gum disease program. If more seriously diseased areas are discovered, then referral to a periodontist (gum specialist) will be recommended.

Gum disease should never be ignored. It will not go away on its own. It will only get worse. Gum disease should not be taken lightly either.



E. Taylor Meiser, DDS

Recent studies have strongly linked gum disease with systemic diseases like heart disease, diabetes and pregnancy problems.

Gum disease is a significant health concern, so make certain your gums are measured and evaluated with proper appropriate x-rays.

So when you come to see your family dentist for just a cleaning and the dentist and/or hygienist shows you have bleeding gums and bone loss listen to what your silent disease is telling them!

Get the prescription cleaning that will treat your silent disease and give you not only a healthy mouth, but also a healthier entire body.

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## Are Food Allergies Affecting You?



By Thomas K. Lo, DC  
Advanced Chiropractic Center

eat the food.

Other symptoms include stuffy, itchy nose, swelling of the lips, face, tongue, throat, or other parts of your body, vomiting, diarrhea, sneezing, itchy, watery eyes, stomach cramps, red, itchy skin or a rash.

True food allergies usually begin in the first or second year of life. Childhood allergies may be converted into other "allergic" conditions like eczema or respiratory illnesses. About 40% of adults and up to 8% of children have a food allergy.

### What Foods Commonly Trigger Allergic Reactions?

The foods that most often cause allergic reactions in adults are the same for women and men. They include shellfish, peanuts, tree nuts, fish, milk, eggs, wheat, and soybeans.

Food allergies can be life threatening.

For some people, an allergic reaction to a food is uncomfortable but not serious; for others, an allergic food reaction can lead to death. A life-threatening reaction caused by an allergy is called anaphylaxis.

Please see "Allergies," page 63

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# Live A Pain-Free Life

## Treatment Of Acute and Chronic Injuries To Avoid Unnecessary Surgery

By Raju Mantina, NCBTMB and Piret Tuisk, LMT Microtrauma Maintenance Therapy

It is an inevitable fact that the soft tissue in our bodies deteriorates both as we age and due to injury. It tears, weakens and eventually it fails. As therapists, we can help reduce and at times reverse the deterioration.

The right therapy can enhance soft tissue health for our clients, be it

an elite athlete or a weekend warrior, so that they can function and perform at their peak level without discomfort, pain, and injury.

For more than 25 years as a sports massage therapist working with Olympic athletes as well as regular individuals, combined with the increased awareness of the importance as well as the scientific research extolling the virtue of exercise and stretching as fundamental to a healthy person, we have found that a combination of

exercise, Active Isolated Stretching (AIS) and massage can create the space in the soft tissue and maintain its suppleness to allow our clients to live without discomfort and pain.

Raju says “This technique can be adapted and used on almost any client and can lead to a new wave of success in the clinical massage therapy world as well.” More and more experts are telling their clients that massage can help delay and even avoid surgical intervention.



2021 US Track and Field Olympic Trials – Eugene, Oregon

## WEIGHT LOSS

FROM PAGE 18

**Cortisol Counts.** For peri- and postmenopausal women, changing hormones influence how their bodies respond to exercise. Estrogen and progesterone help modulate the stress hormone cortisol, which tells the body if it should be storing fat or burning it. When cortisol is released in larger doses during long periods of intense exercise, the lower levels of estrogen and progesterone in women over 40 can’t counteract cortisol shouting “store fat!” Therefore, 40+ females who exercise should limit higher intensity sessions to less than 60 minutes to maximize cortisol’s “burn fat, build

muscle” messages. (How high is high? High intensity exercise makes talking very difficult, limiting you to just two or three words at a time.)

As you can see, sex hormones impact men and women’s health from head to toe. The latest medical research shows hormone replacement therapy (HRT) is safe for almost all women and does not increase all-cause mortality. Now’s the time to consider HRT for help with the physical and mental tribulations of diminishing sex hormones. Talk to an expert to discuss how HRT can help improve your health and restore your vitality today.

### The Three Elements Of Micro-Trauma Maintenance Therapy

**Exercise** – One has to honestly implement and do exercise regularly without exception and excuse for optimal results. The soft tissue will develop its basic foundation and can withstand and absorb healthy stress by rearranging and strengthening itself.

**AIS Stretching (Active Isolated Stretching)** – During this form of

stretching, the soft tissue opens up with the highest possible length, which allows the tissue to function and perform at optimal state without discomfort, pain, or injury.

**Massage** – In combination with the AIS stretching, the massage provides additional suppleness and pliability continues to allow the tissue to function and perform at optimal states.

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# Employment and the Mentally Ill

By Joyce Abramson, RNMS  
Charles County Freedom Landing

Employment, for most of us, has a practical and symbolic significance. Work is a mechanism used to provide basic needs of food, shelter, and clothing. Work often satisfies intangible

needs as well. It offers structure, a way to meet people and an opportunity to contribute to society.

Unfortunately, those labeled mentally ill have in many cases not been able to benefit from employment. Obstacles occur for this group both as individuals and in society. The unemployment rate among persons with severe psychiatric illness is estimated

to be 85%. There are employers who have a negative perception of work ability when a person experiences a mental illness. Many people fear or misunderstand symptoms of the illness.

The barriers on an individual level depend on the person's limitations and the demands of a specific work setting. While it is necessary to take caution with generalizations, certain areas of functional limitations can occur. There may be difficulty with duration of concentration, screening out environmental stimuli, managing time pressures and deadlines, initiating interpersonal contacts, and responding to negative feedback.

Although there are some barriers, many people successfully pursue employment. Some obstacles can be eliminated or reduced with simple workplace accommodations. Minor work modifications in work patterns or interpersonal communication can make a tremendous difference in utilization of job skills.

Often these modifications are very simple and may be free. Included are some examples to illustrate this point. Arranging for work requests to be in writing if verbal instructions are difficult; providing positive feedback along with comments for needed im-



Joyce Abramson, RNMS

provements and permitting flexibility in scheduling once or twice a month to permit attendance at doctor's or therapy appointments are examples of workplace accommodations for persons with a psychiatric diagnosis.

Another service is available through many programs. Following an assessment of a person's skills and interests, supported employment services provide a job coach. When the person has the skills to work, and an appropriate job is available, the person applies for the position. If hired, the job coach can help with the transition into the workforce.

As the person becomes more comfortable with the job, the job coach reduces involvement. This is still an option that may enhance the opportunity for the employee to sustain successful employment.

Other people will need no special workplace modifications or supported employment. They will perform well with support from family and friends who say job well done.

## Happy – Healthy – New Year



By Toni Greene, Owner  
Happy Hour Yoga on Zoom!

feeling, emotions, breathing, talking, doing or just being. A trance-like state (imagining, remembering, daydreaming) is a state where suggestions are being made to you either subconsciously or consciously by the thing that is causing the trance state.

The current trance word is COVID-19...are you ready to be hypnotized?

Well, it does not matter, because we are in a state of hypnosis, whether we like it or not. When we hear of the word COVID-19, we immediately go into a state, a trance, imagining, or even daydreaming.

In that trance our feelings trigger our emotions, which triggers our thoughts and fears about the pandemic. We immediately become

Please see "New Year," page 65

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# Living Wholey 101 Water: A Basic Health Need



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

It is that time when resolutions of all kinds are made. There is nothing wrong with making resolutions, however they are often neglected or ignored when reality sets in. Therefore,

make this new year's resolution simple and healthful. The simplest most basic need that you must give thought to do for yourself in life is to drink water.

Many people say if water tasted better, they would drink it. There are many things we do that is unpleasant. Yet, we do them to receive the immediate benefits they offer. Although we do not always feel the immediate effect of drinking water, that doesn't mean there are no immediate benefits. However, we mainly feel the immediate effects of drinking water when the body is very dehydrated or fatigued.

Let us cut to the chase, pure water is God's choicest blessing to us. Taken freely and properly used it will

*Please see "Basic Health," page 65*

# Adult Orthodontic Awareness



By Jacqueline Brown Bryant  
DDS, MS, PC

Healthy teeth can be moved at almost any age. Millions of people in the United States and Canada are currently being treated by members of the American Association of Orthodontists (AAO). One in five patients is an adult. Orthodontic treatment moves teeth in the same way for a 75-year old as it does for a 13-year old. Orthodontists are trained to spot abnormalities and develop a treatment solution to address the problems and create a healthier dental environment. Keep in mind, those considering orthodontic treatment, healthy teeth and bone can be moved at any age.

Adults need not shy away from treatment because of their ages or past dental problems. If someone is self-conscious about their smile, ortho-

odontic treatment can provide adults with the same benefits younger patients enjoy. Less visible orthodontic materials have made adult orthodontic treatment increasingly popular in recent years. Understand that some malocclusions (bad bites) may get worse if left untreated.

If treatment is recommended, there are a number of options available today that make it less noticeable than it was in the past. Thanks to today's technology, the materials we orthodontists use to move teeth can be almost imperceptible.

Recently, the AAO has launched a national campaign, "My Life, My Smile" aimed at promoting orthodontic awareness specifically to prospective adult patients. Look for TV commercials on national networks as well as cable such as HGTV, Style, Discovery Fit and Health, Bravo, TLC, and E! Entertainment Television. Print, radio, and online advertising is also included in the campaign such as More, Fit, and Ready Set, Grow. Online banner ads are appearing on websites such as WebMd, Facebook, and Everyday Health. The purpose of the campaign is to not only target the adults but to maintain outreach to parents of teens as well. Remember, "Your career, your smile", "Your life, your smile."

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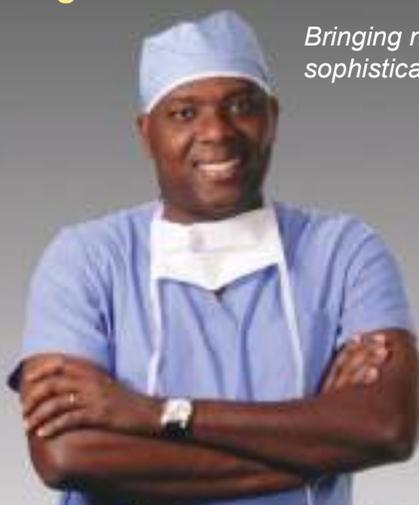
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*\*This service is only available as an add-on*

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## BIOTE HORMONE REPLACEMENT

*Common Symptoms of Hormone Imbalance:*



- Fatigue
- Weight Gain
- Abdominal Fat
- Low Libido
- Depression/Anxiety
- Difficulty Sleeping
- Joint Pain

**\*Consult Required**



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# IMPLANTS

FROM PAGE 4

fused to your bone over a period of several months. Once that happens, your implant-supported replacement tooth (or teeth) will feel completely natural. It will also be visually indistinguishable from your natural teeth. Implant teeth allow you to eat, speak and smile with complete confidence because they will never slip or shift like removable dentures often do.

## 2. The Longest-Lasting Tooth Replacements

Because dental implants actually become part of your jawbone, they provide a permanent solution to tooth loss. Whereas other methods of tooth replacement, including removable dentures and bridgework, may need to be replaced or remade over time, properly cared-for dental implants should last a lifetime.

## 3. Able To Prevent Bone Loss

# PAIN RELIEF

FROM PAGE 14

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

# WEIGHT LOSS

FROM PAGE 18

## Reduced Risk Of Developing New Health Problems

Many younger patients see the effects of obesity on older family members and friends. They often worry about getting many of these health problems and the associated consequences. Obesity has been shown to reduce life expectancy by as many as 12 years. Weight loss surgery offers an opportunity to maintain health and offset the health consequences.

## Elimination Of Medications and Medical Treatments

Patients suffering from the health consequences are often on multiple medications to treat conditions such as diabetes, hypertension, high cholesterol, back pain, depression. There are often treatment devices such as CPAP machines for sleep apnea or

You may not know it, but bone loss inevitably follows tooth loss. Bone is a living tissue that needs constant stimulation to rebuild itself and stay healthy. In the case of your jawbone, that stimulation comes from the teeth. When even one tooth is lost, the bone beneath it begins to resorb, or melt away. This can give your face a prematurely aged appearance and even leave your jaw more vulnerable to fractures if left untreated long enough. Dental implants halt this process by fusing to the jawbone and stabilizing it.

## 4. Easy To Care For

Caring for implant teeth is no different than caring for your natural teeth. You must brush them and floss them daily. But you’ll never have to apply special creams and adhesives, or soak them in a glass overnight, as you would with dentures.

- 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.

steroid injections for chronic joint pain. Weight loss surgery offers an opportunity to improve health and eliminate many of the medications and treatment requirements. It also means less doctor and hospital visits.

## Improved Quality Of Life

Many obese people have adjusted their life around the fact that they are overweight.

They don’t do the things that they once enjoyed doing. They limit activities with friends and family. There is a physical strain to be active as obesity leads to fatigue, shortness of breath and joint pains with activity.

Weight loss surgery offers weight loss such that many patients regain control over their lives. They get more energy, they become more active and enjoy life more.

# INVISALIGN

FROM PAGE 22

plied with a custom retainer to remind your teeth that “straight is their new normal.”

## The Benefits Of Invisalign

Aside from straight teeth and renewed confidence, Invisalign contributes to better oral health. Brushing and flossing are more productive. A straight bite helps eliminate wear on

your teeth that can lead to cavities.

During therapy, you can remove your aligners when brushing and flossing, or eating and drinking. This approach contributes to better oral care throughout treatment. With traditional metal braces, you have to work hard to clean around brackets and wires.

# A NEW YOU

FROM PAGE 22

production. Sometimes thyroid issues are obvious, but there are many cases where it is not so clear. There are both natural and prescription methods for addressing thyroid problems, and when this does turn out to be an issue, treating it often makes a big difference very quickly for people.

Evaluating and treating digestive issues is also critical. Inflammation of the intestinal tract is very common, presenting as heartburn, bloating, pain, diarrhea and constipation. Often chronic infections can be at the

root of this, including overgrowth of yeast, as well as deficiencies of digestive enzymes. Food allergies and intolerances can also play a role in intestinal dysfunction. Addressing this from a systematic, functional medicine perspective can powerfully restore health.

These are a few of the methods available to improve health in the new year. When accomplished, feeling well and having more energy can contribute to flourishing in the other important areas of life.

# DYSMENNORRHEA

FROM PAGE 20

by gynecological disease, like endometriosis, fibromas, and pelvic inflammatory disease (PID).

In Chinese medicine, pain is the symptom of a deeper problem. The theory is that the root cause of pain can be either an excess pattern or a deficiency pattern. The blockage of Qi and blood, or the retention of heat, dampness or wind, are believed to be excess patterns. Deficiency of Qi and blood, or imbalance of kidney and liver are believed to be deficiency patterns.

Chinese medicine practitioners use acupuncture and herbal medicine through one or a few of the following strategies: expelling wind, dissipating cold, eliminating dampness, moving Qi, invigorating blood, nourishing the blood, clearing the heat, and tonifying the kidneys.

The goal at one recent review was to determine the efficacy and safety of acupuncture in the treatment of primary dysmenorrhea. Ten trials were included in the review with data reporting on 944 participants. Six trials reported on acupuncture and four trials reported on acupressure. There was an improvement in pain relief from acupuncture compared with a placebo.

Ginger is most commonly used in Chinese medicine in treating dysmenorrhea for a long period of time due to its stimulated function of anti-inflammation, spasmolytic, and circulation. Ginger helps to inhibit cyclo-oxygenase and lipoxigenase enzymes that cause menstrual cramps. Peach kernel is also commonly used in Chinese medicine for treating dysmenorrhea.

# EXERCISE

FROM PAGE 20

requires minimal equipment, and no gym memberships are needed. Walking that is done outside in fresh air and sunshine, providing many additional benefits beyond those gained by exercise as such.

In addition to regular exercise regular chiropractic care also makes good health possible. Our bodies need to be in good condition to gain

all of the desired effects of exercise. Being in good condition deals with a fully functioning nervous system and a spinal column that is properly aligned and biomechanically sound. This is done by regular visits with your chiropractor.

So start the new year off right and not only start regular exercise, but make sure you visit your chiropractor.

efficiently.

Most podiatric physicians recommend that children with foot deformities be placed in orthotics soon after they start walking, to stabilize the foot. The devices can be placed directly into a shoe.

Research has shown that back problems frequently can be traced to a foot imbalance. It's important for your podiatric physician to evaluate the lower extremity as a whole to provide for appropriate orthotic control for foot problems.

# LEAD

germs to others.

If you are sick, ill with the flu or flu-like symptoms stay home from school or work to prevent the spreading of flu to others.

## Know the F.A.C.T.S.

The flu symptoms can be mild or severe, and can come on suddenly – be sure you know your flu treatment options so you can be prepared. Symptoms generally appear 1-4 days after exposure to the virus.

- F – Fever
- A – Aches
- C – Chills
- T – Tiredness
- S – Sudden Onset

## Treatment Options

Of the treatment options available, prescription antivirals may help make your illness milder or may help you feel better faster.

Antivirals are prescription medications that actively attack the flu virus and stop it from spreading to the rest of your body. In order to be effective, antiviral medications must be taken within the first 48 hours of onset of flu symptoms.

## Antivirals For Flu Prevention

Not only can antivirals help treat the flu once you have it, they can also help prevent you from getting the flu if you are exposed to the virus. For example, if a family member is diagnosed with the flu, taking an antiviral can help stop you from becoming infected.

# OSTEOPOROSIS

foods that help your body absorb most common culprits are steroid medications and high doses of thyroid hormone. Long-term use of these medicines can cause bone loss. Examine your lifestyle: Smoking is linked strongly to bone loss. Calcium helps build and maintain healthy bone mass, and your body needs vitamin D to be able to use the calcium in your diet. Alcohol intake can reduce the amounts of calcium and vitamin D in your body. People who are confined to bed or who must wear a cast for a long time lose bone mass from lack of use. The same is true for people who do not get enough exercise in their daily lives.

**Osteoporosis Is Preventable** Whether your risk of osteoporosis is high or low, lifestyle changes to prevent the disease are good for everyone. Eat foods that are high in calcium. Milk and other dairy products, calcium-fortified fruit juice, dark green leafy vegetables, almonds, and salmon are all good sources of calcium. Eat-

foods that help your body absorb fortified milk and fatty fish are good sources of vitamin D, which your body needs to be able to absorb calcium.

- Talk to your doctor or pharmacist about taking a calcium supplement. The NIH recommend these levels of calcium intake:
- 1,000 milligrams per day for 25-49-year-old premenopausal women and for 50-64-year-old postmenopausal women who take estrogen.
- 1,500 milligrams per day for 50-64 year-old postmenopausal women not taking estrogen and for all men and women over age 65.
- Make sure you get 30-60 minutes of weight-bearing exercise each week. Talk to your doctor before you begin any exercise program.
- Just 10-15 minutes of sunshine 2-3 times a week provides all the vitamin D needed.

## Medications To Prevent and Treat Osteoporosis

Getting exercise and taking calcium and vitamin D are the first steps in osteoporosis prevention. For some people, a medication also may be necessary to help prevent fractures. Your doctor will prescribe the medication.

# METFORMIN

glucose production, and increases insulin stimulated glucose uptake in the periphery.

Metformin has self-limited side effects that abate with continued use. The side-effects such as abdominal discomfort, nausea, and diarrhea may cause some weight loss.

It is used as an adjunct in the treatment of PCOS. The use of metformin alone is not associated with increases in pregnancy rates or live birth rates.

Pretreatment with metformin for at least three months followed by the addition of another ovulation-inducing drug such as Clomid or Letrozole, increases live-birth rates. For PCOS,

Letrozole is the first line agent for ovulation induction in PCO patients. Metformin used while attempting pregnancy and stopped at the initiation of pregnancy does not affect the rate of miscarriage.

Metformin alone should not be used as first-line therapy for ovulation induction in women with PCOS, since ovulation induction agents such as Clomid or Letrozole are more effective. Clomid alone or letrozole alone are reasonable first-line agents for ovulation in women with PCOS. Combination therapy with Clomid may be beneficial in women who are resistant to Clomid alone.

# ALLERGIES

For these people, even the smallest amount of exposure – eating a food or even touching someone who is eating the food – can be dangerous. If you have anaphylactic reactions to certain foods, your doctor may give you a prescription for injectable epinephrine. You need to carry this medicine with you at all times so that you or someone you are with can give you an emergency injection if needed. Symptoms of anaphylaxis include hoarseness, throat tightness, or a lump in your throat, wheezing, chest tightness, or trouble breathing, rapid heart rate, dizziness, lightheadedness, or fainting, tingling in the hands, feet, lips, or scalp, and clammy, grayish, or bluish skin.

## Food Sensitivity

## and Foot Intolerance

If you are not suffering from a true food allergy you may be experiencing a food sensitivity, or symptoms of a food intolerance, which will be addressed in a future article.

## Do You Think You Have a True Allergy?

A study from Bastyr University has shown that a single person's blood sent to a number of laboratories for food allergy testing had very different results depending on the lab the blood was sent to. Unfortunately, this kind of testing can be inaccurate. Nutritional Response Testing® can be used to analyze the body to determine the underlying causes of ill or non-optimum health.

# GOUT

rid of uric acid

If too much uric acid builds up in the fluid around the joints (synovial fluid/connective tissue), uric acid crystals form. These crystals are mainly formed as a result of a breakdown of purines found in the human tissue and many foods that we eat. These crystals cause the joint to swell up and become inflamed.

The exact cause is unknown. Gout may run in families. It is more common in men, in women after menopause, and those who drink alcohol. People who take certain medicines, such as hydrochlorothiazide and other water pills, may have higher levels of uric acid in the blood.

Most uric acid is carried through the bloodstream to the kidneys, which eliminate it from the body in the urine.

The condition may also develop in people with diabetes, kidney disease, obesity, sickle cell anemia and other anemias, leukemia and other

blood cancers.

## Symptoms of Acute Gout

- Symptoms usually involve only one or a few joints. The big toe, knee, or ankle joints are most often affected.
- The pain starts suddenly, often during the night and is often described as throbbing, crushing, or excruciating.
- The joint appears warm and red. It is usually very tender (it hurts to lay a sheet or blanket over it).
- There may be a fever.
- The attack may go away in a few days, but may return from time to time. Additional attacks often last longer. After a first gouty attack, people will have no symptoms. Half of patients have another attack.

Some people may develop chronic gout. Those with chronic arthritis develop joint damage and loss of motion in the joints. They will have joint pain and other symptoms most of the time.



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Karl A. Smith, DDS. Waldorf, MD, 301-638 -4867

Tomenko Family Dentistry, Ekaterina Tomenko DDS, LLC. 301-439-8333. 10230 New Hampshire Ave., # 330, Silver Spring, MD 20903. [tomenkofamilydentistry.com](http://tomenkofamilydentistry.com).

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The Kahan Center for Pain Management, Dr. Brian S. Kahan, DO, FAAPMR, DABP- [www.thekahan-center.com](http://www.thekahan-center.com), Annapolis

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promote health and healing. Taken freely it will supply the necessities of the system with help to remove toxic waste and it is the greatest benefit to assist nature in resisting disease. Toxic waste buildup is the precursor to a diseased body and the removal of that toxic waste is the first step toward building health.

Every cell in our body needs water for survival. Water is employed in order for these biological processes to work efficiently: absorption, assimilation, circulation, excretion, detoxification, lubrication, respiration, metabolism and internal body temperature control.

Our brains are approximately 80% water. Without enough water in our systems, our thinking becomes muddled; our actions, which follow our thoughts, become erratic. We become overheated and nervous.

A dehydrated body will manifest to a greater or lesser degree symptoms such as dry chapped lips, cracking skin, unclear thoughts, stress, depression, constipation,

diabetes, high blood pressure, cracking joints, arthritis, angina pains, low back pain, asthma, allergies, overweight, headaches, dry eyes, and digestive problems to name a few.

There are different types of water available to choose from as follows: alkaline, distilled, purified, spring, mineral, or reverse osmosis. Basically, the type of water purchased should be clean and free of contamination.

To furnish the body with enough water, a good formula to follow is half your weight in ounces of water every day. For example: 160 lbs / 2 = 80 oz daily.

To use water therapeutically, a three-day distilled water fast is good to rid the body of excess toxins and give it a rest. Of course, consult your health professional before engaging in any fasting.

Let increasing your water intake be a part of your new year's resolutions to fulfill your body's most basic requirement to live wholly.

## EXIT STRATEGY

FROM PAGE 7

can each continue to work 2-3 days a week, however, the gross revenues will be accumulated and reported under the same company. So, when you decide to sell your practice 2-3 years after the merger, the reported income for both practitioners will be combined and reported for the same company.

Essentially, the potential buyer will be buying one practice, which

has had two medical professionals working in it. The obvious benefit for a potential buyer is that in exchange for paying the purchase price, they will be buying a practice that is either fully booked or close to being fully booked.

Think ahead if you are contemplating selling your practice and/or retiring so you can maximize the value of your practice and its selling price.

## NEW YEAR

FROM PAGE 58

heightened in our emotions, thoughts, and actions.

The CDC has made suggestions to us to be mindful of how we interact in today's world. The CDC has suggested we should all have the COVID vaccine. It is suggested to get booster shots to maintain the protection of the first COVID shots that were administered over six months ago.

Whether you believe in hypnosis or COVID-19 is a matter of choice. You can choose to be compliant (suggestion), or you can choose to be non-compliant (reject the suggestion).

During this holiday season be mindful and respectful of people's choices.

We have all been curtailed in our everyday activities and travel, however, we are now beginning to move about during this pandemic as if it's completely gone. News flash – it's

still here!!! Keep in mind that a lot of people feel very strongly about their well-being. If you are planning on traveling, and mixing with friends, and family, it is suggested you wear face coverings and get your COVID shots.

Not getting shots or wearing face coverings is also a hypnotic state of mind. It simply means that you have rejected the suggestion. As you can see hypnosis cannot make you do something you don't want to do. "You can take a horse to the water; however, you cannot make him/her drink." You can take someone for shots, but you can't make them get the shots.

You are right...it is a choice. Choices are made from your intellectual consciousness.

Suggestion...get your COVID shots. If not for you, for your loved ones. Let's have a happy holiday season and onward to the new year of 2022.

# LOOK AS GOOD

"done" look. The aim is to look as healthy and vibrant as you feel inside.

To achieve the best and safest results, it's critical to find a properly qualified doctor. The American Board of Medical Specialties recognizes dermatologists, plastic surgeons, oculoplastic surgeons and facial plastic surgeons as having the right qualifications to perform cosmetic procedures. If in doubt, ask your doctor what specialty they are board certified in. The most respected experts serve as principal investigators for the FDA studies that bring new technologies to our country, and write scientific publications about this crucial research. You can check your doctor's publications by Googling their name plus "Pubmed".

The latest concept is to renew your skin layer by layer. This approach reflects an advanced understanding of the aging process and treats the root causes. If started in time, this can save you from ever having to consider the surgical knife.

The uppermost layer of your skin can be restored with Elos Plus photofacials, micropeels, VBeam pulse dye laser, and other advanced technologies, to fade discolorations, spider veins, acne and rosacea, minimize pores, and give your skin a beautiful glow. There is typically little or no recovery time.

Photofacials can be alternated with DermaSweep MD, a physician-strength, aluminum-free and more effective version of microdermabrasion, which painlessly polishes your skin and then infuses it with customized therapies to fade discolorations, tighten pores, improve acne, and restore skin radiance.

The middle skin layer can be stimulated to produce new collagen and elastin with lasers for fractional and skin tightening such as the new eMatrix Sublative, eTwo, CO2RE or Fraxel resurfacing laser. These are breakthrough technologies that remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

Fillers like Voluma, Juvederm, Restylane and RHA are pure synthetic forms of the hyaluronic acid that naturally supports your skin and is lost with time. Radiesse is a natural calcium-based filler. Sculptra is another volumizing filler. The key to undetectable results with fillers is expert understanding of facial anatomy and dynamics. An expert dermatologist or plastic surgeon can also use your own natural fat with stem cells to fill lines around the mouth and gaunt cheeks to make thinning lips full again and to free you of under eye hollows. The

stem cells create a dramatic improvement in skin elasticity and resilience.

Expert techniques don't just fill wrinkles...they can actually reshape your face, to restore your youthful facial contours and lift your face subtly and beautifully with no scarring and minimal down time. Recent research shows that precise and targeted placement of these fillers can also stimulate your skin to produce its own permanent collagen and elastin, for better and longer lasting results.

A new addition is platelet-rich plasma (PRP) with microneedling the so-called "Vampire Face Lift" that harnesses the regenerative power of your body's own platelet cells to restore smooth, radiant skin. Advanced PRP techniques are also a successful treatment for hair restoration.

The lowest layer of your skin can be treated with Ultherapy micro-focused ultrasound, Exilis Ultra or Sublime lasers, the newest treatments for non-surgical skin lifting. Ultherapy stimulates collagen and elastic tissue, to lift your brows and cheeks, re-contour your chin and jaw line and tighten and lift your neck, chest, abdomen, buttocks, arms and elsewhere. You will see prompt, long-lasting and completely natural-looking results that improve even further over time. These revolutionary lasers not only tighten and lift; they can also improve loose skin, cellulite and stretch marks on body areas such as your stomach, arms, knees, buttocks and legs.

Kybella injections or LipoLite laser lipo can remove unwanted fat with no down time and no anesthesia to re-contour your jawline. You can also painlessly melt fat away from your hips, abdomen, waistline, buttocks, arms and other areas.

Precise doses of Botox, Dysport, Xeomin or Jeuveau neuromodulators can be injected in the right places to safely relax overactive muscles, smooth frown lines, worry lines, crow's feet, lines around the mouth and neck wrinkles. Expert treatment preserves your natural facial expressions and avoids a telltale frozen look.

Rather than focusing on individual procedures, this multi-level makeover integrates state-of-the-art techniques to achieve the most natural-looking results with no scarring and minimal recovery time.

This highly sophisticated approach does not morph you into a "new you." Better yet, it balances how you feel inside with how you look outside and allows you to re-discover the real you. Projecting good health and energy can maximize our personal and professional success as we move forward into 2022 and beyond.

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

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**MABIR CRUZ**

CEO, SCIENCE RESEARCHER AND  
LICENSED AESTHETICS EDUCATOR.

For 26 years, Mabir Cruz-Riveros begins and ends her days supporting her patients to find that satisfaction and individual balance that the art of aesthetics provides. For her, transforming the needs of her patients into solutions that include natural and non-invasive treatments is her priority. Our results are our best presentation.

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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.

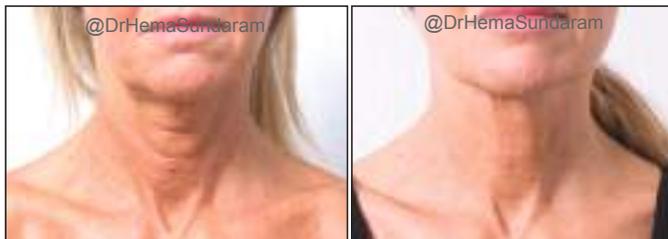
**Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology**  
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

- 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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