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**Health Directory**  
page 48

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By Deeni Bassam, MD, DABPM  
The Spine Care Center

# Can Electrical Stimulation Help My Pain?

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

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

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

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

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

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

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

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

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

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

In general, stimulation works

## Back Pain?

Back and neck pain *can* be treated.

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

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# New Techniques For Healthy Lips, Jawline and Neck

superb, natural-looking results, soften lip wrinkles, and make you look more relaxed and healthy.

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

Scars around the mouth due to acne or other skin problems become more noticeable as the skin ages and loses elasticity. We may also notice increased growth of coarse hairs on the upper lip and chin due to hormonal shifts. Adult acne can also worsen, especially after wearing a mask, causing deep, tender cysts around the mouth and chin.

### What Can Be Done To Address These Concerns?

A new technique of lip rejuvenation, based on expert knowledge of facial anatomy, is to gently inject innovative,

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

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

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

### What About the Neck and Jawline?

To get your jawline and neck in shape for spring and summer, one important laser is Ultherapy, which non-surgically lifts and re-contours the jawline and neck, cheeks, and brows in just one session with no down time. Ultherapy can also lift buttocks, knees, arms, chest skin and other sagging areas. The Exilis Ultra is a revolutionary laser that combines ultrasound with radiofrequency to remove fat and tighten skin at the same time in areas such as the jawline, arms, abdomen, waistline, but-

tocks, thighs and other areas. Exilis Ultra is painless and has no recovery time. It can be combined with laser resurfacing to improve wrinkles, discolorations and scars and tighten the skin, all with little or no down time. Exilis Ultra can also improve cellulite and stretch marks. Fraxel, CO2RE or eMatrix subablative fractional laser resurfacing, Vitalize and Rejuvenize chemical peels and the ViPeel remove sun spots and stimulate your skin to produce new collagen, fading wrinkles and scars and leaving your skin smoother, tighter and more radiant.

The newest treatment for acne, scarring and fine lines is to combine sessions of Derasweep-MD, a medical-strength, aluminum-free skin exfoliation and hydration, with acne laser therapy. Derasweep polishes your skin with different levels of medical exfoliation and infuses it with natural fruit acids, while laser therapy kills the bacteria that cause acne, giving you a longer-term solution.

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

### How To Get the Best and Most Natural Looking Results

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

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

By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

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

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

The key is to see an expert dermatologist or plastic surgeon who knows how to restore youthful lip shape and contours – and, equally importantly, can rejuvenate the skin around your mouth with the newest nonsurgical options. New procedures can give you

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# Lose Years Off Your Face In Just One Hour

By Jacqueline D. Griffiths, MD  
New View Eye Center

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

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

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

## Procedures To Consider:



BEFORE AFTER



BEFORE AFTER



BEFORE AFTER



WEEK 1 (top) WEEK 16 (bottom)

### Blepharoplasty

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

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

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

### Botox and Xeomin

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

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

### Radiesse, Juvederm (Voluma & XC), Belotero

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

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



Jacqueline D. Griffiths, MD

Selected as a  
"Super Doctor"  
Washington Post Magazine

Voted  
"Top Ophthalmologist"  
Washingtonian Magazine  
& Northern Virginia Magazine

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

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

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

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

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



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# In This Edition...

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

- 3 | Can Electrical Stimulation Help My Pain? | By Deeni Bassam, MD, DABPM
- 4 | New Techniques For Healthy Lips, Jawline and Neck | By Hema Sundaram, MA, MD, FAAD
- 5 | Lose Years Off Your Face In Just One Hour | By Jacqueline D. Griffiths, MD
- 7 | Let's Smile Dental: Nine Locations, Countless Smiles | Submitted By Let's Smile Dental
- 8 | The Concept Of Beauty In a Shifting World | Submitted by Me Time Healing
- 11 | Your Smile Investment Is Protected by Complete Periodontal Health | By Karl A. Smith, DDS, MS
- 12 | Maintaining Optimal Periodontal Health | By Alfonso Patron, DDS
- 13 | Plantar Warts: Warts On the Bottom Of Your Feet | By Edward Pozarny, DPM
- 13 | The Root Causes Behind Most Burn Injuries | By Paul Samakow
- 14 | Gorgeous IS Healthy | By Jeffrey L. Brown, DDS
- 15 | Why Not 'SPRING' Into Women's Health Month?! | By Tammy Leiner, Certified Clinical Thermographer
- 16 | Discoloration Of Children's Teeth | By April Toyer, DDS, FAAPD
- 17 | 5 Tips For Selecting a Pediatric Dentist For Your Special Needs Child | By Rishita Jaju, DMD
- 18 | Recovery Time For Plastic Surgery Procedures | By Mark Domanski, MD
- 21 | Airway Dentistry | By Shari Salartash, DDS, MAGD
- 22 | Acupuncture and Women's Health | By Dr. Reem Refae, DACM, LAc, Dipl Ac
- 22 | The Relationship Between TMJ and Headaches | By Michael Rogers, DDS
- 24 | Understanding Gender Differences: Heart Attacks In Women | By Alfred Chit Myaing, MD
- 25 | Understanding Medicare Coverage For Dental Health | By E. Richard Hughes, DDS
- 28-37 | Featured Beauty, Skin Care & Gorgeous Smiles + Women's Health**
- 38 | Unlocking the Power Of Lymphatic Drainage | Submitted By Luminary Beauties
- 38 | Lasting Change: The Power Of Intrinsic Motivation and Coaching | By Rose Ferguson, C. Ht.
- 40 | Post-Laminectomy Syndrome: When Back Surgery Fails | By Madhavi Chada, MD
- 42 | Great Smiles At Any Age | By Swathi Reddy, DMD
- 42 | Ensuring Healthy Smiles and Sound Sleep For Your Child | By Lynda Dean-Duru, DDS
- 43 | Robotic Surgery In Colorectal Procedures | By Matthew Skancke, MD & Rami Makhoul, MD
- 47 | Do You Need a Smile Makeover? | By Marvette Thomas, DDS
- 49 | Complexion Analysis: A New Era in Skincare | By LaSondra Gray, CMLSO, CLA

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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.

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

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

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

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

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

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

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# Let's Smile Dental

## Nine Locations, Countless Smiles

Submitted By  
Let's Smile Dental

For over three decades, Dr. Ali Ghatri has been the heart and soul of Northern Virginia's dental community. As the founder of Let's Smile Dental, he's not just a board-certified orthodontist, but a pioneer in providing top-notch care with a touch of fun and flair.

### Where Did It All Begin?

Dr. Ghatri's journey in dentistry began at Case Western Reserve University, where he excelled academically and earned a spot in the prestigious Omicron Kappa Upsilon National Dental Honor Society. After completing his dental education, he pursued his passion for orthodontics at the University Of Connecticut Department Of Orthodontics. In 1995, he established his practice in the metro area of Washington, D.C., quickly becoming known for his innovative approach and commitment to staying ahead of the curve with the latest technologies. Dr. Ghatri's dedication to excellence is evident in his numerous accolades and achievements. He's been a member of the American Association of Orthodontics since 1992 and has received the American Association of Orthodontists Scientific Program Award for his contributions to orthodontic education and research. Plus, he's been an Invisalign Diamond Plus Provider for years, putting him in the top one percent of Invisalign providers in the United States. But what truly sets Dr. Ghatri apart is his passion for making every patient's journey to a healthier, more beautiful smile a joyful one. He believes in personalized care and attention, ensuring that each patient feels valued and heard. His commitment to continuing education means that Let's Smile Dental is always at the forefront of the dental industry, offering the latest treatments and technologies.

### Where Is Let's Smile Located?

Let's Smile Dental is conveniently located across Northern Virginia, with nine vibrant locations in Fairfax, Centreville, Reston, Herndon, Purcellville, Centreville, Fredericksburg, and Springfield.

### What Are Some Of the Most Common Dental Issues That Let's Smile Dental Can Help With?

Let's Smile Dental offers a comprehensive range of services, including orthodontics, pediatric dentistry, family & cosmetic dentistry, oral surgery, and dental implants. Dr. Ghatri and the team are dedicated to upholding the highest standards of excellence in dentistry and orthodontics, ensuring that every patient leaves with a smile that's as bright as their future.

### How Does Let's Smile Dental Contribute To the community In Northern Virginia?

Let's Smile Dental is more than just a dental practice; it's a place where smiles meet excellence. With our nine convenient locations throughout Northern Virginia, we are deeply rooted in the community and strive to be the go-to dental destination for

those living near our locations. This is especially beneficial for individuals who relocate within Northern Virginia and need to find a dental office closer to their new address.

### How Does Let's Smile Dental Make Dental Care Accessible and Convenient For Patients In Northern Virginia?

We accept a wide range of insurance plans, accommodate busy schedules, and offer flexible appointment times. We can easily accommodate clients at any of our nine

locations that suit them best.

### What's Next For Let's Smile?

As Let's Smile continues to expand, we have evolved from just a few locations to now proudly serving the Northern Virginia community with nine locations. With this growth, we've welcomed additional doctors, assistants, and staff to better meet the needs of our patients. Looking ahead, Let's Smile remains committed to serving the Northern Virginia community and enhancing our services. One exciting initiative is

our 7&Up club, designed to make the oral health journey enjoyable and rewarding for children transitioning from pediatric to orthodontic care. Additionally, we're thrilled to introduce SuperMouth, a groundbreaking oral care product developed by dentists to revolutionize dental hygiene for both kids and adults. As we continue to expand our knowledge of oral health care, Let's Smile Dental is dedicated to filling the gaps and meeting the evolving needs of our community here in Northern Virginia.



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# The Concept Of Beauty In a Shifting World

Submitted by  
Me Time Healing

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

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

viewed as something that is more inclusive and diverse, encompassing a wider range of physical features and attributes.

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

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

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

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

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

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

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# Your Beautiful Smile Investment Is Protected by Complete Periodontal Health

By Karl A. Smith, DDS, MS

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

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

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

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

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

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

## Are You Missing Teeth?

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

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

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

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

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

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

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



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# Maintaining Optimal Periodontal Health

## *Essential Practices For Dental Implant Care*

By Alfonso Patron, DDS  
Implant Logyca

Dental implants have revolutionized modern dentistry, offering a durable and long-lasting solution for tooth loss. Unlike traditional dentures or bridges, dental implants provide a permanent replacement by integrating with the jawbone, mimicking the natural tooth structure. However, ensuring the longevity and success of dental implants

requires diligent maintenance and care. **Understanding the Importance Of Dental Implant Maintenance**

A dental implant is not just a cosmetic enhancement; it serves as a functional replacement for a missing tooth's root. This titanium post is surgically placed into the jawbone, where it fuses with the bone over time, providing stability and support for a prosthetic tooth. Proper maintenance is crucial to safeguarding this invest-

ment in your oral health.

### **Daily Oral Hygiene Routine**

Maintaining good oral hygiene is paramount for the longevity of dental implants. Brushing twice daily with a soft-bristled toothbrush and fluoride toothpaste helps to remove plaque and bacteria that can lead to gum disease and implant failure. Additionally, using dental floss or interdental brushes can effectively clean between teeth and around the implant, preventing the



Alfonso Patron, DDS

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buildup of plaque and debris.

### **Regular Dental Check-ups**

Regular visits to your dentist are essential for monitoring the health of your dental implants. Your dentist will assess the stability of the implant, check for any signs of infection or inflammation, and provide professional cleaning to remove any stubborn plaque or tartar. Early detection of any issues allows for prompt intervention, preventing complications and preserving the integrity of the implant.

### **Healthy Lifestyle Choices**

Maintaining overall health contributes to the success of dental implants. Avoiding smoking and excessive alcohol consumption can reduce the risk of complications such as implant failure and peri-implantitis, a condition characterized by inflammation of the tissues surrounding the implant. Consuming a balanced diet rich in nutrients promotes optimal healing and strengthens the immune system, enhancing the body's ability to combat infections.

### **Special Considerations For Implant Maintenance**

In some cases, additional procedures such as bone grafting may be necessary to ensure the success of dental implant placement. Following these procedures, strict adherence to post-operative instructions is crucial for promoting proper healing and integration of the implant with the surrounding bone.

Maintaining optimal periodontal health is essential for the longevity and success of dental implants. By adopting a proactive approach to oral hygiene, attending regular dental check-ups, making healthy lifestyle choices, and following any additional recommendations from your dentist, you can enjoy the benefits of a beautiful and functional smile for years to come. Remember, investing in your oral health today ensures a brighter and healthier future tomorrow.

# Plantar Warts

## Warts On the Bottom Of Your Feet



By Edward S. Pozarny, DPM  
Arlington Podiatry Center

Warts are an infection caused by a virus which invades your skin through a cut or break. An individual who has a wart can develop additional warts. Plantar warts are often mistaken for corns or calluses on the sole of the foot. Plantar warts have a spongy appearance with little black, brown or red spots. These spots are the blood vessels feeding them.

They are found usually on the bottom of the foot, but can appear on the toes. The warts are circumscribed, which means you may notice a light ring around each growth separating it from the surrounding skin. Warts can occur alone (solitary) or with smaller warts clustered nearby (mosaic).

There are many different ways to remove warts. Each method has its own advantage and disadvantage. Medication or surgical removal, or both, are usually the most effective treatments. Freezing or burning may also be utilized. A podiatrist can combine any of these methods with others to tailor a treatment option best suited to the patients condition.

Chemical cauterization is the use of relatively strong acids and caustics to destroy the wart tissue. The wart is usually not destroyed completely in one treatment. Usually a series of treatments, which may extend over a period of 8 – 10 weeks is needed.

However, there is little post-operative care needed once the wart is removed.

Surgical options include using a surgical curette to scoop or shell out each individual wart. This method is usually used in conjunction with electrodesiccation, or electrical cauterization. This method helps discourage re-growth.

The other surgical option is to make two small semielliptical incisions surrounding the wart. Then the wart and the surrounding skin are removed. The edges of the skin are then brought together with stitches. These surgical options are usually done under a local anesthetic. The post operative consideration for surgical removal is that the patient will want to try to remain non-weight bearing on the foot for approximately one week. Also, daily dressing changes will need to be done to prevent infection.

Laser surgery and cryosurgery are two other methods of removal. When utilizing a laser the wart is vaporized using focused high frequency light. Cryosurgery is the use of intense cold to destroy the lesion. Liquid nitrogen and carbon dioxide are most commonly used to freeze the tissue.

After laser surgery the patient can ambulate normally immediately. However, after the cryosurgery a painful blister may develop which is removed in approximately 10-14 days.

After your podiatrist treats your warts, protect your feet from future infection by keeping them clean and dry. Avoid going barefoot in public places like showers, gyms and locker rooms. The wart virus may spread easily in moist settings like these. Wear thongs or sandals on your feet.

If you're using over-the-counter medications for warts, ask your podiatrist first. Some of these treatments can damage skin and may be dangerous if you have diabetes or poor circulation.



## The Root Causes Behind Most Burn Injuries

By Vienna, Virginia Attorney Paul Samakow

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

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

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

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

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# Gorgeous IS Healthy

By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

Did you know that part of treating TMD cases involves making that person feel prettier or more handsome? Well, now you know – it most certainly DOES matter! We have all heard that if we look good, then we feel good. And vice versa as well. In the world of treating TMJ disorders, it is important to recognize the psy-

chological aspects of that treatment as well.

Consistently when a TMD patient enters the office their faces do not look good. The person simply does not look healthy at all. More often than not, there are circles under their eyes from lack of sleep due to the pain they are experiencing or in combination with OSA (Obstructive Sleep Apnea). They often are slouching over because this helps take the pressure off the slipped

jaw joints discs – the articular discs. Their eyes are not bright or widely open. Oftentimes these people are dressed in a very dreary fashion – dark or saggy clothing that matches how they feel. It is so obvious these people do not feel well.

So here it begins. After an initial examination and discussion of what is going on, most of the time an order for a TMJ MRI is written and a CBCT x-ray is taken. In many cases, an HST



Jeffrey L. Brown, DDS

(home sleep test) and an order to perform a Vit D<sub>3</sub> analysis is also done. With all these data points, it now becomes much easier to diagnose the person's condition and come up with a plan for treatment. Oftentimes, the list of problems is quite long, unfortunately. In almost all cases the person has a narrow airway that is making their breathing difficult, along with a distorted cervical spine, and most of the cranial bones are out of alignment, and to top it all off, the TMJ discs are displaced. Diagnosis: OUCH! Outcome: I feel lousy!



When a person begins treatment, in almost all cases they start to sleep a bit better because appliance therapy opens the vertical in their mouth which opens the airway and takes pressure off the slipped discs in the TM joints. Now the circles under their eyes start to go away because they are sleeping better. As the TMD appliances start to work, the pain in the joints start to abate and they now sleep even deeper with better restorative sleep.

When ALF appliances are the course of treatment, oftentimes dizziness reduces because the skull is lined up straighter and the eyes line up better as well. In so many cases, tinnitus reduces as the skull aligns and the pain reduces. It is a process, and it does take time, but with so many people the treatment is effective and worth every penny.

Back to being gorgeous. When you sleep better, you feel better. When there is less pain, you feel better. Less dizziness, less tinnitus, less headaches, etc. You feel better. And when you feel better you look better, you look healthier, you look gorgeous!

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Dr. Jeffrey Brown has limited his practice to focus only on TMJ Disorders, Craniofacial Pain Management and Sleep Apnea. By fixing slipped discs in the jaw joints, Dr. Brown can significantly reduce the pain patients experience in the head/neck region and other symptoms associated with jaw joint problems. Sleep & TMJ Therapy may be able to improve the quality of life for you or a loved one – we encourage you to contact us with any questions or concerns.

*"Dr. Brown and his staff are absolutely wonderful. I was diagnosed with Dystonia. I could not turn my head and had a ton of pain. My doctors offered no help and no advice besides Meds and Botox. Since having the appliance I have NO pain and I can turn my head. I would highly recommend them to anyone. I feel Dr. Brown and his staff really care about their patients and helping them to get better. They do not just numb the symptoms but fix the problem. Thank you from the bottom of my heart. I feel like the old me again!"*  
- D. Thomas

*"My daughter has been treated by Dr. Stack and Dr. Brown for the last 2 1/2 years, and we are very fortunate to have found them. Prior to that she was being treated by a neurologist at a Children's hospital. She was on medications for tics and associated muscle pain, OCD/repetitive thoughts, sleeplessness and more (all possibly associated with Tourettes). Drs. Stack and Brown installed spacers to alleviate pressure on nerve bundles in the jaw, and subsequently braces to complete the process. Her symptoms have diminished significantly. She is off medication, her tics have all but disappeared, she can concentrate better in school, and she is once again cheerful and relaxed."*  
- Susan



Jeffrey L. Brown, DDS

- Certified Fellow of the American Academy of Craniofacial Pain
- Over 30 Years Experience
- Graduate of Georgetown School of Dentistry (1986)



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

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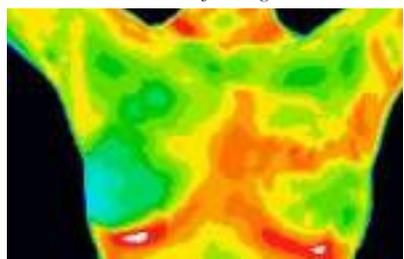
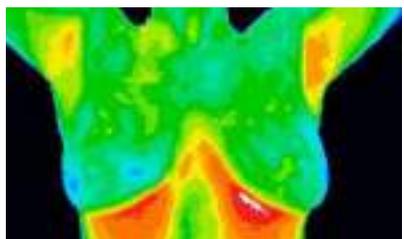
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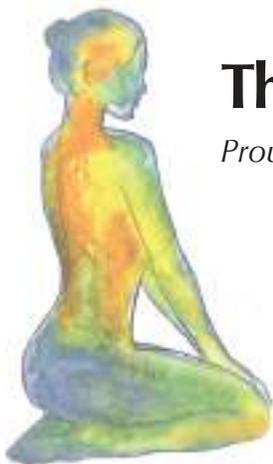
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# Discoloration Of Children's Teeth

By April Toyer, DDS, FAAPD  
Lifetime Dental Care

Many parents are naturally concerned that their child's teeth have become yellow or discolored. It is normal for permanent teeth to be slightly darker than the pearly white baby teeth that came before them. Though, it may also indicate a more serious underlying problem.

## Internal Staining

Intrinsic stains or staining from inside of the teeth cannot be removed.

If you notice a grayish or darkening of a single front tooth that was not previously there this may be due to trauma.

Similar to a bruise, excessive force to the anterior teeth can cause separation of blood vessels inside the tooth, which may cause blood to enter the internal structure of the tooth. This discoloration may lighten or darken over time and should be evaluated by your child's dentist.

## External Staining

Some apple juices, grape juice, and foods and candies with dye may

cause extrinsic, or surface, staining. Iron supplements may also leave a dark stain of the teeth which is hard to remove from just brushing alone.

If your child is on a nighttime medication make sure that your child brushes soon after their chewable or liquid medication. This type of staining can typically be removed by at home brushing or a professional cleaning by your dentist. Diluting your child's juice with water can decrease the staining tendency.

Tooth decay can come in many



April Toyer, DDS, FAAPD

shades from white to almost black and are typically differentiated from staining from the softness present in the enamel.

Although yellowing of the teeth can be a concern for parents, chalkiness or excessive white spots on the teeth are a major concern as well, as they can be precursors to cavities.

Enamel Hypoplasia is a tooth defect that results in a tooth having an irregular quality of enamel. In permanent teeth it typically displays with white to brown spots on the first molars and anterior upper incisors.

Causes for this condition are often unknown but may include, malnutrition, genetics, a history of illness during childhood, infection, fever or the use of medications such as antibiotics during tooth formation.

These teeth can sometimes be treated with a procedure called micro abrasion, removing the surface layer of the tooth.

For defects that extend deep into the enamel sometimes composite bonding is required or even full coverage crowns, which help protect the weaker tooth.

If you notice any suspicious areas in your child's teeth please make an appointment with a dental professional today.

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## April Toyer, DDS

Dr. Toyer grew up as an "Army brat," but resided many years in Bowie, Maryland. She attended the University of Virginia and received a degree in Biology and Bioethics in 2003. Dr. Toyer attended dental school at the University of Maryland and took part in the Pediatric Dentistry Clerkship program.



# SPECIAL NEEDS DENTISTRY

## 5 Tips For Selecting a Pediatric Dentist For Your Special Needs Child

By Rishita Jaju, DMD

Finding a good pediatric dentist takes research for any child, but when you're looking for a dentist for a child with differing abilities and some special needs, that decision is even more important!

When searching, it can be crucial that you take some steps to find a good fit. Not every dental practice has the experience, skill, and knowledge to work with children, let alone children that need advanced training, understanding and experience. Finding the right dentist for a special needs child will increase your chances of success—and helps set your child up for success.

### Step 1:

**Read reviews and websites and gather as much information beforehand as possible:** Not only can you ask friends and family about good pediatric dentists for special needs children, but other families dealing with similar challenges, local special needs programs, and community-based resources. Once you have some names, you can narrow down the field further or prioritize choices by doing some online research.

### Step 2:

**Interview Potential Dentistry Teams before setting an appointment:** A good pediatric dental office that has experience caring for children with special needs will be happy to talk with parents and create a plan for a successful visit. During your conversation, ask some questions: How do you handle sensory issues? Is your practice confident in handling special needs children? Why? Are parents allowed to be present during exams? Are you flexible with appointments so my child can be there when they are at their best? How do you maintain consistency for special needs children?

### Step 3:

**Address Any Potential Issues:** Children with special needs may have very specific issues. Talk to your prospective dentist about

what those issues may be. For example, many autistic children have sensory challenges. They may not like certain movements or parts of their bodies being touched or moved in a certain way. A dentist working with special needs children will benefit from having as much information as possible.

### Step 4:

**Build Trust with Easier Visits First:** If possible, work your way up to more intensive dental visits. Have a few quick and easy visits where trust is built between your child and the dentist. It will also allow your child to get used to the setting and what happens there.

### Step 5:

**Seek Communication Skills:** The whole team for a special needs child should have excellent communication skills. They will signal what they are about to do and communicate it effectively. They will explain what they are about to do before they do it. Let your child touch a tool or show an action beforehand. Follow up with performing the action they've explained.

**Preparing For Your Dental Visit:** There are things you can do at home or at your occupational therapists before a dental visit, like teach them to open their mouth wide and hold it open or sit in a reclining chair. By doing your research, asking the right questions, and preparing, you can increase your chances of finding the ideal dentist for your special needs child and make the experience successful.

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If you are looking for a pediatric dentist experienced with special needs children, schedule your appointment with Dr. Rishita Jaju at Smile Wonders today.

# Recovery Time For Plastic Surgery Procedures

By Mark Domanski, MD  
Bluemont Plastic Surgery

One of the most common concerns for patients considering plastic surgery is the downtime associated with the procedures. This downtime varies not only between different surgeries but also among individual patients. Factors such as the nature of one's job, whether it involves physical activity or can be done remotely, play a significant role in determining the recovery time. For instance, the recovery time for a teacher or flight attendant may

differ from that of an accountant. Here are some general guidelines:

**Botox/Dysport & Fillers:** Botox and Dysport are used to treat fine lines on the forehead and around the eyes, while fillers address volume loss in the cheeks and deep folds. These minimally invasive procedures typically have little to no downtime. Botox and Dysport start to relax wrinkles within 3-4 days. The effects of fillers are immediate, although bruising may occur. Any bruising can

usually be concealed with makeup and typically lasts only a few days.

**Facelift and Neck Lifts:** Facelifts and neck lifts can effectively take years off one's appearance. Patients can usually resume normal activities by their second week, and by the third to fourth week, they often look significantly rejuvenated.

**Rhinoplasty:** Rhinoplasty, or a nose job, involves reshaping or straightening the nose. The primary factors influencing the return to work



Mark Domanski, MD

after rhinoplasty are the presence of a splint and any bruising around the eyes. The splint is typically removed within a week and bruising usually subsides within 10-14 days.

**Breast Lift:** A breast lift procedure restores the perkiness of the breasts. Since the incisions are concealed under clothing, patients can often return to work within a couple of days. However, if a patient undergoes a breast implant procedure simultaneously, the recovery time may be slightly longer. Patients with physically demanding jobs, such as those requiring overhead reaching, may need to take a week to two weeks off work.

**Abdominoplasty:** Also known as a tummy tuck, abdominoplasty involves removing excess skin from the abdomen. Recovery time for abdominoplasty is typically longer compared to other procedures, with patients requiring 1-2 weeks off work. Patients usually begin resuming their pre-surgery activities, such as yoga and running, at around 6-8 weeks post-surgery.

**Liposuction:** Liposuction is a procedure aimed at removing excess fat from various areas of the body. The recovery time depends on the volume of fat removed. Patients usually spend a couple of days at home before venturing out. While neck liposuction patients may return to work the next day, those undergoing whole-body liposuction may need to take 1-2 weeks off work.

**Gynecomastia Surgery:** This procedure, aimed at removing abnormal breast development in males, often yields high satisfaction rates. Patients can often return to work within a couple of days, although the need to wear compression garments over the surgical site to prevent swelling may affect the timing.

**Eyelid Lift:** Also known as blepharoplasty, patients who work from home can often return to work within 2-3 days following the procedure.

In summary, understanding that recovery time for plastic surgery procedures differs by procedure, patient, and whether a patient can work from home, has a desk job, or a physically more demanding occupation.

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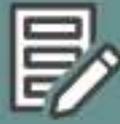
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By Shari Salartash, DDS, MAGD  
Dynamic Dental Wellness

# Airway Dentistry

sleeping. Teeth grinding/clenching (bruxism), crooked teeth, overcrowding, and bite issues are a few things that can indicate a restricted airway.

## Treatment

The side effects from airway issues and sleep disordered breathing can make enjoying life difficult. Thankfully there are a few treatment options that can help:

• **Airway Expansion:** By using a

palate expander, the jaw will expand to make room for the teeth (which can solve the crooked teeth and overcrowding) and also broaden the arch, which will in turn, make more room for the tongue and open the airway. An additional perk to an expander is the easing of tension in the TMJ (temporomandibular joint), which can be relief for pain in the head,

neck, shoulders and face.

- **NightLase:** NightLase is the use of laser on the soft tissues in the airway to activate the body's own collagen and tighten the tissue to open up the airway.
- **Oral Appliance Therapy** to assist moving the lower jaw forward
- **Oromyofunctional Therapy** to strengthen the coordination of the tongue and facial muscles.

The most important element to life is the air we breathe. When the airway has problems, the rest of the mouth can be affected as well. Airway dentistry is a growing field of dentistry that focuses on the airway, and how breathing relates to the structure of the mouth. Finding a dentist that understands the connection between oral health and overall body health is important for treating airway issues and dental treatments.

## Sleep-Disordered Breathing

Sleep-disordered breathing (SDB) has a few different classifications, the two most common being Obstructive Sleep Apnea (OSA) and Upper Airway Resistance Syndrome (UARS). Obstructive sleep apnea is when the airway becomes blocked (obstructed) by the tongue, which causes lapses in breathing while sleeping. Snoring or gasping while sleeping are common indicators of OSA. Upper Airway Resistance Syndrome is a mild form of OSA – the breathing isn't completely stopped but the airway is restricted. UARS can cause you to feel tired when waking up due to the fact that the body cannot fall into the deep stages of sleep because there is a lack of oxygen.

Snoring is the vibration of the tissues in the back of the throat due to air. It's important to note that snoring lightly here and there is normal and not harmful. If snoring is occurring more than three days a week, that can indicate sleep-disordered breathing. Snoring can be caused by many things, but the most common are alcohol, the use of sedatives, nasal congestion, sleeping on the back and obesity.

## Connection

It can be hard to tell if you have airway problems and sleep disordered breathing, mostly because most of the symptoms occurring when you are

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# Acupuncture and Women's Health



By Dr. Reem Refae  
DACM, LAc, Dipl Ac  
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improve overall health.

The main theory behind this practice is the dualistic cosmic philosophy of *Yin* and *Yang*. *Yin* expresses our feminine energy: passive, dark, and represented by the Earth. *Yang* is an expression of our masculine energy: active, light and represented by the Heavens. The forces of *Yin* and *Yang* are interdependent on one another and oscillate within the human body as they do throughout the natural universe. When dis-ease arises, whether on the mental, physical, emotional or spiritual level, it is caused by a disharmony or imbalance of these two forces and the goal of acupuncture is to bring these energies back into balance and restore one's health.

Acupuncture is a noninvasive ancient Eastern Medicine practice that involves the strategic insertion of thin, sterile needles into specific points on the body. These points are located over various meridians, or pathways, that are much like a circulatory system of energy.

At once simple and very complex, the stimulation of these points produces a natural response from the brain to release neurotransmitters and facilitate the body's innate healing process. This technique has been used for over thousands of years to relieve pain, cure disease, and

The driving force behind this natural order is known as *Qi*. In Eastern philosophy, *Qi* is translated as the vital life energy that makes, binds, and connects all things in the universe. This energy flows throughout the body and along the meridians that connect all acupuncture points. The acupuncture points act as reserves of *Qi* that can be accessed to help the body naturally heal

*Please see "Women's Health," page 46*

# The Relationship Between TMJ and Headaches



By Michael Rogers, DDS  
Fairlington Dental

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

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

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

*Please see "TMJ and Headaches," page 46*



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By Alfred Chit Myaing, MD

# Understanding Gender Differences

## Heart Attacks In Women

Heart attacks, medically known as myocardial infarctions, are often depicted as sudden, severe chest pain gripping a person's left side. However, this classical portrayal predominantly reflects the male experience. Women, on the other hand, often

exhibit symptoms that can be subtle and easily overlooked, leading to delayed treatment and potentially fatal consequences.

It's crucial to recognize that heart disease is the leading cause of death in women globally. Despite this, there persists a misconception that heart attacks primarily affect men. Women are just as susceptible, albeit with differences in how symptoms manifest.

Understanding these distinctions is paramount for timely intervention and improved outcomes.

One of the key differences lies in the variety and subtlety of symptoms experienced by women. While chest pain or discomfort can occur, it might not always be the predominant symptom. Women are more likely to present with atypical signs such as:

• **Shortness of Breath:** This could

manifest as difficulty breathing, even without exertion, or feeling winded during routine activities.

- **Nausea or Vomiting:** Women may experience gastrointestinal symptoms like nausea, vomiting, indigestion, or abdominal discomfort, often mistaken for food poisoning or gastrointestinal issues.
- **Back or Jaw Pain:** Unexplained pain in the back, jaw, or neck, which may feel like pressure rather than sharp pain, is common among women experiencing heart attacks.
- **Fatigue:** Overwhelming fatigue, especially if it's sudden and unrelated to physical or emotional exertion, can be a warning sign.
- **Dizziness or Lightheadedness:** Feeling dizzy or lightheaded, sometimes accompanied by clammy skin, can indicate compromised blood flow to the heart.
- **Unexplained Sweating:** Profuse sweating, often described as cold sweats, can occur during a heart attack episode.

These symptoms might appear gradually over days or weeks, rather than abruptly, which makes it easier to dismiss them as temporary discomforts. Moreover, women tend to delay seeking medical help, either due to downplaying their symptoms or attributing them to other causes like stress or aging.

The reasons behind these gender-specific differences are multifaceted. Biological factors such as hormonal fluctuations, smaller coronary arteries, and plaque distribution play a role. Additionally, societal norms and healthcare biases contribute to the underestimation of heart disease risk in women.

Empowering women with knowledge about these unique symptoms is vital. Recognizing the signs of a heart attack and seeking prompt medical attention can significantly improve survival rates and reduce long-term complications.

Heart attacks in women often present differently from those in men. Familiarizing oneself with the varied symptoms beyond typical chest pain is crucial. By raising awareness and dispelling misconceptions, we can ensure that women receive timely and appropriate care, ultimately saving lives. Remember, when it comes to heart health, knowledge is indeed power.



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# Understanding Medicare Coverage For Dental Health

## Addressing Issues Below the Gum Line



By E. Richard Hughes, DDS

One significant aspect of Medicare's coverage for dental services, is the inclusion of certain surgical procedures related to systemic conditions. This means that if an oral issue, such as an infection below the gum line, is contributing to or exacerbating a systemic health condition, Medicare may cover the necessary treatment. For instance, if an untreated dental infection is causing complications for someone with diabetes or cancer, Medicare may provide coverage for the dental services needed to address the infection, thereby helping to manage the individual's overall health.

It's important to note that while Medicare's coverage for dental services has expanded, it still has limitations. Coverage for surgical procedures below the gum line typically falls under Medicare Part A (hospital insurance) or Part B (medical insurance). However, coverage may vary depending on factors such as the specific procedure needed, the individual's health condition, and whether the treatment is deemed medically necessary. Additionally, Medicare Advantage plans may offer more comprehensive dental coverage compared to traditional Medicare plans.

For seniors and individuals with disabilities, understanding Medicare's coverage for oral health is crucial for accessing necessary treatment. Regular dental check-ups and cleanings can help prevent issues below the gum line, but if problems do arise, knowing what Medicare will cover can alleviate financial con-

cerns and ensure timely treatment.

To maximize Medicare benefits for dental service, individuals should stay informed about their coverage options, including any updates or changes to Medicare policies regarding oral health care. Additionally, discussing dental concerns with

healthcare providers and exploring supplemental dental insurance plans can help fill any gaps in coverage and ensure comprehensive care.

In conclusion, Medicare now provides coverage for certain dental services addressing issues below the gum line, such as infections, cysts

and fractures, recognizing the significant impact of oral health on overall well-being. By understanding Medicare's coverage options and staying proactive about dental care, seniors and individuals with disabilities can better manage their dental health and overall quality of life.

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Dr. Smith is a dentist who also specializes in treatment of gum disease, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one likes to go to the dentist, he strives to make your visits as comfortable and pleasant as possible. He strongly believes that value and comfort is an important part of quality dental care.

The right to choose a dentist and provider of care is an important freedom. Referrals from patients and friends of the practice are welcome. We also work closely on referral from your family dentist, but a referral is not required to visit our office. Everyone that is interested in keeping their teeth for a lifetime should see a periodontist for screening.

Dr. Smith's colleagues describe him as a gentle, easy-going person that provides expert care to patients. People come from near and far to experience the comfort of his office and patient-oriented team. He has been consistently voted by his peers a Top Dentist in *Washingtonian Magazine*, and *Northern Virginia Magazine*.

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### Degrees, Training and Certificates:

Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. 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 in 1996. Fellowship in the Academy of General Dentistry and in DOCS, a sedation organization for dentists.

**www.DrKarlSmith.com**

## Rishita Jaju, DMD

**Pediatric Dentistry**



11790 Sunrise Valley Drive  
Suite #105, Reston, VA 20191

**571-350-3663**



### "Loved By Kids, Trusted By Parents"

Dr. Rishita Jaju, a Board Certified Pediatric Dentist, is the founding Dentist of Smile Wonders in Reston, VA.

#### Degrees, Education & Training

She completed her dental education at Harvard School of Dental Medicine in Boston, MA and continued to receive specialty training in Pediatric Dentistry at Children's National Medical Center in Washington, DC where she was appointed as the Chief Resident. She is the only pediatric dentist in the Mid-Atlantic region who has achieved Advanced Laser Proficiency Certification from the Academy of Laser Dentistry and Breastfeeding Specialist Certification.

#### Experience & Expertise

Dr. Rishita is a well-known expert provider skilled in providing specialized care in Pediatric Laser Dentistry since 2007. She enjoys the trust of her peers and colleagues when they refer their most complex cases to her care. Newborns with Tethered Oral Tissues (Tongue-Tie/Lip-Tie), children with special behavioral or medical needs and extensive dental needs that have a difficult time getting access to care have been the driving force for her to start her private practice. She has helped improve the quality of life of her patients including infants as young as 2 days old, who are struggling with challenges of nursing due to Lip or Tongue-Tie issues.

#### Professional Memberships

Dr. Rishita stays involved with organized dentistry and serves as one of the Board Members of Academy of Laser Dentistry. In the American Academy of Pediatric Dentistry, she has not only been selected as a member of the Council of Clinical Affairs but she is also one of the members of the Examination Committee of the American Board of Pediatric Dentistry. She is also an educator and has provided numerous seminars and trainings for introducing and promoting infant oral health, pediatric dentistry and benefits of laser applications to general dentists, pediatricians, lactation consultants, speech pathologists as well as the providers of the Infant Toddler Connection programs.

#### In the Community

Her passion for community service led her to become a volunteer team dentist for Operation Smile Missions to Vietnam and India and help with care for children born with cleft lip and palate.

#### Personal Interests

Dr. Rishita loves going home to her husband, son and 2 maltese puppies - Kaju and Kulfi. She enjoys travelling all over the world and has visited every continent (except Antarctica).

### Smile Wonders (Pediatric Dentistry in Reston, VA)

Whether you're preparing for your child's first visit to our office or looking forward to your child's routine checkup, our top priority is helping children achieve and maintain a healthy, beautiful smile into adulthood. To schedule your child's appointment, call us today at (571) 350-3663. To learn more about the services we offer, please visit our website: [www.SmileWonders.com](http://www.SmileWonders.com).

**www.SmileWonders.com**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Jeffrey L. Brown, DDS

### TMJ & Sleep Apnea Treatment



2841 Hartland Road  
Suite #301  
Falls Church, VA

**703-821-1103**



### Meet Jeffrey L. Brown

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

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

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

#### Degrees & Certifications

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

#### Outside the Office

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

#### Professional Affiliations

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

#### Do you have TMD or Sleep Apnea?

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

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

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

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

## Ike V. Lans, DDS



44110 Ashburn Shopping Plaza  
Suite #166  
Ashburn, VA 20147

**703-729-1400**



### Meet Ike V. Lans

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

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

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

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

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

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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Lynda Dean-Duru, DDS

### Ashburn Children's Dentistry



44025 Pipeline Plaza  
Suite #225, Ashburn, VA

**703-723-8440**

info@kidzsmile.com

#### About Lynda Dean-Duru

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

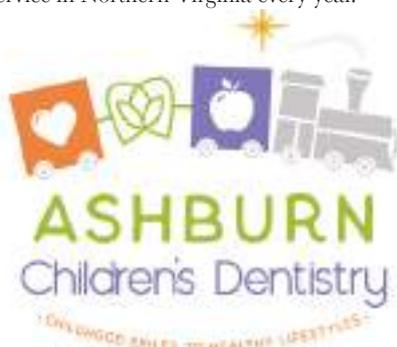
For Doctor Lynda, the pathway to dentistry started during her own childhood experience with a dentist's impact in her native Nigeria. As the eldest of nine children (including seven brothers), she witnessed a total transformation in the health of one of her little brothers after his aches and pains were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

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

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

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

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



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

## Krystle Dean-Duru, DDS

### Ashburn Children's Dentistry



44025 Pipeline Plaza  
Suite #225, Ashburn, VA

**703-723-8440**

info@kidzsmile.com

#### About Krystle Dean-Duru

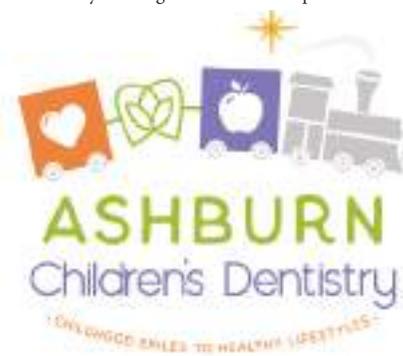
Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn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

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

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

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

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



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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Sylvie Lam, DDS, FAGD

**We Provide a  
Comprehensive Dental  
Experience**

11351 Random Hills Road  
Suite #290, Fairfax, VA

**703-865-6677**

8300 Boone Blvd.  
Suite #140, Tysons Corner, VA

**703-714-7374**



### Meet Sylvie Lam

Dr. Sylvie Lam is dedicated to delivering high-quality, personalized care, influenced by her military and civilian training, emphasizing excellence and integrity. With 13 years of experience in government and private practices, patients appreciate her genuine commitment, upbeat personality, and energy. She graduated from the University of Maryland School of Dental Surgery in 2008 and completed an Advanced Education General Dentistry (AEGD) Residency at Wright Patterson Air Force Base in 2009, followed by service as a dental officer at the Pentagon Tri-Care Clinic. Dr. Lam has spent the last ten years in private practice, focusing on cosmetic, restorative, and rehabilitation treatments.

Before becoming a dentist, she was a licensed CPA, working for national and regional accounting firms. Dr. Lam holds dual B.S. and B.A. degrees in Biology and Accounting from the University of Richmond. She also earned an MBA and a DDS from the University of Maryland College of Dental Surgery in 2008.

In 2019, Dr. Lam received the Fellow Distinction from the Academy of General Dentistry (FAGD), achieved by only 5% of dentists nationwide, signifying her commitment to lifelong learning. She is passionate about enhancing oral health and creating beautiful smiles as an art, as seen in her portfolio of cosmetic and restorative cases.

Dr. Lam is a member of the Academy of General Dentistry (AGD), American Dental Association (ADA), Academy of Cosmetic Dentistry (ACD), and Northern Virginia Dental Association (NVDA). She volunteers her time with dental missions and not-for-profit organizations, including Operation Smile, HOPE for Tomorrow, and the Northern Virginia Dental Clinic.

**SERVICES: Implants • Veneers • Crowns  
Implant Dentures • Zoom Whitening • Invisalign**

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

## Tricia Caldwell Lamb

**Revive.  
Refresh.  
Renew.**



817A King Street  
Suite #300, Alexandria, VA  
**240-579-8319**

Dedicated and Compassionate, Tricia brings to Barjea Skincare a rich career in healthcare spanning over 20 years. Grounded in principles of integrity, quality, and stellar professionalism, she stands as a testament to committed healthcare service — an Air Force Veteran here to serve you in your skincare journey.

But Tricia's approach goes beyond professional expertise. A personal experience stirs the soul of her practice. The studio's name 'Barjea' is a heartfelt ode to her mother, BARBARA JEAN, who fought bravely but succumbed to breast cancer in 2008. Inspired by her mother's unyielding strength, Tricia emboldens her clientele who may be facing similar trials.

Facing the trials of life, like Chemotherapy and Radiation, can take a toll on your skin. But remember, your skincare journey is never about mere appearance. It's about resilience. It's about honoring the strength inside you, reflecting it outside. Even as my mother's skin transformed through her battle, she remained the radiant spirit she was, her strength shining through. You too can face such challenges and emerge stronger, carving your unique skin care journey. Invest in self-care, tend to your skin, and see how it mirrors your inner spirit. Turn your trials into triumphs; let skincare be your silent ally in your life's battles. Start today and reclaim the glow that life tried to dull. You are stronger than you know.

Barjea Skincare isn't just a skincare studio — it's a beacon of care, empowering its clients to conquer their skincare challenges and shine in their unique beauty. Under Tricia's proficient consultation, you're not just receiving exceptional skin care services; you're participating in a legacy of resilience and love.

Let Tricia guide you through your skincare journey at Barjea Skincare, transforming challenges into opportunities for growth. Connect with her today and start writing your own success story in skincare.



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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



Lauren Williamson, Toya Evans, and Chanel Grant, Owners



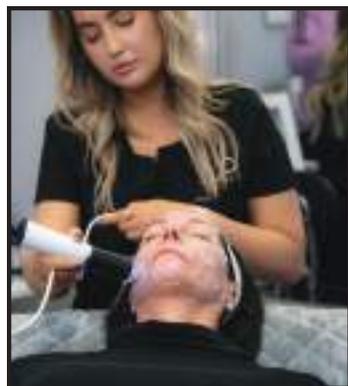
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**Medical Grade**

**Skincare Products:**

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 Woodbridge, VA 22191  
 571-534-0110  
[VIOMedSpa.com/locations/woodbridge](http://VIOMedSpa.com/locations/woodbridge)

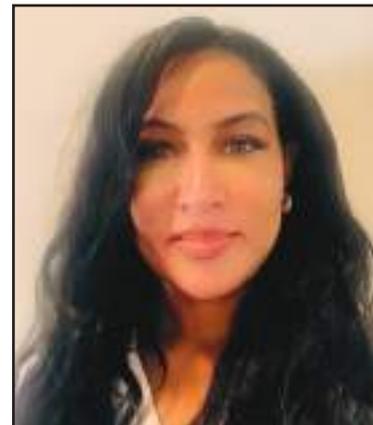
## LaSondra Gray, CMLSO, CLA, PTMA, MBA

**Cosmetic  
 Dermatology,  
 Aesthetics & Wellness**



44125 Woodridge Parkway  
 Suite #220  
 Lansdowne, VA 20110

**703-539-6002**



**Meet LaSondra Gray**

LaSondra Gray, CMLSO, CLA, PTMA, MBA is Northern Virginia's hidden gem and expert in laser technology — from head to toe. She understands and knows the value and benefit that advancements in laser technology have on resolving multiple issues including the elimination of pain. This knowledge has proven invaluable to her as she has traveled the world, training multiple disciplines in the safety and efficacy of laser technology.

Her passion began over 20 years ago when she began working with some of the world's most renowned dermatologists, plastic surgeons and pain management professionals. Her travels throughout the US and internationally allowed her to study under the surgeons and skincare experts from some of the top institutions in the world.

LaSondra has trained and lectured on the safety and efficacy of laser and soft tissue interaction. As a result, LaSondra has received accolades for her efforts in opening and expanding laser centers throughout the world.

She has paired her studies along with her own personal philosophy to become renowned for achieving true, positive, visible results — garnering her some of the most elite clientele in the area. She caters to people who seek exceptional results and services that support a natural, healthy look and lifestyle — today and tomorrow.

**THE WELLNESS  
 CENTER AT REFLECTIONS**

Clients that follow the Wellness Center at Reflections research based program under the guidance and direction of Dr. Lisa Majete are usually able to lose 3-5 pounds the first week and 1-3 pounds every week thereafter. Generally, with type 2 diabetics, we can assist in decreasing the amount of insulin use in 2-3 weeks. We can reverse disease and assist with ceasing medication in some cases.

**We accept  
 most HSA/FSA  
 Plans**

*We take a holistic approach to delivering outstanding results.. INSIDE and OUT!*

*See LaSondra's Ad/Article on page 49*

**[www.ReflectionsImageCenter.com](http://www.ReflectionsImageCenter.com)**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



## ORGANIC SKIN CARE



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

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

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

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## Padmaja Yalamanchili, DDS

### General & Cosmetic Dentistry



10875 Main Street  
Suite #103, Fairfax, VA  
**703-591-4010**

#### Meet Dr. Padmaja Yalamanchili

For over 18 years, Padmaja Yalamanchili, DDS, has been serving patients throughout Northern Virginia with her extensive dental expertise, personalized one-on-one care and state-of-the-art dental technology. She and the entire team at her practice Dr. Padmaja Yalamanchili, DDS, PC in Fairfax, VA are committed to helping patients achieve their healthiest, most beautiful smiles. She is well-reputed in the area, and she emphasizes on preventive dentistry.

Dr. Yalamanchili graduated with her Doctor of Dental Surgery degree from the New York University College of Dentistry in Kips Bay, Manhattan. This prestigious New York City institution is the third oldest dental college in the country and is a global leader in top-tier dental care and innovation.

After earning her degree, Dr. Yalamanchili committed herself to serving patients throughout Northern Virginia with her clinical expertise and personalized care. She offers each patient her extensive knowledge and takes the time to customize a care plan to their specific oral health needs and smile goals. She serves patients of all ages through this tailored one-on-one approach. In fact, the rapport she builds with each patient leaves many fondly referring to her as "Dr. Y."

Dr. Yalamanchili is a member of the American Dental Association, Virginia Dental Association, and Northern Virginia Dental Society.

Dr. Yalamanchili is fluent in English, Hindi, and Telugu. When she's not serving patients, you can find her spending time with her husband and two children, cooking, reading, watching a Bollywood movie, or practicing Bikram yoga.

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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## April Toyer, DDS, FAAPD

**Board-Certified  
Pediatric Dentist**



14573 Potomac Mills Road  
Woodbridge, VA 22192

**703-499-9779**

*"Our #1 priority is our patient's well-being. We implement all the tools available to make sure you have a comfortable experience during your dental visit. While in the dental chair our patients will experience our modern decor and cutting edge technology. Patients will be able to relax with head rest pillows, blankets, noise cancellation headphones, nitrous oxide (laughing gas), and music or a movie of their choice during treatment. We also offer multiple forms of sedation dentistry, a massage feature on adult chairs, digital charts, and low-radiation X-rays."*

### Meet Dr. April Toyer

Dr. April grew up as an "army brat," but resided many years in Bowie, Maryland. She attended the University of Virginia and received a degree in Biology and Bioethics in 2003. There she volunteered at the Charlottesville Free Clinic and developed a love for dentistry. Dr. Toyer attended dental school at the University of Maryland and took part in the Pediatric Dentistry Clerkship program. It was there that she met her husband, Dr. Leonard.

During her summers off from dental school, Dr. Toyer worked for the Department of Education to be surrounded by young smiles. After graduating from dental school in 2007, she attended Howard University for her residency in pediatric dentistry, which she completed in 2009. In her spare time Dr. Toyer enjoys writing, running, and playing the piano.

Dr. April believes that the prevention of dental disease is the best cure. She skillfully delivers restorative care utilizing child-centered behavior guidance and anxiolysis techniques as well as dental outpatient surgery under general anesthesia.

Dr. April became a Diplomate of the American Board of Pediatric Dentistry in 2011, which "certifies pediatric dentists based on standards of excellence that lead to high quality oral health care for infants, children, adolescents, and patients with special health care needs. Certification by the ABPD provides assurance to the public that a pediatric dentist has successfully completed accredited training and a voluntary examination process designed to continually validate the knowledge, skills, and experience requisite to the delivery of quality patient care."



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

## Leonard Toyer, DDS

**Board-Certified  
General &  
Cosmetic Dentist**



Visit our website to read what patients say about Dr. Toyer!

14573 Potomac Mills Road  
Woodbridge, VA 22192

**703-499-9779**

*"Our #1 priority is our patient's well-being. We implement all the tools available to make sure you have a comfortable experience during your dental visit. While in the dental chair our patients will experience our modern decor and cutting edge technology. Patients will be able to relax with head rest pillows, blankets, noise cancellation headphones, nitrous oxide (laughing gas), and music or a movie of their choice during treatment. We also offer multiple forms of sedation dentistry, a massage feature on adult chairs, digital charts, and low-radiation X-rays."*

### Meet Dr. Leonard Toyer

Like Dr. April, Dr. Leonard Toyer grew up traveling as an "army brat." His family finally settled down in Fairfax County Virginia in his teenage years. After high school Dr. Toyer went on to receive his undergraduate degree in biology from Hampton University. Always knowing he wanted to be a dentist, he next attended Virginia Commonwealth University to obtain his Doctorate in Dental Surgery in 2003. Wanting to increase his speed and proficiency in advanced dental techniques, Dr. Toyer then went to the University of Maryland to receive his two year certificate in Advanced General Dentistry, completed in 2005. There he practiced implant placement and restoration, rotary endodontics, hard and soft tissue surgeries, and cosmetic procedures in addition to general dentistry. Since the completion of this program he has been developing his craft as an associate dentist in the state of Virginia for the past seven years. He is an active member in the community where he volunteers his time at local clean-up programs and homeless shelters. He also is involved in youth programs, mentoring students, and participating in scholarship drives with the local chapter of his fraternity Alpha Phi Alpha.

Dr. Toyer is committed to advanced education in his field. He has been trained by the Hiossen Advanced Dental Implant Research & Education Center to become proficient in implant placement and restoration.

#### Areas of Expertise:

- General, Cosmetic & Sedation Dentistry
- Sleep Apnea
- Gum Disease
- Root Canals
- Inlays & Onlays
- TMJ Treatment
- Dental Sealants
- Tooth Extractions
- Invisalign
- Teeth Cleaning
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- Emergency Care
- Zoom! Whitening
- Dental Implants
- Crowns & Bridges
- Veneers & Laminates
- Tooth-Colored Fillings
- Dentures

To learn more about our dentistry services, schedule a FREE consultation online or call our office today: 703-499-9779



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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Marvette Thomas, DDS

Cosmetic Dentistry,  
Invisalign® Platinum Provider

dentalspa



12351 Dillingham Square  
Woodbridge, VA 22192

**703-580-8288**



### Meet Marvette Thomas

Dr. Marv Thomas established the Dental Spa in 2002. She earned an undergraduate degree in Chemical Engineering and later worked as a Nuclear Systems Engineer for three years. Driven towards her passion, she graduated from Howard University College of Dentistry with honors and did an internship at Sloan Kettering Cancer Center in Manhattan, New York in Oral Cancer Reconstruction.

#### PROFESSIONAL MEMBERSHIPS

Fellowship in Sedation Dentistry, The American Dental Association, The Academy of General Dentistry, The Virginia Dental Association, The Northern Virginia Dental Society, The American Orthodontic Society, The Dental Organization of Conscious Sedation.

#### THE DENTAL SPA

The Dental Spa of Virginia has received several awards over the years and was one of the first Dental Spas worldwide and Dr. Thomas has helped other Dental Spas globally in becoming established. Dr. Thomas created this concept to take the fear out of dentistry and to transform the traditional ideas and perceptions of dentistry into a pleasant experience. The Dental Spa concept was written about on the front page of the Business section of the *Washington Post* in May 2007 for the unique services that it gives.

The Dental Spa is not only known for its tranquil environment and anti-anxiety atmosphere, but it is a state of the art modernized facility. It is where Feng Sui and technology comes together. When visiting our office, you will be greeted with sights, sounds, smells, taste and the feel of natural elements. But the operation of the facility does include many of the latest technology devices known in dentistry today to diagnose and treat our patients.

### It's Never Too Late For a Straight Smile

When you hear the word "orthodontics," what comes to mind? Probably a young teenager whose teeth are covered by a latticework of metal. There are indeed many orthodontic patients who fit that description. However, there now exists an increasingly popular alternative to traditional metal braces: Invisalign® clear aligners.

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- A Discreet Look
- More Dietary Choices
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- Teeth-Grinding Protection

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discover your new Invisalign smile!

For the month of April only, The Dental Spa is offering **\$800 OFF** your Invisalign treatment.  
Call 703-580-8288 to learn more!



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

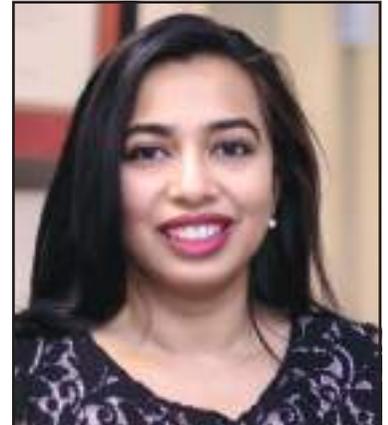
## Swathi M. Reddy, DMD

Orthodontics



9010 Lorton Station  
Boulevard, Suite # 260  
Lorton, VA 22079

**703-337-4414**



### Meet Dr. Reddy, Your Local Orthodontist!

Dr. Reddy has been serving the Lorton area for over 12 years as a full-time orthodontist. She graduated Dental School with high honors from Boston University School of Dental Medicine. She has a deep desire to learn and treat patients in the field of Orthodontics and has pursued further specialty training in the field of Orthodontics and Dentofacial Orthopedics.

Dr. Reddy was invited to join the clinic faculty at UNLV, School of Dental Medicine. Before entering private practice, Dr. Reddy worked as a faculty member at UNLV, School of Dental Medicine, Orthodontics Residency Program.

#### Professional Memberships

Dr. Reddy is an active member of many organizations, including American Dental Association, Virginia Dental Association, American Association of Orthodontics, Southern Association of Orthodontics and Northern Virginia Orthodontic Study Club.

### ALL SMILES ORTHODONTICS

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Dr. Talwar has been trained at leading centers in the world, including the US, England and India. She completed her training and masters in Prosthodontics from the School of Dentistry, University of Maryland. She is Assistant Professor at the Post Graduate Program of Prosthodontics at School of Dentistry, University of Maryland and Clinical Instructor in Prosthodontics and Oral and Maxillofacial Surgery at Johns Hopkins Hospital Baltimore, MD. She maintains her private practices in Virginia - Ashburn and Leesburg.



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### Meet Zina Alathari

**Degrees, Training & Certifications:** Dr. Zina Alathari graduated from Tufts University School of Dental Medicine in 1994. In addition to her general dentistry training, Dr. Alathari takes continuing education each year in advanced clinical procedures and technologies - concentrating on cosmetic dentistry, teeth reconstruction, and pain relief. Her wide range of service to the public has given her experience to understand each patient's individual needs.

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### Meet Narjes Abtahi

With twenty years in practice, Dr. Abtahi is always finding new ways to best accommodate her patients' needs. She not only accepts most insurances, but she has also created a Wellness Plan for patients without insurance and offers Interest Free Financing.

Dr. Abtahi received her Doctor of Dental Surgery (DDS) degree from Virginia Commonwealth University. She transitioned into dentistry with a background in Nursing. She obtained her Bachelor of Science in Nursing (BSN) degree from Georgetown University. Her training in nursing has taught her to look at the overall health of her patients.

Dr. Abtahi is devoted to creating excellence in all phases of patient care. She understands that some patients fear dentistry and she is able to put them at ease with her caring attitude and a gentle touch.

In addition, to ensure patients the highest quality of care possible, Dr. Abtahi continuously pursues advanced training in dentistry and invests in up-to-date Technology. She uses a 3D X-Ray machine for better treatments and Implant Planning, and a couple of scanners to make Same-Day Crowns which mostly can be made in her office with High Tech Milling Machines. Intra-oral Cameras are used daily for better observation of dental conditions to discuss with patients.

Cosmetic Dentistry, Orthodontics, Restorative, Implant Reconstructive Dentistry and Root Canal Therapy are areas of her interests.

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## Lida Vargas, DDS

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### Meet Lida Vargas

Dr. Lida M. Vargas graduated from University Del Bosque, Colombia, South America, in 1994. She then attended dental school at the University of Maryland at Baltimore (UHAB), graduating in 2005. Dr. Vargas received two years of training with implant seminars and has advanced training in CEREC® and Invisalign®. She also has a certificate with Progressive Orthodontics (POS). Dr. Vargas has been practicing in the area for more than 20 years and is a member of the Academy of General Dentistry and the American Academy of Cosmetic Dentistry as well. Her goal as a dentist is to provide dental services in a different and relaxed environment for patients of all ages. The patient's needs always come first.

Continuing education is necessary in Virginia every year, as we need to update in areas like orthodontics, surgery, CEREC, and the Sirona cone beam. Dr. Vargas is an honorary member of Who is Who in Dental Professionals and Northern Virginia Top Doctors. She is also an Invisalign Preferred Provider and has received the CEREC specialist award and has certifications in CEREC CAD/CAM single visit dentistry and diagnostic and CEREC CAD/CAM guided surgery implant training.

Dr. Vargas also offers regenerative medicine and is certified in Dr. Miron PRFedu Platelet Rich Plasma fibrin in facial cosmetics and has a certification in Cleopatra technique TM PRF for facial cosmetics as well. She is a specialist in laser dentistry and has a Fotona PHAST certification in General Dentistry, Endodontics and Periodontal Dentistry as well. She effectively treats sleep disorders via her certification in Fotona Nightlase TM which is highly effective for the treatment of snoring and sleep apnea.

Additionally, Dr. Vargas received her certification for the Smoothlase TM which is utilized for the treatment of fine lines in the perioral area. She also has achieved the Dr. Harvey Shiffman Advance Laser Cosmetics Certification, Dr. Terry Alford and Larry Lieberman Mastery in Laser Cosmetics and Photobiomodulation and she completed her masters degree in Laser Dentistry from Slovenia in October 2022.

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# Unlocking the Power Of Lymphatic Drainage A Vital Component Of Holistic Health

Submitted By  
Luminary Beauties

ternal factors such as massage to propel lymphatic fluid throughout the body.

### The Importance Of Lymphatic Drainage

The lymphatic system, often referred to as the body's drainage network, plays a crucial role in maintaining overall health and well-being. Lymphatic drainage is a therapeutic technique that has gained popularity for its ability to optimize the function of this intricate system. In this article, we will explore the significance of lymphatic drainage and its impact on our health.

Lymphatic drainage is a therapeutic technique designed to stimulate the flow of lymphatic fluid, promoting the efficient removal of waste and toxins. This gentle massage technique involves rhythmic, circular motions that target specific lymph nodes and pathways. By enhancing lymphatic circulation, this therapy contributes to improved immune function, reduced inflammation, and overall detoxification.

### Understanding the Lymphatic System

The lymphatic system is a complex network of vessels, nodes, and organs that work together to remove waste products, toxins, and excess fluid from the body. Unlike the circulatory system, which relies on the heart's pumping action, the lymphatic system depends on muscle contractions and ex-

### Health Benefits Of Lymphatic Drainage

**Immune System Support:** A well-functioning lymphatic system is vital for a robust immune response. Lymphatic drainage helps remove pathogens and facilitates the trans-

Please see "Lymphatic," page 46

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# Lasting Change The Power Of Intrinsic Motivation and Coaching



By Rose Ferguson, C. Ht.  
Integrative Hypnotherapy

sible aspect of our lives, only to find ourselves right back where we started a few months later.

This cycle sometimes begins because we abruptly decide to make a change, without really examining why that change feels important to make. Other times we're making a change that we believe someone else wants us to make, rather than one that holds value for us.

Our motivations need to be intrinsic rather than dictated by outside influences. Once we understand where we want to go and why, we can start to formulate a plan to get there. Looking at our long term goal and breaking it down into bite-sized pieces can make goals feel more achievable.

Coaching can help you discover what habits and changes are aligned with your values, and which may not

Often when we decide we want to make a change in our life, we do it spontaneously and without much planning. We see a photo of ourselves we dislike, someone dumps us because we're a smoker, or we get really ill and decide: this is the last straw! We then make drastic changes to every pos-

Please see "Motivation," page 46

# UltraSlim

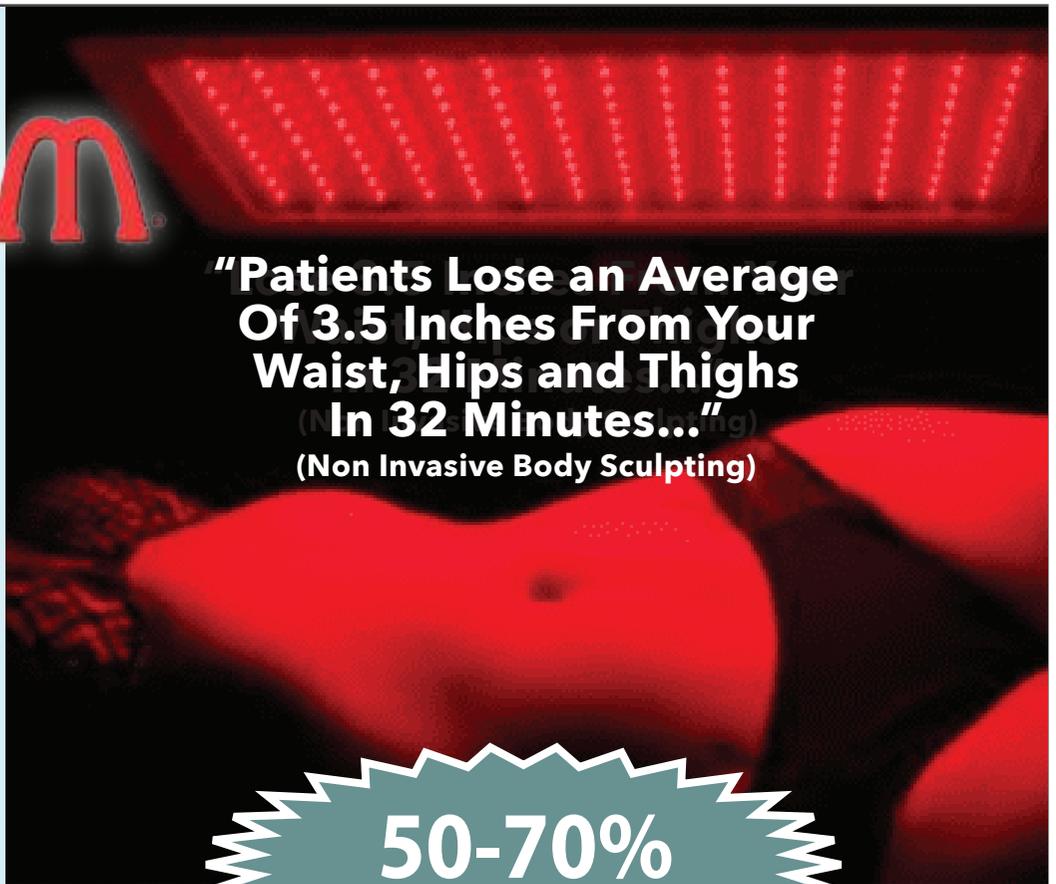
What were your goals at the beginning of the year? Have you met your goals? Are you moving in the right direction? Is it hard to stay on track?

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

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

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

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



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# Post-Laminectomy Syndrome When Back Surgery Fails



By Madhavi Chada, MD  
Synergy Spine and Pain Center

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

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

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

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

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

*Please see "Back Surgery," page 46*

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By Swathi Reddy, DMD  
All Smiles Orthodontics

# Great Smiles At Any Age

balanced smile. A smile with beautifully aligned teeth will definitely make a better first impression.

Over the past several years adult orthodontic therapy has increased in popularity. Oral health awareness, longer life expectancy and higher quality of life play into this trend. A study conducted in March, 2010 by Michigan's Wayne State University, concluded that people with bigger smiles may actually live longer.

Adults want and expect to pre-

serve their natural teeth and maintaining what we have has become more important than ever. According to the American Association of Orthodontics, from 1994 to 2004 there was a 37% increase in adult patients, and the percentage keeps increasing. Some famous adult orthodontic patients who improved their smiles include Tom Cruise, Kelly Brook, Diana Ross, Whoopi Goldberg, Dr. Joyce Brothers, Nicolas Cage, Venus Williams, Cher and the list goes on.

Tom Cruise got his braces when he was 40 years old and filming *Minority Report*. Check out his smile in *Rain Man* or *The Firm* and compare to post-braces Tom in *Valkyrie* or *Tropical Thunder*.

The biological process involved in tooth movement is the same in both adults and children. As long as the periodontium (supporting bone and

gums) is healthy, teeth will respond to orthodontic treatment. With all the recent innovative advancements in orthodontics, wearing braces has never been easier.

The newer appliances greatly reduce discomfort, decrease the frequency of visits and shorten treatment time. Adults have many treatment options available now. Modern metal braces are smaller in size, less visible and more hygienic.

Aesthetic clear braces and lingual braces are another very popular option. Some patients may even be candidates for treatment with Invisalign.

So if you are an adult with orthodontic needs, don't wait. To learn more, call an orthodontist experienced in all the newest innovative technology. Most orthodontists offer complimentary consultations.

Your smile is one of the first characteristics noticed by others and it is never too late to create a beautiful and

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## Ensuring Healthy Smiles and Sound Sleep For Your Child



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

Pediatric OSA, a condition where the airway is partially or completely blocked during sleep, is often caused by enlarged tonsils or adenoids and a lack of tongue space. It differs from adult OSA, as it may manifest alongside behavioral issues and daytime sleepiness in children.

### The Importance Of Proper Sleep and Open Airways For Children

During the first 18 months of a child's life, crucial growth and developmental milestones occur, many of which are related to facial development. Ensuring proper breathing is essential for a child's health and development, impacting facial features, jaw development, and overall growth. Mouth breathing can set off a chain reaction of issues, altering the growth of the lower and upper jaws, midface, and nasal bones, ultimately affecting the child's facial balance.

### Pediatric Sleep-Related Breathing Disorders (SRBD) & OSA Symptoms

Children with SRBD may present a range of symptoms, including:

- Difficulty falling or staying asleep
- Sleepwalking, night terrors, and other parasomnias

Proper breathing during sleep is crucial for the overall well-being of children, yet many parents may not be fully aware of potential issues related to Sleep-Related Breathing Disorders (SRBD), which includes pediatric obstructive sleep apnea (OSA).

SRBD refer to disturbances in normal breathing patterns during sleep, ranging from common snoring to more severe pauses in breathing known as apnea events. These interruptions can lead to sleep deprivation and a variety of health complications. In the case of children, untreated SRBD can result in developmental, behavioral, and emotional challenges, potentially leading to conditions like allergies, ADD/ADHD, and depression.

Please see "Healthy Smiles," page 47



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# The Revolution of Robotic Surgery In Colorectal Procedures

## *Smaller Incisions, Faster Recovery*

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

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

### The Robotic Revolution

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

### Minimal Incisions, Maximum Benefits

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

### Reduced Risk Of Complications

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

### Swift Recovery

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

### Personalized Care

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

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

### Looking Ahead

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

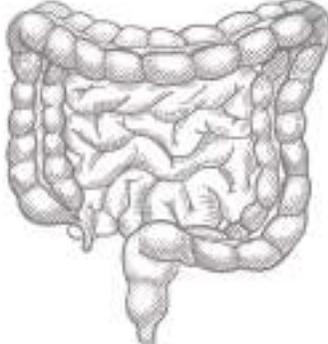
Robotic surgery has ushered in a new era of colorectal procedures,

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



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and prevent dis-ease. Promoting smooth, unobstructed flow of *Qi* is essential in improving health and well-being.

## Ways Acupuncture Can Support Women's Health

**Menstrual Issues:** Acupuncture allows blood to flow more freely, helping to regulate cycles and alleviate pains associated with menstruation such as cramps, headaches, fatigue, and swelling. It can also help with conditions such as endometriosis, PMS, and other menstrual irregularities.

**Menopause and Perimenopause:** Eastern Medicine is proven very effective in treating the hormonal fluctuations that occur with menopause. From hot flashes and night sweats, to heart palpitations, anxiety and vaginal dryness, acupuncture offers a safe, and natural solution for women experiencing these symptoms.

**Fertility:** Studies have shown that acupuncture treatments help promote relaxation, reduce stress, and direct blood flow to the reproductive organs by balancing the endocrine system and regulating the nervous system.

**Pregnancy and Postpartum:** Acupuncture can help relieve morning sickness as well as low back and pelvic pain associated with pregnancy. Treat-

ments are also effective when it comes to postpartum support – increasing milk supply and treating postpartum depression.

**Skin Rejuvenation:** By generating a supply of fresh blood and oxygen to the face and entire body, acupuncture stimulates the lymphatic and circulatory systems and nourishes the skin from the inside out.

**Sleep Disturbances:** Research studies have shown that acupuncture is proficient in improving quality and duration of sleep.

**Mental Health:** Acupuncture treatments help with managing stress, lowering blood pressure, easing anxiety and panic attacks as well as feelings of depression. It can be just as effective as antidepressant medications without any of the side effects.

**Pain Relief and Addiction Recovery:** Clinical studies indicate that acupuncture has been helpful in reducing pain in those experiencing migraines, digestive issues, physical sprains and strains, TMJ, allergies and a plethora of other pain-related issues. It is also effective in treating the challenges of dependencies and cravings, helping to let go of addictive habits and behaviors.

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

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

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

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

# BACK SURGERY

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

## Interventional Treatments

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

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

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

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

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

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

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

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

# LYMPHATIC

portation of immune cells, enhancing the body's ability to defend against infections.

**Detoxification:** The lymphatic system acts as a natural detoxifier, clearing metabolic waste and toxins. Lymphatic drainage aids in this process, reducing the burden on organs like the liver and kidneys.

**Reduced Edema and Swelling:** Individuals experiencing edema or swelling, often associated with surgery or injury, can benefit from lymphatic drainage. The massage helps to alleviate fluid retention and promote faster healing.

**Improved Skin Health:** Lymphatic drainage contributes to healthier skin by promoting the elimination of toxins and improving nutrient delivery to skin cells. This can result in a more radiant complexion and a reduction in skin conditions such as acne and eczema.

## Incorporating Lymphatic

# MOTIVATION

be relevant for your life. Working with a health and wellness coach can help you reverse engineer your goals by focusing first on your wellness vision. Where do you want to be, and why?

To discover your values, you can make a list of what is a priority in your life. Write down everything that's important to you. Ask yourself questions like, "what's important in my life?" Your list might include family, faith, flexibility, happiness, personal growth. Ask yourself why something feels important to you.

Starting with smart, achievable goals helps to ensure we don't get frustrated and slide back to our old habits. A skilled coach can help you

## Drainage Into Wellness Practices

Lymphatic drainage can be administered by trained therapists or practiced at home through self-massage techniques. It complements various wellness practices such as yoga, exercise, and a healthy diet. While it is generally safe, individuals with certain health conditions should consult a healthcare professional before incorporating lymphatic drainage into their routine.

As we delve deeper into the interconnectedness of bodily systems, the role of the lymphatic system becomes increasingly apparent. Lymphatic drainage emerges as a valuable tool in promoting optimal health by supporting immune function, facilitating detoxification, and addressing a range of health issues. Whether used as a standalone therapy or integrated into a holistic wellness routine, lymphatic drainage is a powerful ally in the journey towards overall well-being.

formulate goals that are realistic for your life and provide accountability to keep you on the path to health.

Working with a coach offers a safe space for your goals, dreams, and fears. Even the most well meaning friends and family can impose negativity on our plans. A coach is there to support you with no judgment. Coaching can be helpful for anything from weight loss, fitness goals, work/life balance, relationship strategies, or stress management.

A healthy lifestyle is crucial for avoiding chronic disease. What a gift to give yourself to get some guidance and support when building healthier habits.



- Excessive daytime sleepiness
- Mouth breathing, dry lips, bad breath
- Dark circles under the eyes
- Tonsil and adenoid problems
- Snoring
- Teeth grinding
- Bed-wetting
- Inner ear infections
- Limited tongue/lip mobility
- Hyperactivity
- Difficulty concentrating
- Selective eating habits
- Bedwetting

In the case of pediatric OSA, symptoms may involve snoring, breathing pauses, restlessness, and coughing or choking episodes during sleep.

### Dentist's Role

Contrary to conventional belief, pediatric dentists with specialized training are well-equipped to address symptoms related to sleep and airway conditions. The airway, mode of breathing, and malocclusion are

closely interconnected and should be addressed early and holistically by dentists. Advanced technology, such as cone beam 3D imaging, allows dentists to effectively diagnose airway issues and guide proper growth and development. Early intervention is essential in guiding proper growth and development.

Convenient at-home sleep study tests are now available to diagnose pediatric sleep apnea and breathing issues. These tests provide comprehensive, accurate data for proper diagnoses.

Treatment goals encompass the elimination of detrimental habits, guiding optimal cranial, jaw, and facial development, preventing dental misalignment, and enhancing airway health and oxygen sufficiency. Various therapies, including oral appliances, myofunctional therapy and positive airway pressure therapy, can effectively alleviate symptoms.

# Do You Need a Smile Makeover?



By Marvette Thomas, DDS  
The Dental Spa

The practice of dentistry encompasses an amazing array of services and procedures, all with a common goal: to help you to preserve your natural teeth as long as possible, ensure your oral health, and keep you looking and feeling great throughout life.

There's so much that can be done these days to improve the appearance of a person's smile – at any age. From powerful, professional whitening treatments to amazingly realistic porcelain veneers to state-of-the-art dental implants, there's a wide range of exciting possibilities.

The first step in any smile makeover is a thorough dental examination to make sure that your cosmetic problems really are just that, and not a sign of underlying dental disease. Once your health has been established, your smile can be cosmetically enhanced in a variety of ways.

### Cosmetic and General Dentistry Procedures

Modern dentistry offers a wide range of services to make sure your teeth stay healthy, function well and look great. These procedures include:

- **Cosmetic Bonding** – to repair small chips or cracks
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- **Dental Implants** – for the longest-lasting tooth replacement available today

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- **Teeth Whitening** – to brighten a faded or discolored smile
- **Tooth-Colored Fillings** – for a completely natural, healthy look
- **Tooth Decay Prevention** – so you keep your natural teeth as long as possible

### Your Smile Makeover

The most important job you have as a member of your own smile makeover team is to communicate exactly what you don't like about your smile and how you'd like it to be different. Before the first consultation, give some thought to the following questions:

1. What do you like or dislike about the color, size, shape and spacing of your teeth?
2. Are you pleased with how much your teeth show, both when you smile and when your lips are relaxed?
3. Do you want teeth that are perfectly aligned and a bright "Hollywood White," or would you prefer a more natural look with slight color, shape and shade variations?
4. Would you like more or less of your gums to show when you smile?

It is extremely helpful for you to bring in pictures you have collected – of smiles you like, smiles you don't like, and/or photos of the way your own smile used to look, if that's the result you're aiming for. Now is the time to get started on creating a smile that will make you feel as good as you look.

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By LaSondra Gray  
CMLSO, CLA, PTMA, MBA  
Reflections Image Center  
& Skin Care Institute

# Complexion Analysis: A New Era in Skincare

they surface visibly, individuals can take proactive steps to mitigate future skin concerns, preserving their skin's health and vitality. Moreover, the precision of this technology allows for the tracking of skin changes over time, offering a tangible measure of treatment efficacy and guiding adjustments for optimal results.

## Empowering Through Education

Complexion analysis also serves an educational purpose, offering individuals a deeper understanding of their skin's condition and the external and internal factors affecting it. This

knowledge is empowering, enabling people to make informed choices about their skincare routines and lifestyle habits that contribute to their overall skin health.

## A New Era In Skincare

The advent of complexion analysis marks a new era in personalized skincare, shifting the focus from a one-size-fits-all approach to a tailored strategy that acknowledges the uniqueness of each individual's skin. As we continue to embrace and refine this technology, the potential for further advancements in skincare customiza-

tion and effectiveness is boundless.

For those intrigued by the promise of personalized skincare, exploring the possibilities offered by complexion analysis could be the beginning of a journey to achieving not just better skin, but a deeper connection and understanding of one's own body. In the landscape of modern dermatology, it represents not just an innovation, but a fundamental shift towards more informed, effective, and personalized skincare—a vision where the true potential of each individual's skin can be unlocked and nurtured to its fullest.

In the realm of dermatology and skincare, the quest for perfection is a journey unique to every individual. As a subject matter expert, I'm here to illuminate the transformative power of advanced complexion analysis—a tool that has revolutionized our approach to skincare by offering an unprecedented level of customization and effectiveness. This technology is not just an advancement; it's a leap towards truly understanding and addressing the myriad of skin concerns that individuals face daily.

## Unveiling the Layers: The Science Of Complexion Analysis

At its core, complexion analysis technology is a marvel of modern dermatology. Employing sophisticated imaging techniques, it allows us to delve beneath the skin's surface, unveiling intricacies invisible to the naked eye. From assessing the severity of pigmentation, fine lines, and wrinkles to detecting underlying sun damage and evaluating pore sizes, this comprehensive approach provides a detailed skin health report card. By quantifying these parameters, we can tailor skincare treatments to the individual's specific needs, making every recommendation as unique as the person it's for.

## Bespoke Skincare: Beyond the Surface

The beauty of complexion analysis lies in its ability to transform the skincare regimen from guesswork to precision. It empowers skincare professionals to move beyond generic solutions, crafting bespoke treatment plans that target the root cause of skin issues rather than just the symptoms. This level of personalization ensures not only the effectiveness of treatments but also significantly enhances patient satisfaction and outcomes.

## Prevention, Preservation, and Precision

Perhaps one of the most compelling advantages of complexion analysis is its role in preventative skincare. By identifying potential issues before



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- June** ***PAIN MANAGEMENT and REHABILITATION*** – Professionals to help you and your family with chronic pain. Chronic pain is debilitating with significant consequences for the sufferer, their loved ones and their employers. Educating people about pain and where they can get help. **Will include Profiles from your Local Pain Management Health Professionals.**
- July** ***MEET YOUR LOCAL HEALTH PROFESSIONALS*** – Biographical profiles of a wide variety of local health professionals (Primary Care, Specialists, Integrative, Fitness, and more), highlighting their credentials, expertise, education, practice philosophy, areas of interest, and more!
- August** ***WOMEN'S HEALTHCARE and WOMEN IN HEALTHCARE*** – All the information women need about health, plus profiles to highlight the important women involved in all areas of healthcare – from physicians and nurses to pharmacists and office support staff. **Will include Profiles from your Local Women Healthcare Professionals.**
- September** ***DENTAL HEALTH and WEIGHT CONTROL, EXERISE AND NUTRITION*** – Dentists, Cosmetic Dentistry, TMJ, Periodontists, Orthodontists, Oral Surgoens, Endodontists, and more! Because everyone needs a dentist! **Will include Profiles and Information from your Local Dental Health Professionals.**

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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.

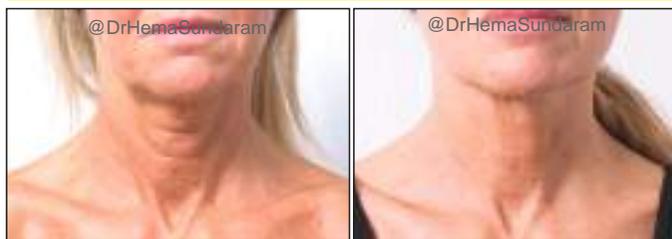
**Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology**  
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

- 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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Before & After Nonsurgical Neck Restoration



Before & After Facial Contouring

*Through commitment to research and education, Dr. Sundaram has been involved in pivotal studies of many of the advanced aesthetic technologies available in North America, and teaches them nationally and internationally to dermatologists and plastic surgeons*

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