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Pervasiveness Of Pain

By Deeni Bassam, MD, DABPM
The Spine Care Center

The International Association for the Study of Pain defines pain as "an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage".

Webster's dictionary defines pain as "localized physical suffering associated with bodily disorder (as a disease or an injury); also a basic bodily sensation induced by a noxious stimulus, received by naked nerve endings, characterized by physical discomfort (as pricking, throbbing, or aching), and typically leading to evasive action."

As one can see, coming up with a sensible definition of pain may be difficult but for the individual patient suffering from chronic pain the definition becomes quite easy.

Pain is the single most common reason for a visit to the doctor. The American Pain Foundation estimates that there are 50 million people suffering from chronic pain each year. The rates of chronic pain in the elderly approach 50%.

Pain is the single most common reason for a visit to the doctor.

When considering both the direct costs of chronic pain (doctor visits, medications, treatments, hospitalizations, etc.) along with the indirect costs, such as lost productivity, the total cost of chronic pain to society has been estimated to be around $100 billion per year. When one further considers that each chronic pain patient is likely close with and sometimes dependant on at least two other people then the total number of people affected by chronic pain reaches 150 million; a figure that is approximately half of the total U.S. population.

Acute pain is often an important warning sign that something is wrong. It is almost always a signal of some underlying pathology that may need medical attention. On the other hand, chronic pain (that lasting greater than six months) does not always have an underlying or easily discernible pathology. It can persist long after the offending insult has been removed or cured.

Often, the dysfunction in chronic pain lies in the nervous system itself and cannot be detected on conventional imaging such as MRI. This can lead to a great deal of frustration on the part of the patient, as well as loved ones and healthcare providers.

Most often, successful treatment of chronic pain will employ multiple modalities including pharmacological, physiological, psychological, and interventional in order to address the multiple causes and effects of daily persistent pain. A balanced approach without over-reliance on any one tool leads to the best outcomes.

The time to talk with your physician about your pain is when that pain consistently interferes with your ability to perform simple daily tasks such as bathing or cooking.

Treatments exist which can lessen your suffering, allowing you to get back to the tasks at hand in daily life.

Back Pain?
Back and neck pain *can* be treated.
Spine Care Center Spine Care Associates
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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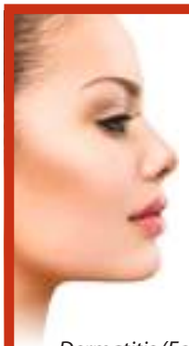

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Botox: How, Why and When?

By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

Botox has now overtaken Viagra to become the most publicly recognized medical treatment.

Did you know that, in addition to its much advertised wrinkle-smoothing effects, Botox is approved to treat many non-cosmetic conditions? These include cerebral palsy and neck spasms (cervical dystonia) as well as lazy eye, overactive bladder, and excessive sweating (hyperhidrosis).

The primary action of Botox is to relax overactive muscles. Its safety and effectiveness have been studied over the past 40 years.

When Botox is used for wrinkle-smoothing, it rebalances facial muscles that have become overactive with age. There are now three other treatments that work in the same way – Dysport, Xeomin and Jeaveau (Newtox). The American Board of Medical Specialties recognizes board certified dermatologists, plastic surgeons, facial plastic surgeons and oculoplastic surgeons as the core four aesthetic specialists who are qualified through their training and knowledge to be performing all cosmetic procedures including Botox, Dysport, Xeomin and Jeaveau.

These days, many men and women are having Botox treatment. In 2017, over 1.5 million injections were carried out, and this number rises every year. When performed properly, Botox should look completely natural and never give you a "frozen face." The key to natural-looking results is to consult an expert.

The most expert doctors are national and international teachers at dermatology and plastic surgery academies and researchers for the clinical trials that bring new treatments to

Please see "Botox," page 53

5 Cosmetic Surgery Procedures For Women

By Joseph M. Arzadon, MD, DDS
Northern Virginia Surgical Arts

Cosmetic surgical procedures enhance and reshape structures of the body to improve appearance and confidence. Any healthy individual with a positive outlook and realistic expectations is an appropriate candidate for cosmetic surgery.

According to the American Society of Plastic Surgeons (ASPS), 18.1 million people underwent surgical and minimally invasive cosmetic procedures in the United States in 2019. Cosmetic surgical procedures have been on the rise in the U.S. over the past 5 years, and it's easy to see why – new technology and medical capabilities improve by the day, offering patients better, faster, and safer options.

With this month's focus being women's health and beauty, this article will discuss a few procedures that are popular among the female population:

Browlift/Forehead Lift: As a person ages, facial skin loosens and

Please see "Cosmetic Surgery," page 53

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.

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Jacqueline D. Griffiths, MD

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

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

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

In addition to offering CustomVue LASIK and EpiLase, NewView offers CK℠, 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 member 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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Your Health Magazine is on a mission. There are far too many people, insured or not, who do not go to the doctor when they should, and in millions of cases, don't know who they should go to, or why.

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Active Care Chiropractic
& Acupuncture

Housework Injuries
Low Back Pain and Knee Pain

Patients often visit their doctor due to housework accidents. As people stay home much longer than usual since this pandemic started, it has increased more than usual. People get injured with sprains and bruises by falling, overuse, repeated motions, and heavy lifting. There are some other cases including cuts, burns, and concussions.

The CDC reports that unintentional injuries are the leading cause of death for Americans under the age of 45. Also, it states that our homes are where we feel most comfortable, and they are also where many accidents happen.

The most common yard work injuries are low back pain and knee pain.

One of the most common complaints following a few hours of yard work is lower back pain. There are many yard activities that we do like weeding, mowing, digging, planting, and mulching. These can hurt our body if you are not careful, and it is easy to strain or pull the muscles in your back.

There are some cautions that we can consider for preventing lower back pain.

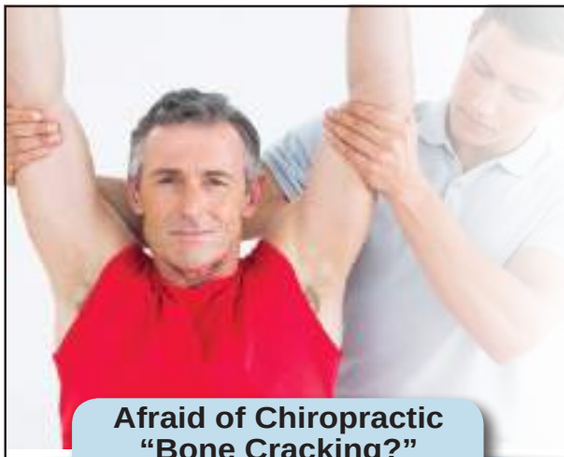
- **Warming up:** Take a few minutes to warm up your muscles by doing some exercises.
- **Hydrating:** Muscles need water to function and adequate water levels in your body can help prevent the onset of muscle cramps or spasms and help prevent dehydration.
- **Mixing it up:** Better keep changing and taking a turn on each work activities. Do not continuously perform any one activity for a long period.
- **Proper posture:** Leaning forward as you push the lawn mower can strain your back. Be sure to maintain proper posture and push with your arms and legs instead of your back.
- **Weeding:** Bending over at the waist for prolonged periods can cause your back muscles to start complaining. Better to try kneeling on a mat or siting directly on the ground instead if possible.
- **Lifting carefully:** When lifting bags of dirt or mulch. Please keep your back straight and bend with your knees and hips when reaching down if possible.
- **Taking breaks:** Taking your time will make it less likely for injuries to occur. Pushing yourself to the point of exhaustion can cause you to get injured.

The knee is the largest joint in the human body. Since the knee supports nearly the entire weight of the body, it is one of the most susceptible to injuries. Gardening can cause knee bursitis. Prolonged or repetitive kneeling can also cause knee inflammation.

If you do suffer with knee pain, particularly after gardening, it can help to ease discomfort if you put an ice pack on your knees. You need to remember RICE: Rest, Ice, Compression and Elevation. Ice is thought to act by reducing blood flow and thereby reduces inflammation around the joint.

There are some cautions that we can consider for preventing knee pain.

- **Warming up:** You can stretch your leg muscles before and after gardening.
- **Wearing knee pads:** Knee pads are especially useful and good for cushioning your knees against any pressure or impact.
- **Proper posture:** Preferred work positions would be having one knee on the ground, working on hands and knees using a kneeling pad, or sitting on a chair or stool. If you use a chair or stool, place it close to the area where you are working and use long handled tools to avoid straining the upper body.
- **Taking breaks:** Take frequent breaks and rotate jobs so that your back or knees are not strained for long periods of time.



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WHY THE BATHROOM IS THE MOST DANGEROUS ROOM IN THE HOME FOR SENIORS…

…and how to make it safer

By Jim Bland
Long Baths
Director: Aging in Place Services

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Preventing Senior Falls at Home

According to the CDC and the National Council for Aging Care falls are the leading cause of fatal injuries for seniors today!

And for those who do survive, 50% never regain their independence resulting in them losing their ability to live at home, participate in activities, or enjoy the quality of life they had prior to falling.

Over 85% of these falls occur in the bathroom while trying to climb in and out of the old antiquated climb over bathtub, loosing balance when using the toilet, or simply slipping as a result of inadequate slippery flooring.

Fortunately, so many of these falls are preventable by making some home modifications such as replacing the climb over bathtub with a safe and beautiful walk in shower or walk in tub, installing grab or flip bars at toilets, and having slippery flooring treated with non-slip applications or replaced with non-slip flooring.

In addition to saving lives or preserving a senior's wellbeing, these modifications can also be a good investment as today's home buyers prefer a walk-in shower over a bathtub. According to *HGTV* homeowners who update their bathrooms recoup more than the investment. Updated homes are also much easier to sell.

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Looking For A New Approach To Boost Your Mental Health?

By Sarah Shores
Warrenton Wellness

Relaxing and letting go of the stressors in life is always good for your mental health. But what happens when it becomes so hard to relax you cannot let go? That is where visiting a Blu Room can help. The atmosphere in a Blu room is designed to insulate you from the outside world to allow you to relax and let go of the daily stressors. Putting it another way, the Blu Room provides the atmosphere where your brain is not busy responding to the stimulus of the everyday environment.

Relaxing and letting go of the stressors in life is always good for your mental health.

The 20-minute session uses selected music with healing frequencies and Narrowband Ultraviolet B (UVB) light to relax and calm your mind. When you experience tranquility and peace, your mind has a wellbeing that is transmitted to your body. When you consistently experience a sense of wellbeing over time, it affects the body like sunlight upon a flower in the morning.

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According to the American Association for Depression and Anxiety, major depression can affect 3-5% of people and the lifetime risk of experiencing major depression is 17%. We know depression has many causes, but in some cases it can be linked to low vitamin D levels. As early as the time of Hippocrates, about 2,500 years ago, he observed that those in a sunnier climates were happier than those in more northern less sunny climates. While sunlight has both UVA and UVB rays, it is the UVB rays that stimulate the production of vitamin D. The Narrowband UVB lights in a Blu Room are the type of light that stimulates vitamin D production when it touches your skin.

A balanced mental health perspective is the ability to not just survive life but to enjoy it. Sometimes the added boost of relaxing in a Blu Room is the best way to greet the Spring with a new attitude.

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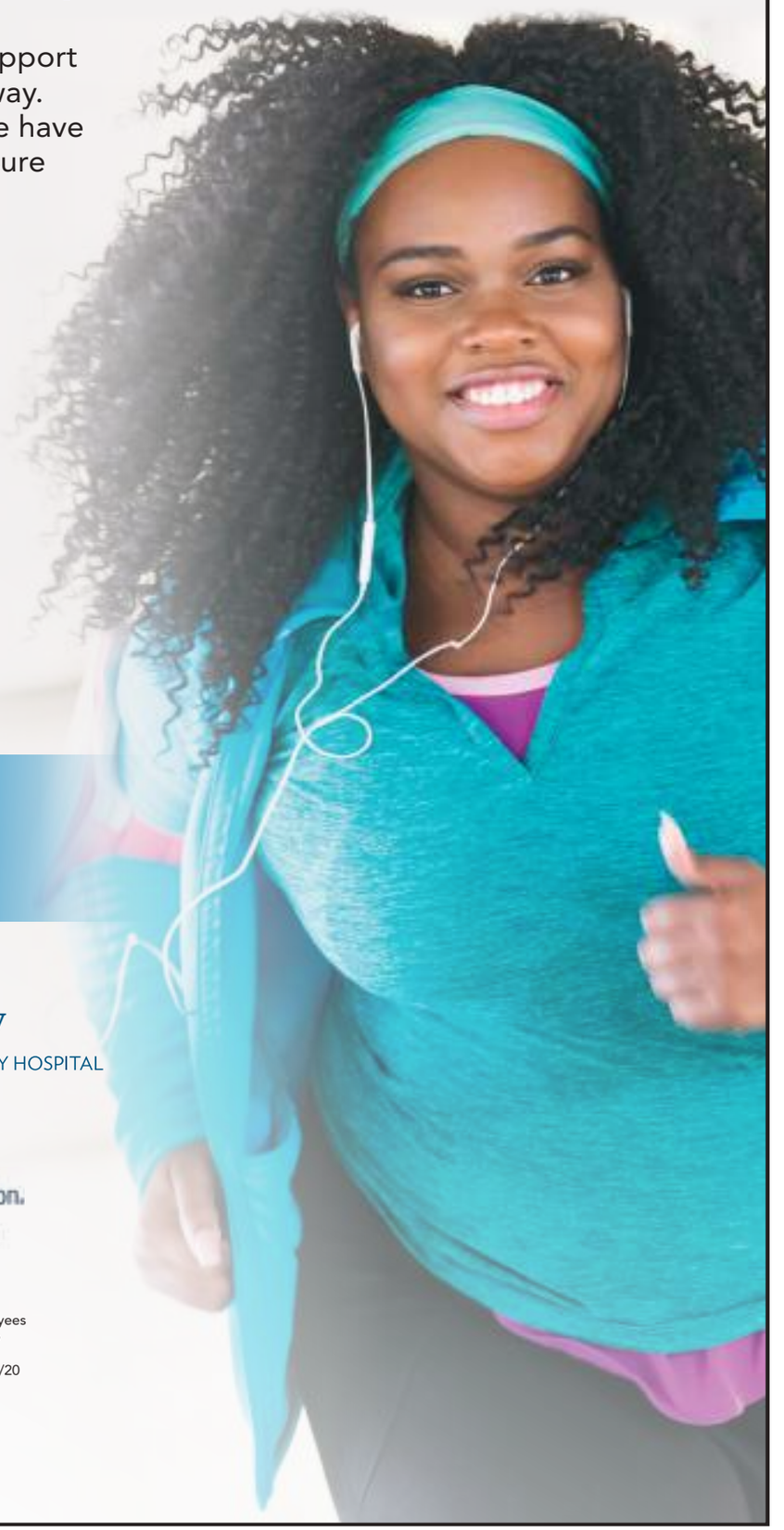

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5 Tips For Preventing and Easing Back Pain

By Mudit Sharma, MD, FAANS
Neurological Surgery
Virginia Spine Specialists

Suffering from back pain can leave you feeling helpless. The aches, pains, and stiffness can be debilitating, and all you want is relief.

If you are experiencing spine discomfort, it is very important to see a top spine doctor immediately. A back specialist is the only one who can diagnose and treat your pain with success.

However, you can stop feeling helpless by taking the following steps to prevent and alleviate back pain. While not a substitute for professional treatment, these tips can become tools in your fight against spine pain.

1. Consider alternative methods of reducing back pain, such as deep breathing. Put yourself into a relaxed, reclining position in a dark or dim, quiet room. You can either close your eyes or focus on a point. Begin slowing down your breathing, and breathe deeply, using your chest. If your mind wanders, think of a word, such as "calm", to center yourself. Breathe in and out slowly, and stay in this relaxed state for at least 5 minutes. This technique can be used alone, or to prepare yourself for those that follow.
2. Protect your neck and spine. Always wear a helmet when riding a bicycle or motorcycle, when participating in activities or sports such as football, or rock climbing, and when working or walking around a construction zone.
3. Add yoga to your exercise routine to keep your back strong and flexible. Downward Dog is a spine-friendly yoga pose to try. This classic yoga pose can strengthen your lower back and improve your posture plus it's easy for beginners. Start out on your hands and knees, and walk your hands out so that they are just in front of your shoulders. Curl your toes under, and push your body up, lifting your bottom toward the sky and straightening your legs. Try to straighten your back and pull your shoulder blades together. Let your head hang neutrally, and use your thigh muscles to support your back. This position can be held for as long as you find it comfortable.
4. Avoid accidents by safeguarding your home. Secure rugs and loose electrical cords, put away toys, use safety gates, and install window guards to prevent falls. Falls are the number one cause of spinal cord injuries in those 65 or older, and many children incur spinal cord injuries each year from falling down stairs or out of windows. Install grab bars and handrails if necessary.
5. Swap out your old office chair for an ergonomic chair or a posture-friendly prop. Sitting in an uncomfortable office chair all day can lead to serious back troubles, but a new (or modified) chair can make all the difference in the world. If you can, purchase an ergonomic chair that positions your body correctly as you sit. However, an adjustable lumbar pillow can modify your existing chair to a more comfortable fit with the curve of your spine. Some office dwellers also opt for a footrest that is designed to keep your legs and spine comfortably positioned. Spending on ergonomic products now can save you lots of back distress later.

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Do You Suffer From Embarrassing Urine Leakage?

By Tracy Freeman, MD

By Tracy Freeman, MD

Do you suffer with leakage or dribbling of urine? As embarrassing as this may be, you are not alone. According to the National Association for Continence, more than 25 million people experience bladder leakage every day. To conquer this problem, it is important to realize that the pelvic floor is made of muscles. These muscles become lax because of hormonal changes, childbirth, and aging. Men also will have urinary leakage from an enlarged prostate. Keeping your muscles in shape, helps to decrease the seepage of urine.

There are three types of incontinence. The first is "stress incontinence" whereby pressure on the bladder from laughing, sneezing, or coughing causes urine to leak. The second form is "urge incontinence." This occurs when you get the sudden urge to urinate. The third type is "mixed incontinence" which is a combination of both urge and stress incontinence. Another possibility is an overactive bladder that may sometimes cause urine leakage due to the spasms of the bladder wall.

Holistic treatment options are available. For incontinence, vitamin D is important. Women with higher vitamin D levels have been found to have less urinary incontinence. Furthermore, magnesium helps to relax bladder spasms and calms the source of urgency. The herb *Angelica archangelica* has also been shown to increase the capacity of the bladder by 60% and decrease nighttime bathroom runs. Relieving constipation is important to maintain a healthy pelvic floor as well because straining to use the bathroom is unhealthy. Consider adding supplements like fiber, triphala, and probiotics to assist with regularity.

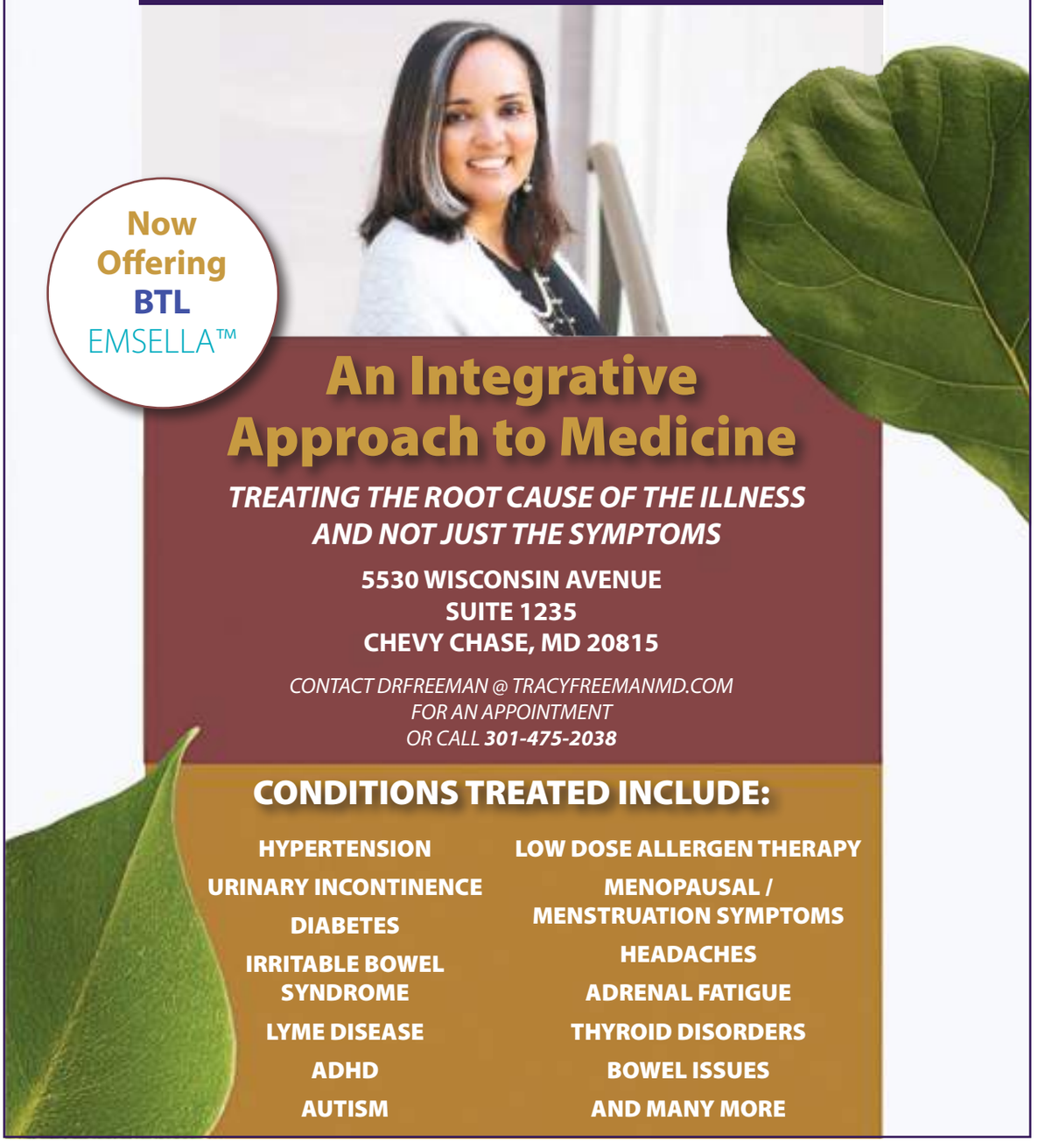
Kegel exercises are fundamental to shoring up the pelvic floor. By simply squeezing the pelvic floor muscles, like you are going to stop your urine stream, you are performing a Kegel exercise. Do this for 10 seconds at a time a few times a day.

A device that harnesses the power of these exercises is the Emsella. This FDA-approved device uses a magnet that causes your pelvic floor to do 2,800 Kegels in 30 minutes, all while remaining fully dressed. Per the studies, the Emsella improves quality of life for 95% of patients in just six sessions.

It has also been FDA approved for men with drippage after having their prostate removed.

If you have urinary incontinence, these, and other methods, may help you improve your condition.

Tracy Freeman, MD



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Dr. Tracy Freeman is an integrative medical physician whose primary focus is achieving wellness through a combination of holistic and conventional medicine methodologies. Dr. Freeman, whose medical career spans almost two decades, has progressively reoriented her practice to include natural treatments and a search for the root cause of disease.

Dr. Freeman sees herself as a primary care physician who is philosophically based as a medical 'detective' and a patient advocate dealing with issues across the spectrum of physical and other disorders. She is committed to spending time with her patients and learning about their backgrounds and lifestyles. Upon graduation from Howard University College of Medicine, she received a Masters in Public Health from Johns Hopkins University. She completed her residency in Internal Medicine at The University of Florida Shands Jacksonville Health Center. She has further served the indigent and others remote from accessing quality medical treatment in an array of venues both domestically and in locales in Jamaica and Ghana. These Foundations, when combined with her knowledge of holistic and natural treatments, allow Dr. Freeman to treat the whole person utilizing many approaches.

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-balance 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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6 Quick Tips For Natural, Healthy Skin

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

1. Cleanse your skin daily.

A daily skin cleansing regimen is essential to maintaining healthy, youthful skin. Going for the squeaky clean feeling is not always the best thing for your skin. You should avoid harsh soaps that strip the natural oils your skin needs which can exaggerate fine lines and wrinkles. Instead, choose a mild cleanser that removes excess oil, makeup and debris from the skin.

A weekly exfoliating regimen using natural alpha and beta-hydroxy acids (glycolic acid, salicylic acid) can help to remove dead skin and maintain a healthy glow.

2. Moisturize your skin.

Your skin needs moisture to help it maintain its natural, healthy glow. This doesn't mean you have to make your skin oily with heavy creams and lotions. Moisturizers help the skin to seal in natural moisture and prevent dryness and peeling which increase the signs of aging. For healthy skin that lasts a lifetime, you should wear a daily moisturizer that contains an SPF (sun protection factor) of at least 15.

The moisturizer that is best for your skin depends on many different factors including your age and skin type (dry, oily, sensitive, etc). The moisturizer you use may also depend on your specific needs such as anti-aging, acne, rosacea and eczema to name a few.

3. Always use sunscreen.

Protecting your skin from excessive sun exposure is the most important way to maintain healthy skin. The sun emits harmful ultraviolet radiation that can damage the skin causing wrinkles, brown spots, broken blood vessels, benign skin growths as well as skin cancers. People who spend lots of time in the sun can also develop dry, rough, leathery skin which makes them look older than they really are.

4. Maintain a healthy diet and exercise regimen and get some rest.

Sounds familiar? That's right. Healthy skin requires a healthy body. Eating the right foods including fruits and vegetables, exercising regularly and getting adequate rest will help your skin maintain its natural, youthful glow. Put the soda down and grab a bottle of water instead. Your skin will appreciate it. Your body is constantly producing new skin cells and trying to get rid of the old. A healthy diet that may include vitamin supplements can help.

5. Avoid smoking.

No surprise. Cigarette smoke emits harmful toxic chemicals which accelerate aging and damage of the skin in addition to diminishing your overall health. Cigarette smoke compromises blood flow to the skin and deprives the skin of necessary oxygen and nutrients that it needs to repair.

6. Visit your dermatologist at least once a year

Schedule an appointment with your dermatologist each year for a full body screening. During this visit, your dermatologist will examine your skin for signs of sun damage, aging and screen for skin cancer. Your dermatologist can answer your skin care questions and work with you to determine the best skin care regimen and products best for you. Always perform a monthly self-skin check at home on your skin to look for anything changing in size, shape or color or anything that is irritated, painful or bleeding. If you notice any of these things, don't wait! Your dermatologist will help you determine if further treatment is necessary.

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Discoloration Of Children's Teeth

By April Toyer, DDS
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.

April Toyer, DDS

Tooth decay can come in many 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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By Dr. George Bitar, MD
Bitar Cosmetic Surgery Institute

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What Does the Treatment Feel Like? Is It Painful?

Although for most clients, the Plasma treatment is virtually pain-free, your own treatment may be moderately uncomfortable and sensitive depending on where you are being treated and your own sensitivities and tolerances. Your technician will work closely with you to

Please see "Plasma Pen," page 53

How Dental Implants Are Easy On Your Pocketbook

By Richard Hughes, DDS
Board Certified, American Board of Oral Implantology

Due to the advances in modern medicine, nutrition and healthy lifestyles, people are living considerably longer than they use to.

Because tooth loss is directly related to age, an increasing number of adults are missing teeth. When an adult reaches the age of 65, he or she many times feels an investment in health is less appropriate.

A healthy 65 year old woman will live 23 more years 50% of the time and 29 more years 25% of the time. A healthy 65 year old male will live another 20 years 50% of the time and another 27 years 25% of the time. So from the above, one can see that an investment in their oral health is actually a better investment than a new automobile, that depreciates rapidly after purchase.

Dental implants are 97% successful over 10 years. Lets compare a single tooth replacement with a dental implant verses a three tooth cemented bridge. The estimated life span of a cemented bridge is 50% at 10 years.

Cavities are the most common cause of crown or bridge failure. 15%

Please see "Dental Implants," page 54

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Reinvent Yourself With a Smile Makeover

Submitted by the
Center For Dental Anesthesia

A cosmetic dentistry smile makeover from your dental professional can boost your confidence for an upcoming job interview, promotion or new relationship. The process may include teeth whitening, invisible braces, veneers, dental implants, or gum tissue graft surgery.

Many of these take time. Understanding the process requires only a simple consultation. Small changes can make a big difference.

A cosmetic dentistry smile makeover from your dental professional can boost your confidence for an upcoming job interview, promotion or new relationship.

How the Rich Do It

It is not a surprise that celebrities and public figures spend their time and money on perfecting their look. With constantly being in the limelight, their smiles play an important role in how they want to be viewed by the public. Public figures from London to Hollywood, from New York to Vegas would advise you to:

- Choose a dental professional with excellent education, a discerning eye and impeccable track record in the cosmetic dentistry field.
- Consult with the professional, chart a course, and trust the course enough to see it through to completion.
- Websites and online resources are great for cosmetic dentistry track records, education info, staff description and contact information.

Do Not Cut Corners

Cheap glue and shoddy engineering never stopped a plane crash. Every cosmetic dental smile makeover should have a unique treatment plan to achieve the optimal results that you are aiming for. There is no magic pill that will instantly give you perfect teeth or smile. Healing takes time before proceeding to the next step. Dental implants, for instance, are valuable in the comfort and beauty they offer but pushing the placement of the permanent restoration before proper healing is dangerous and risky. Learn to be patient with the goal in mind.

Better Smile, Better You

Is this the year to reinvent yourself? Your new and improved smile can give you the confidence to improve other aspects of your life. Consider improving your physical fitness, taking up a new hobby, pursuing continuing education or a new career to go along with your new smile.

A smile makeover is defined differently for every person. Depending on the dental professional you go to, there may be different treatment methods in achieving your perfect smile. Cosmetic dentistry methods may include teeth whitening, invisible braces, veneers, dental implants, or gum tissue graft surgery.

Don't wait any longer to achieve that perfect smile. Call a dental professional in your area to schedule a consultation and trust them to guide you through the whole process.

Missing or Broken Teeth?
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Using Movement To Extend Youthfulness

By Maureen McHugh,
Feldenkrais Practitioner
Wellness In Motion

Procrastination is bad except when it comes to the body getting old. So, why not procrastinate on purpose? Not all bodies get old at the same time. Some are lively into their nineties. Let's try to be like them. What helps? Movement can play a big part. All sorts of movement are good. But there are special advantages to twists.

In the photo you can clearly see the identifiers of a twist. The young woman's lower body is turned to the side, but her upper body remains facing the ceiling, helped out by her extended arms.

Is this a good twist? It is a big twist because the legs are totally on the side. But in terms of extending youthfulness, the key thing to look for is the contribution from the ribs. They are the bridge between the hips and the shoulders. What shape do they take? To speak in another way, the hips have given a signal. And, how have the ribs responded?

In a twist the hips set a pattern of "one high, one low". Here, the right hip is high toward the ceiling and the

Please see "Movement," page 42

What Is Energy Healing?

By Sherry Dmytrewycz, SEA, SRT
Healing Gateway

Energy healing is a natural approach for releasing problems in four areas mental, emotional, physical and spiritual. It involves a combination of conversation, guidance, and gentle touch. Energy healing is a holistic approach, with the focus on the whole person.

Before the session, the client explains what they desire to heal. If the energy worker is intuitive, they begin to sense areas of discomfort and the flow of energy in your body. Then the body is brought into alignment structurally, with a clearing and balancing of the whole body, including the chakras.

Many energy workers consider their approach to involve prayer, intuition, and gentle touch. They act as a conduit for energies from the "universal source" (God). This energy is focused on locations where clearing and balancing are needed. At times the energy worker may be guided to use crystals, orgonite, music, holograms and/or tuning forks to facilitate healing.

You have two options for a session appointment. It can be done in person, lying fully clothed on a massage type table or the work can be done as distance healing, where you can experience energy healing from the comfort of your home. When the work is completed, you would be contacted by phone, email or Skype to discuss how you feel and what you may want to consider doing to continue healing.

After a session you should feel deeply relaxed and at peace with reduced stress and anxiety, and should experience

Please see "Energy Healing," page 53

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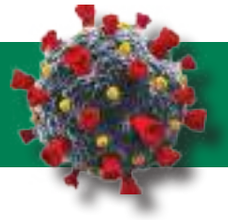


COVID-19 Update

Vaccines and Treatments

May Be Hailed One Of the Greatest Scientific Accomplishments Of All Time

As we look down the long dark tunnel of COVID-19 are we now beginning to see a light at the end of that tunnel?

The coronavirus has been a horrible experience for this country, and the world. So much sickness and death. So much life interruption and restrictions on almost everything "normal". It has been a tumultuous year to say the very least. It has brought people to tears as they have watched as friends and loved ones have succumbed to the disease or the lingering side effects.

Just the site of vacant city streets, restaurants and stores shutdown has been gut-wrenching. One person who works for Sysco went downtown and broke down in tears as she witnessed the carnage on restaurants and the food industry first hand.

Loved ones who have not seen each other in more than a year, reach down to find the strength to go forward.

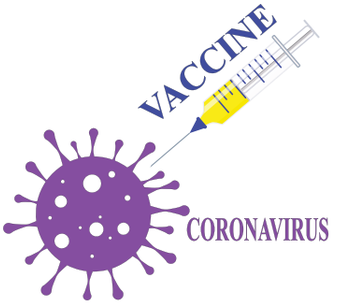
The COVID crisis has brought so much stress to everyone, even the healthy and employed, that a cardiologist reports that the whole country has high blood pressure because of it. Otherwise healthy people feel it, even if they haven't caught the virus. The whole thing can just make you plain sick!

But, now we are seeing something different. The hope and excitement normally associated with Spring is happening coincidentally with a drop in COVID cases, hospitalizations and deaths.

Thanks to the government, industry and scientists, we have achieved the vaccines that everyone knows about. As of today, over 100 million vaccines have been distributed in the U.S. alone. At a pace of over 2 million doses per day, it is possible to imagine everyone in this country getting vaccinated in the next few months.

That is only part of it, too. The medications that have been developed have helped tremendously to treat virus patients, reducing symptoms and deaths. New medications are still coming online. First-stage testing of the experimental COVID-19 pill called Molnupiravir, by Merck and Ridgeback Biotherapeutics, showed promising signs of effectiveness in reducing the virus in patients.

It has been a horrible time for so many people, but if you understand anything about viruses, sub-cellular science, vaccines and viral treatments, you have to recognize that what has been accomplished in dealing with this horrible contagion is incredible. Never in human history has the collective knowledge of mankind cooperated to develop vaccines and treatments the way they have in response to COVID-19. It truly may prove to be one of the greatest, if not the greatest, feats of science of all time.



Now, people are beginning to see the light at the end of the tunnel, just as the excitement of Spring is in the air. It is so hopeful it is bringing joy to the point of people tearing up.

We still need to be careful, but virtually all signs point in a positive direction. Stay vigil and we may actually see the end to this pandemic sooner rather than later.

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Spravato: New Treatment For Depression

By Colleen Blanchfield, MD
Full Circle Neuropsychiatric Wellness Center

Although we have come far in our understanding of the brain, much still remains unknown. Through research and development, there have been significant strides in understanding mental health disorders and how to treat them.

In the United States, major depressive disorder (MDD) is a common mental health disorder affecting 16.2 million Americans annually. Patients with depression may need several trials of antidepressants before achieving a positive response. Of those who seek treatment, only 60% will respond to medication and many of those will require trials of several medications before experiencing remission. The 40% of patients who do not respond to medications are considered to have treatment resistant depression (TRD). These patients will continue to experience symptoms of sadness, decreased motivation and energy levels, and persistent thoughts of death or suicide.

Treatment resistant depression affects the outcome of other medical conditions and reduces life expectancy. It is a leading cause of disability in the United States and worldwide. For years psychiatrist have struggled to help these patients.

Please see "Depression," page 54

Enhance Your Appearance With No Downtime

By Richard E. Cook, MD
Cook & Siu PC

If you've ever tried to lose fat by getting into shape, leading a healthier lifestyle or struggled with problem areas of fat resistant to diet and exercise, you know how hard it can be to see results, particularly for adults and women post menopause.

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UltraSlim is the only non-invasive procedure approved by the FDA for immediate fat loss, with instant results in 32 minutes. This is guaranteed, or your money back. Patients usually lose on average 3.5 inches and 1.6 liters of fat during a 32-minute treatment. Compare this to the most popular competition, SculpSure or Coolsculpting, which take about three months to lose a stick of butter size of fat by killing fat cells and also carry the added potential for side effects such as pain and infection.

Not only does UltraSlim have a two-inch fat loss at your first treatment guarantee, but there are no medications, no side effects, no pain, no surgery and no exercise required. It is the safest weight loss procedure there is with a risk one side effect category – this means the procedure is as safe as a tongue depressor.

UltraSlim also works by stimulating collagen and elastin in the skin therefore it can also offer a non-surgical face-lift that can take years off your face for a younger look, and a non-surgical butt lift to help rid your legs of unwanted cellulite.

"There are no medications, no side effects, no pain, no surgery and no exercise required. It is the safest weight loss procedure there is."

All patients begin with a consultation by a board certified physician during which time you will learn about the technology, how it's used and how it works. Treatment usually begins on your first visit. The first treatment will last under an hour, so measurements can be taken. Following sessions will be 45 minutes, allowing 32-minutes of light time and dressing/undressing time.

Meet Dr. Cook

Dr. Cook graduated from the Howard University School of Medicine, and completed his Internal Medicine residency at the Union Memorial/University of Maryland program in Baltimore, Maryland, which is also known for being one of the nation's top heart institutes.

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Tongue Rejuvenation – The Answer To Bad Breath

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

Despite the myths that bad breath comes from the stomach, the sinuses, or a "dirty mouth", research has shown that almost 95% of all bad breath comes from the bacteria in our mouth (the other 5% comes from end-stage disease like kidney or liver failure). Yet, the most common complaint heard from sufferers of chronic bad breath is that their doctors or dentist can't help them.

Countless medical tests like *h. pylori*, nasal exams, and GI tests for GERD are done each year with no results. Thousands of people take antacids for problems that have nothing to do with bad breath. And dentists tell their patients every day to "brush and floss more" if they want to eliminate bad breath.

Yet none of this works. That is because the problem is located on the tongue.

The bacteria of halitosis live in a coating (biofilm) on the tongue that can be over ¼" thick. This biofilm literally grabs onto the tongue and protects the underlying bacteria from all oral hygiene techniques including tongue cleaners and scrapers and even mouthwashes. That is because they can only affect the top layers of biofilm, not the ones deep below where the odors come from. And that is why most sufferers report that nothing they do works for very long.

Richard A. Miller, DDS

But a new trademarked process called Tongue Rejuvenation® can professionally eliminate the biofilm layer and give everyone fresh breath for life.

Tongue Rejuvenation®, pioneered at the National Breath Center, is a painless, hands-on dental procedure that removes the biofilm – all layers, all bacteria, and all odors – in as little as three visits.

It's a simple fact: no biofilm = no odor.

Tongue Rejuvenation® eliminates bad breath at its source and with proper home care techniques, keep it from coming back – for good.

What can you do to eliminate bad breath? If you've had it for more than a year, almost 30 years of experience says that chances are nothing you do will cure it, but you may be successful at covering it up with gums and mints or professional strength mouthwash. But be careful – nothing screams "I have bad breath" more than Altoids or similar mints or gums.

If everything you've tried only lasts a short time; if you find yourself worrying about meeting with people; if you avoid social occasions or gatherings at work; or, if bad breath is keeping you from living the life you want, Tongue Rejuvenation® can be the answer. And it can last a lifetime with proper at home oral hygiene practices.

It's unfortunate that chronic bad breath, an insidious condition that is brushed aside by the medical and dental communities, causes untold anguish in personal and professional lives. Remarks behind their back, people turning away, rubbing under the nose, or even walking away when they get near, are just some of the insults these sufferers must endure. But it no longer needs to happen. Tongue Rejuvenation® is now available.

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Rub Under Their Nose?
Offer You Gums or Mints?
Talk Behind Your Back?
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Enhance Your Natural Beauty
Non-Surgically

By Mariam Alimi, RN, BSN
Impressions Medispa

Botox and dermal fillers such as Restylane, Radiesse and Juvederm can help with a non-surgical youthful lift that removes unwanted facial lines and wrinkles. With the advent of injectables, you can help your skin to look young and healthy even as you age.

Botox, Dysport and Xeomin are quick injections that relax the wrinkles in the upper face such as forehead lines, frown lines, lip lines and wrinkles around the eyes. Botox and their alternatives can also be used to rejuvenate, enhance and tighten the neck with the Nefriti lift. The contour and shape of your features can be enhanced with non-surgical techniques that do not require down time. Botox is also an effective treatment for a non-surgical brow lift. It can lift the brows to help you look more awake and youthful and enhance your natural beauty.

How Can Dermal Fillers Enhance Your Natural Beauty?

Dermal fillers offer subtle changes to your skin and features that can enhance your natural beauty by adding volume, smoothing lines or adding definition and contours. FDA-approved dermal fillers can sculpt, highlight, tighten and perfect the natural beauty in your lips, eyes, cheeks and jawline.

Your lips are aging along with your face and may lose fullness. Lip enhancement is an anti-aging treatment that will add volume, fullness and define your lips. If you're looking to improve your look and erase years from your face, Restylane or Juvederm lip enhancement can give you the soft results you desire.

Cheek Augmentation and Liquid Facelifts

Liquid facelifts and cheek augmentations offer outstanding results without incisions or downtime. Wrinkle correction, cheek enhancement, facial contouring and volumizing are possible with non-surgical treatments such as Juvederm Voluma Radiesse and Restylane Lyft. A liquid facelift will enhance your natural beauty subtly as it adds strategic lift and volume to your skin.

Smooth Wrinkles and Folds Around the Nose and Mouth

The wrinkles and folds around your nose and mouth can be treated with fillers. Results are immediate and will continue to develop during the first few weeks after the injections.

Before/After Lip Filler
(Actual Patient)

Non-Surgical Liquid Lift
(Actual Patient)

If you don't get enough sleep or suffer from allergies, you may experience dark, sunken circles under your eyes. Age is also a common culprit of eye bags and dark circles. The fat pads that support your lower eyes will naturally lose volume as you age. This creates dark shadows and a sunken, hollow area beneath your eyes. Tear-trough augmentation with Restylane is injected into the area under the eye; this fills the hollow areas and reduces dark shadows.

Ultimately, there are several different products on the market that can enhance and keep you looking youthful as you age, please contact us for a free consultation to discuss your non-surgical options.

Advice On Looking Your Best

Everyone wants to look as young as they feel and NOW is your chance! Schedule your **FREE consultation** with Mariam Alimi, MSN, FNP, BC to learn how these non-invasive aesthetic services can help YOU reach your beauty goals:

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Uzma Ansari, DMD, FAGD

LOWES ISLAND DENTISTRY

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703-444-4441

Dr. Uzma Ansari acquired Lowes Island Dentistry from Dr. Hahn in 2012 and continued to work alongside him until 2013. Today, Dr. Ansari is one of three of the partners of Guardian Dentistry Partners of Virginia, a leading dental service organization. Dr. Ansari has enhanced the smiles of many fellow dentists, notable community members and beauty queens in the Loudoun Area. Come into the office and check out her wall of fame. Her goal is to enhance your smile to a level of perfection, that if she were to have dinner with you, she herself could not detect fake looking teeth. The teeth have to fit your face, body, personality and look natural and beautiful.

Dr. Ansari is truly passionate about the dentistry she does, and you can see and feel it. She believes you can only treat what you see, and you see only what you know. In addition to her own skill level, Dr. Ansari believes in investing in each team member. Dr. Uzma Ansari graduated from the University of Alabama School of Dentistry in 1998 and soon after joined a group practice in Houston as their lead doctor.

In 2002, Dr. Ansari was nominated as the Headquarters Air Education and Training Command Junior Dental Officer of the Year and the 81st Dental Squadron Company Grade Officer. In addition, she received the Air Force Commendation Medal for Meritorious Service from 2001 to 2003. Upon her separation from the Air Force, Dr. Ansari was nominated for promotion to the ranks of Major. You can still see Dr. Ansari at the dental office in her BDU's on Veterans day as she proudly wears her uniform.

At Lowes Island Dentistry, patients of this dental office have become accustomed to a high level of care in the hands of Dr. Ansari. Her commitment to the highest level of care is evidenced by her vigorous commitment to continuing education that has resulted in several awards and accolades throughout her career.

She has received the Academy of General Dentistry Fellowship Award recently and has been a Visiting Faculty Mentor at the prestigious Spear Education Center and CEREC DOCTORS in Scottsdale, AZ as well as the Virginia Commonwealth University, School of Dentistry in Richmond.

Her passion to enhance the quality of dental care in the State of Virginia is evidenced by her exemplary role as the Continuing Education Chair on the Virginia Academy of General Dentistry Board where her mission was to bring quality education to the Dentists in the area so that we can enhance the level of care received by everyone in the State of Virginia.

Dr. Ansari spends many days out of the year training, learning and growing her team with world renowned trainers and consultants to carry out the vision of the highest level of care in a warm, friendly and energetic environment.

She met her husband Dr. Zaigham Ansari, a child psychiatrist, while in dental school, and together they joined the US Air Force in 2001 and provided their professional services to service members and their families during Operation Freedom for six years. They were stationed at Keesler Air Force base in Mississippi and Andrews Air Force Base in suburban Washington, DC.

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Marvette Thomas, DDS

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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 includes many of the latest technology devices known in dentistry today to diagnose and treat our patients.

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

Dr. Maragh is a published scientific author and local and national speaker on the latest advances and techniques in dermatologic and cosmetic surgery. Dr. Maragh is a Fellow of the American College of Mohs Surgery, reserved only for fellowship trained Mohs skin cancer surgeons. She has performed over 5000 skin cancer surgeries with cosmetic facial reconstruction. Dr. Maragh is a fellow of the American Academy of Cosmetic Surgery, reserved only for cosmetic surgeons who have completed specialized cosmetic surgery training and have completed multiple cases of cosmetic surgery before attaining Fellow status. Dr. Maragh is also a fellow of the American Academy of Dermatology, the American Society of Dermatologic Surgery and the Womens Dermatologic Society. Dr. Maragh is a cum laude graduate of Hampton University in Hampton, Virginia with a B.A. in Biology/Biochemistry. She completed her medical studies with Alpha Omega Alpha Honors in the top 5% of her graduating class at the University of Maryland School of Medicine.

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

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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.

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

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."

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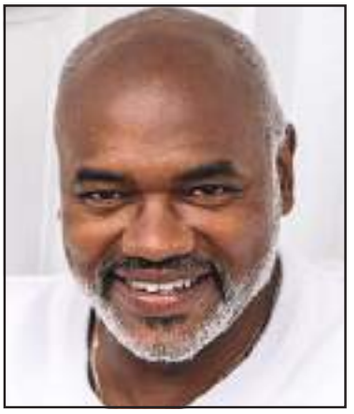
Plastic Surgery



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Dr. Paul Thesiger was born in the beautiful island of Jamaica and attended Campion College, a top rated Catholic high school. He graduated with distinction and was accepted at the Johns Hopkins University, majoring in Natural Sciences with a minor in Biophysics. Dr. Thesiger was accepted to Columbia University's College of Physicians and Surgeons in 1989 and earned his doctorate in medicine.

With a desire to blend art and science he sought a residency in Surgery with a focus on further specializing in Plastic Surgery. After doing an internship at Columbia Presbyterian in New York he came to Washington, DC to study general Surgery at Howard University. He went on to the University of Miami where he completed a residency in Plastic Surgery in 2002.

Then, he was chosen to be the third Jerome Webster Fellow in Pediatric Plastic Surgery by Interplast Inc., a philanthropic organization based in Mountainview, CA. This fellowship took Dr. Thesiger to nine countries in the space of a year spanning from South America to the Far East, performing cleft lip and palate as well as hand surgery for poor children.

In January 2000, after working as an associate in private practice outside of Cleveland, Ohio, Dr. Thesiger opened his own specialized center of excellence in Washington, DC.

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Dr. Daczkowski is no stranger to this area. In private practice since 2000 in Manassas, 'Dr. D' has become our trusted hometown Orthodontist involved in many community events, charities and school sponsorships programs. He graduated Magna Cum Laude from both Washington and Jefferson College in 1983 and then Georgetown School of Dentistry in 1987. While at Georgetown, Dr. Daczkowski was inducted into the distinguished Omicron Kappa Upsilon Honor Society. He completed his Orthodontics Residency in 1995. Dr. Daczkowski began his career serving for 13 years in the United States Army as both a Dentist and then an Orthodontist. He finished his career as the Chief of Orthodontics at the United States Military Academy at WestPoint. In 2000, he opened Daczkowski Orthodontics and serves the Manassas community to this day.

Professional Memberships

As an Orthodontist member of the American Association of Orthodontics, Dr. Daczkowski's patients can be assured they are receiving the highest quality of care at his practice. Dr. Daczkowski maintains his membership in many professional organizations to include the American Association of Orthodontists, the American Dental Association and the Northern Virginia Dental Association.

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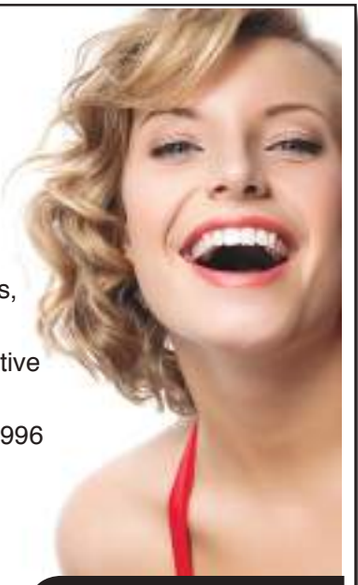

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Joseph M. Arzadon, DDS, MD

Dr. Joseph M. Arzadon is an oral, maxillofacial and facial cosmetic surgeon. He was raised in Alexandria, VA and received his undergraduate degree from the George Washington University. He graduated Summa Cum Laude from the University of Maryland School Of Dentistry and received his Medical Degree from the University of Connecticut School Of Medicine. He completed his internship in General Surgery and residency in Oral & Maxillofacial Surgery from the University of Connecticut Health Center where he completed his training in 1996. He is certified in both Oral and Maxillofacial Surgery and Cosmetic Surgery. Dr. Arzadon founded and volunteers as President of the Medical Mission of Mercy, USA, a non-profit health organization which provides free medical & dental care to poverty stricken people in the Philippines and Guatemala.

Clinical Interests: Facial & Cosmetic Surgery, Dental Implants, Reconstructive Surgery

Accolades: Voted "Top Plastic Surgeon" by his peers in Prince William County, Voted "Top Oral and Maxillofacial Surgeon" by Washingtonian Magazine

David Liang, DDS, MD

Dr. David Liang was born in Taiwan and has lived in the United States since 1992. He graduated magna cum laude from the University of California, San Diego in 1999 with a B.S. in Bio-engineering. In 2005 he received his D.D.S. from the Columbia University College of Dental Medicine. In 2008 Dr. Liang pursued further training at Emory University, where he received his M.D. and completed a post-graduate internship in General Surgery. He completed his residency training in Oral and Maxillofacial Surgery at NOVA Southeastern University and Broward General Medical Center in 2012. He is an active member of the American Dental Association, the American College of Oral and Maxillofacial Surgeons and the American Medical Association.

Clinical Interests: Dento-Alveolar Surgery, Dental Implants, Bone Grafting, Maxillofacial Trauma, Oral Pathology

Kenneth Blais, DMD, MD

Dr. Kenneth Blais grew up in Seattle where he completed undergraduate education at the University of Washington in 2002. In 2007, he received his D.M.D. from Tufts University School of Dental Medicine in Boston. His training in Oral and Maxillofacial Surgery was completed at Louisiana State University in Shreveport in 2014 where he also earned his M.D. in 2011 and completed an internship in general surgery. During his residency he was trained in full scope Oral and Maxillofacial Surgery including head and neck cancer, cleft lip and palate, facial cosmetics, and treatment of craniofacial deformities. He enjoys travelling, camping, backpacking, road cycling and snowboarding. An avid musician, he also enjoys watching live bands and jazz performances.

Clinical Interests: Dental Implants with Bone Grafting, Maxillofacial Trauma, Orthognathic, Outpatient Anesthesia, Treatment of Oral & Maxillofacial Pathology

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Dr. Andrew S. Kim serves as our medical director of the Allergy & Asthma Center of Fairfax. He is active in many publications about allergy & asthma in both local and national levels. Dr. Kim has been featured by WebMD, *Good Housekeeping*, *Woman's Day,* Fox News, *Huffington Post* as well as Disney on various allergy topics. He also serves as the medical advisor for Alexandria Food Allergy Support Group.

Professional Awards

Dr. Kim has been recognized as one of the area's Top Doctors by *Washingtonian Magazine* and by *Northern Virginia Magazine*. He also received the Pillsbury Fellow Award at the Rush University Medical Center in Chicago, IL.

Degrees & Training

After receiving his medical degree from the Medical College of Virginia, Dr. Kim has completed 6 additional years of residency and fellowship training in family practice, internal medicine and allergy, asthma and immunology. Dr. Kim is board certified by The American Board of Allergy & Immunology and The American Board of Internal Medicine.

Special Interests

Allergic Rhinitis (Hay Fever), Asthma, Atopic Dermatitis (Eczema), Urticaria (Hives), Food Allergy, Sinusitis, Insect Allergy, Drug Allergy, Immunologic diseases

"Thank you so much for everything you and your staff did for my daughter. I can't express to you the incredible difference in her. She can sleep and wakes up without any problems. She is such a joy to be around and I'm so glad to have my daughter back!"
-Allyson S. (Patient Testimonial)

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Ahmed Butt, MD

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Dr. Ahmed Butt, a native of Northern Virginia, received his medical degree from West Virginia University. Upon completion of a 4 year dual residency program in Internal Medicine & Pediatrics, Dr. Butt spent 2 additional years training in an allergy and immunology fellowship at the University of South Florida. During his fellowship, he was actively involved in numerous research projects, some of which included advancements in the treatment of asthma, eosinophilic esophagitis and chronic hives. Dr. Butt has presented several of his publications at national, as well as international scientific conferences. He is board certified by the American Board of Allergy & Immunology and the American Board of Internal Medicine. He serves as a medical advisor for the Allergy & Asthma Network and is an assistant clinical professor at Medical College of Virginia.

Special Interests

Allergic Rhinitis (Hay Fever), Asthma, Atopic Dermatitis (Eczema), Urticaria (Hives), Food Allergy, Sinusitis, Insect Allergy, Drug Allergy, Immunologic diseases

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Benefits Beyond the Appearance Of Your Teeth

By Uzma Ansari, DMD, FAGD
Lowes Island Dentistry

Does your perception of a cosmetic dentist prevent you from reaping its many benefits? Do you believe cosmetic dentists are only for aesthetic purposes? There are many benefits to seeing a cosmetic dentist that go beyond the surface appearance of your teeth.

Improved Confidence and Overall Health

People who invest in their smiles are more proactive about their dental hygiene. Cosmetic dentistry can help you make these changes. With the guidance of a cosmetic dentist, you will find yourself making lifestyle changes that will benefit your whole body – not just your teeth. For example, you may quit habits that can stain your teeth and cause bad breath, such as smoking and excessive drinking. In addition, you may also avoid sodas and junk foods with dyes and colors. Overall, cosmetic repairs can improve not just your oral health but also your mental and emotional well-being.

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Crooked and overcrowded teeth are not just cosmetically unappealing; they can wear down your jaw and teeth and place gums and nerves in a constant state of stress, which can cause headaches. Your temporomandibular joints or TMJ are sensitive to pain in the face, neck, jaw, and head and can also contribute to migraine headaches.

If you have crooked or misaligned teeth and you keep getting headaches, it just may have something to do with how your teeth are laid out. A cosmetic dentist can fix misaligned teeth using Invisalign, which is a discreet way to straighten teeth.

Treat Bad Breath

The unevenness of misaligned and overcrowded teeth creates nooks and crannies where bacteria can hide. These places are also difficult to reach with a toothbrush and floss, so it is quite easy for them to multiply, which causes bad breath. Cosmetic dentistry can fix this issue, so you can enjoy better breath.

Protect Against Tooth Decay and Gum Disease

The bacteria that rest in little nooks and crannies are also what can cause tooth decay and gum disease due to plaque hardening into tartar. This can only be removed using the highly specialized tools dentist's use in cleanings. Cosmetic dentistry can help straighten your teeth as well as clean your teeth, so you have less risk of tooth decay and gum disease.

Better Mental and Emotional Health

Dental imperfections can make you feel self-conscious. If you are embarrassed about your teeth, cosmetic dentistry can help restore your smile. This will help you feel confident and happy with the way you look. In the long run, confidence and high self-esteem translate into better mental and emotional health.

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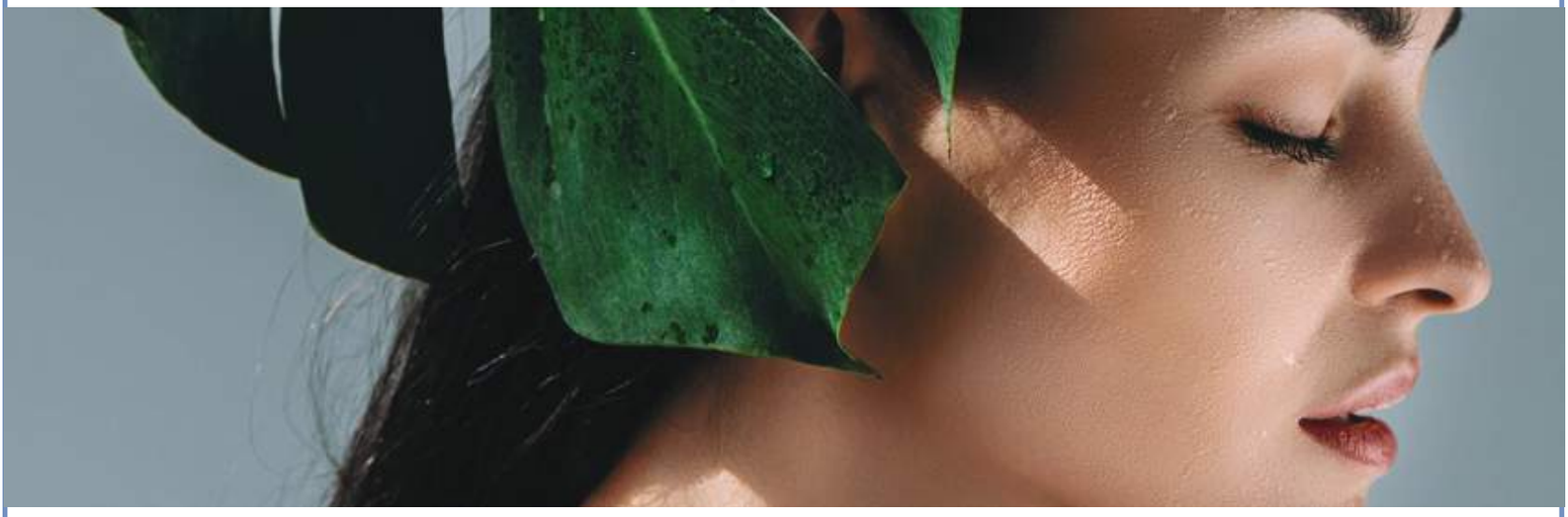

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Keralase: Emerging Technology In Hair Loss

By Balvant Arora, MD, MBA
The Hair Loss Clinic

Hair loss is the most common problem faced by millions of people today. Baldness, hair thinning, damaged hair are some of the major issues of hair loss. There are many topical solutions and minimally invasive treatments available in the market. However, their effectiveness and results vary from patient to patient. That is why, a new effective and potent treatment called Keralase is being introduced to tackle these issues and optimally promote hair growth.

Keralase treatment uses the combination of Lutronic LaseMD laser and skin proteins (KeraFactor Serum). The laser creates non-ablative micro-channels into the epidermis and upper dermis of the scalp without harming hair. Then KeraFactor Serum is applied. These microscopic channels allow maximum penetration and five times higher absorption of the KeraFactor scalp stimulating serum. KeraFactor is a serum that has a concentrated blend of beneficial growth factors, proteins with nanoliposome coating that helps in easy penetration into the scalp skin.

The peptides in the KeraFactor serum support increased blood supply and transit resting hair into an active growth state, ensuring optimal hair growth and healthy hair rejuvenation. The peptides are up to 1000X more concentrated than found in platelets. In this treatment, there is no need to draw blood or inject anything; hence, no

Please see "Keralase," page 54

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Learning disabilities are neurodevelopmental disorders that impact one or more area of cognitive processes involved in learning. Millions of children and adults, approximately 15% of the population, struggle with one or more learning disabilities. These individuals have areas of academic functioning where they struggle significantly compared to their intellectual abilities and their peers. Their processing problems interfere with their ability to learn and perform basic academic skills such as reading, writing, and math.

Dyscalculia affects the person's ability to understand numbers and learn math facts. Dysgraphia affects the person's handwriting ability and fine motor skills. Dyslexia affects reading and related language-based processing skills. Individuals can also present with non-verbal learning disabilities, where they have trouble interpreting non-verbal cues like facial expression or body language, and they can have poor coordination. Oral learning disabilities, specific reading comprehension deficits, and written language disorders can also be present. Often, learning disabilities impact the individual's life outside of academics, effecting workplace performance and relationships with family and friends.

Learning disabilities often be-

Please see "Disabilities, " page 54

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

Please see "Plantar Warts," on page 53

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Financial Anxiety During Tax Season

By Candice McKinney, MA, LPC
Beyond Counseling, Inc.

It is no secret that one of the main contributors to divorce is financial stress. Finances are a part of our every day lives and when they become overwhelming, our relationships can be severely impacted. As tax season gets underway, many individuals may fall prey to financial anxiety. Financial anxiety is the worry or stress that is associated with various financial burdens or obligations.

Dealing with the IRS in any capacity can add to an extra layer of financial anxiety and while anyone who pays taxes has to deal with Uncle Sam, it can be difficult for many to express the concern that comes with ensuring they do not come to financial ruin as a result. Money is a taboo topic and while financial literacy and education has vastly improved, most people struggle with financial issues in private.

A therapist can be a great outlet if you are dealing with the overwhelming emotions that come with financial anxiety.

Here are quick tips to deal with financial anxiety:

1. Talk to a financial adviser.
2. Take advantage of free financial management tools.
3. Put a budget in place.
4. Stop comparing yourself to others.
5. Talk to a therapist if your feelings are causing stress, anxiety, depression, or self-harming thoughts.

Therapists are not financial advisers, but they can certainly help you manage the stress and provide encouragement as you put a plan in place to manage your finances.

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Trigger Point Therapy
Targeted Relief Of Pain and Stiffness

By Mary Wilkerson, CMT
Vienna Massage Therapy

Trigger point therapy, discovered by Janet Travell, MD, (John F. Kennedy's White House physician), has given non-surgical, non-drug problem resolution to many, many individuals. Skillfully applied, it targets the areas in the muscles that are actually triggering the symptoms and can provide remarkable results for those who thought surgery and/or drugs were the only options left.

Trigger points can be laid down in the soft tissue as a result of overuse, repetitive use, accidents, injuries, or strains and can later wreak havoc even years after their initial formation. By calming the irritated trigger points responsible for causing discomfort and restricted range of motion over a series of high-frequency sessions, an experienced massage therapist can work with you to achieve results from issues you may have given up on.

Even stiffness, that you may have thought you just had to live with, can be caused by trigger points. Relieve yourself from the pain and stiffness that can sap your energy, impact your mood, and take away from the enjoyment of life.

Ask your doctor about trigger point therapy by a board-certified massage therapist.

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Movement

From page 24

left hip is low toward the floor. By contrast, both shoulders remain low.

The pattern of "one high, one low" is strongest near the waist and diminishes as it reaches the shoulders. For the young woman the ribs respond nicely, in a graceful, gentle arc.

Less visible, but just as important, are how the vertebrae respond. They are asked to rotate "one (side) high, one (side) low" in the same manner as the ribs. In this young woman, most likely, they do.

In a body, though, that is not as young, or that has gotten stiff through injury or for some other reason, the ribs would not respond as well, nor would the vertebrae. Some place would be stuck. Then, very likely, pain would develop at the level where "responsive torso" intersects with "non-responsive torso."

Pain can be relieved by clarifying and improving the pathway of the twist through the torso. Besides pain relief, a well-executed twist is important for many things.

Walking is twisting. And, many every day movements of the arms and legs depend on barely visible twists in the torso. Thus, it is worth some time to maintain the ability to twist easily and well.

All Calories Are Not Created Equal

By Stacie Haaga, RD, CLT

At the core of weight loss, success is about expending more calories than you consume. But calories alone mean nothing when it comes to improving health and body composition. While both counting calories and counting macros can be effective for weight loss in the short-term, there are some key differences in how they lead to long-term success.

At the core of weight loss, success is about expending more calories than you consume. But calories alone mean nothing when it comes to improving health and body composition.

Placing the emphasis on balanced macronutrients – protein, fat and carbohydrates – provides sustained energy while burning fat and building muscle. Not only does it result in weight loss, it also supports improved cardiovascular health, better glucose control, and healthy adrenal and thyroid function.

A macro-balanced diet will lead to greater satisfaction, fewer cravings, and more mindful food choices in the long-term when compared to a calorie-restricted diet. This often leads to intuitive eating – the point at which you can just look at your plate and know that it is well balanced and nutrient dense without tracking.

When tracking macros, protein should be a priority in meal planning. Our bodies depend so much on protein and all the micronutrients contained in protein sources like zinc, B12, iron and others. Most people need at least 30 grams per meal but individual needs will vary depending on the person and their goals.

Additionally, healthy fat should be consumed with every meal not only because it tastes good, but because it is essential for brain health, hormone production, nutrient absorption and is an excellent fuel source. When eaten in balance with protein and carbs, fat also helps to blunt your blood sugar response and helps you maintain a steady stream of energy, not a roller coaster of high and low blood sugar that only ends in a crash.

And finally carbs need not be completely avoided – at least not when they come from the ground in their whole, unprocessed form. Refined sugar, on the other hand, we can do without. Fruits, vegetables, legumes, nuts and seeds all contain "healthy carbs" that are full of antioxidants and micronutrients. They also contain fiber to help with good digestion and feed healthy gut bacteria.

Focusing on whole foods nutrition and tracking your macros will yield long-term results when compared to counting calories. It isn't hard to do but in working with a professional, your plan should be individualized for your needs, optimized for your goals, and inclusive of all macronutrients.

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STACIE HAAGA, RD, CLT
An Integrative Approach to
Nutrition and Wellness Counseling

By Sheilah A. Lynch, MD

When Diet and Exercise Are Not Enough

Abdominoplasty, or "Tummy Tuck," is a commonly performed surgical procedure that addresses excess skin, muscle weakness and fatty "adipose" tissue in the mid and lower abdominal wall. Many of life's changes including weight loss or multiple pregnancies may leave you feeling frustrated with excess hanging skin or a low abdominal pouch that is many times resistant to diet and exercise.

Increased abdominal girth from weight gain or pregnancy also weakens the abdominal musculature and allows laxity to persist even after the weight has been lost. Because the muscle and tissues may have been stretched beyond their ability to recover naturally, attempts at muscle tightening with sit-ups may be futile.

About the Procedure

An abdominoplasty is performed under general anesthesia so the muscle is relaxed and can be tightened by special suturing techniques. Excess skin and fat are removed and the resulting scar is hidden in the low abdomen and around a more youthful appearing belly button.

The procedure takes 2-3 hours and is usually performed as an outpatient procedure, meaning you go home the same day. The recovery is approximately two weeks, but many patients return to work as quickly as five days.

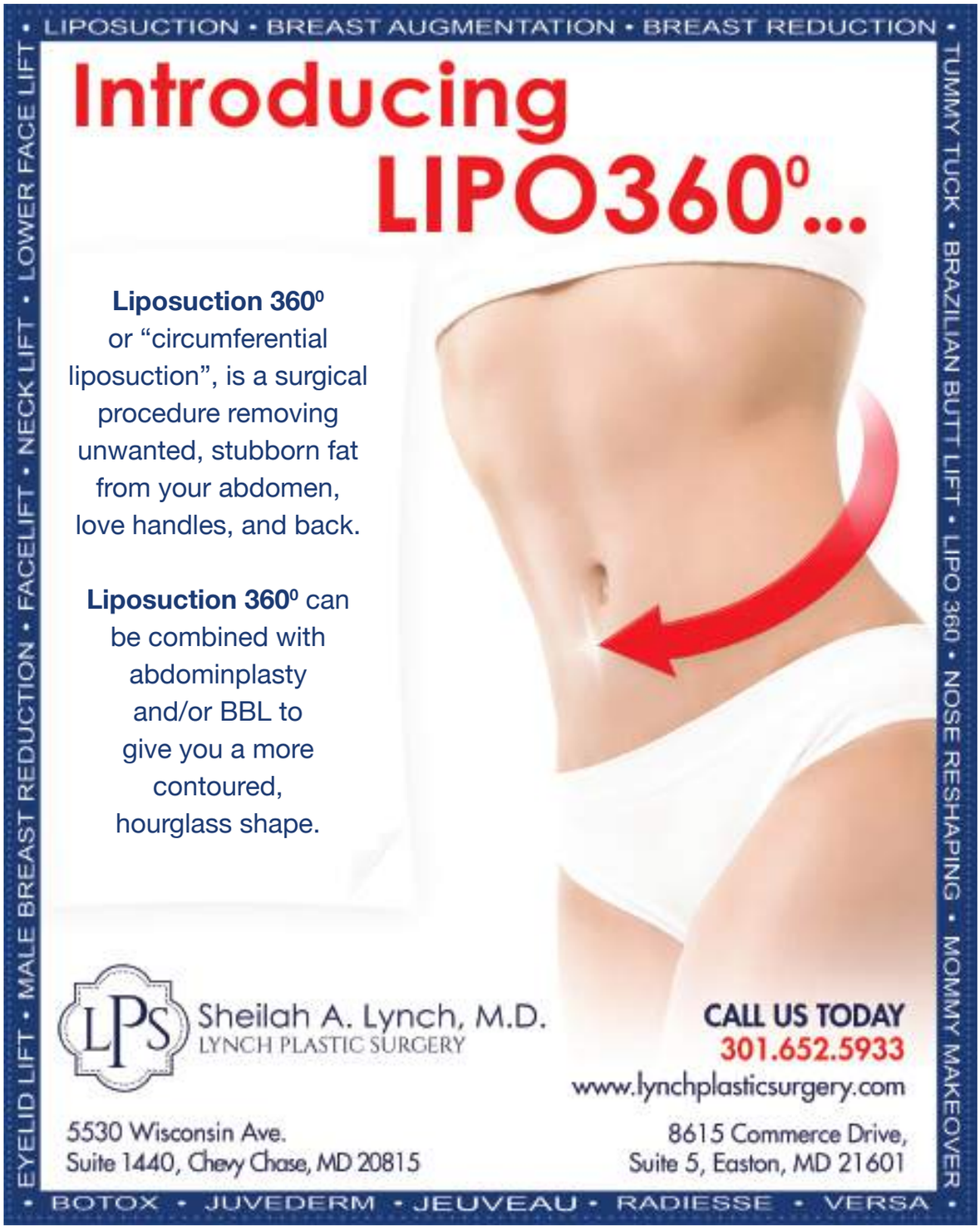
Lipo360⁰ and Brazilian

Butt Lift (BBL)

If you don't have excess skin or weak abdominal muscles and want to improve your waistline, a 360⁰ degree approach with liposuction may restore your hourglass figure. Circumferential liposuction of the abdomen, flanks and low back can dramatically change the contour of your midsection. The surgery is performed as an outpatient and the recovery is less than a week.

BBL or Brazilian butt lift is an additional surgical procedure to consider along with Lipo360⁰. This procedure transfers the fat removed by liposuction to the buttocks to enhance the shape and give a firmer, more lifted appearance. This procedure is completely natural using your own fat for the enhancement.

To find out if a tummy tuck, Lipo360⁰ or BBL are right for you contact a board certified plastic surgeon.



Treat Pain with Non-Surgical Procedures

In Pain?

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

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What Color Formula Is Right For You?

By Kalpana Prasai, Stylist
Alya Salon & Spa

There a few different options for hair coloring: permanent, semi-permanent, demi-permanent, and temporary. There are a couple key differences between these choices, and it is important to pick the right one for your unique hair type. Whether you have sensitivities to the chemicals in certain products and need a specific formula, or only want to have your color changed for a week, we have got the right color for you.

Permanent Color – Are you looking to commit to a color? Permanent hair color changes not only the color of your hair, but the hair structure itself. Permanent hair color requires a developer and activator along with the dye. The dye opens up the hair shaft to add artificial pigment to the hair cuticle, permanently changing the color composition of your hair. This can help cover grays longer and better, and can be offered in the ammonia-free form as well – more on that later.

Demi-Permanent is another option. These formulas are made up of a mix of both oxidative and direct dyes, and they can last up to 24 shampoos. This coloring is great for enhancing your already natural color, as opposed to transforming it completely.

Semi-Permanent – This formula contains no ammonia or hydrogen-peroxide and is not capable of lifting hair color, so this type of color is used to give shine to natural hair or to revive previously colored hair, and it does not last as long as the demi or permanent.

Temporary Color – Last, but not least, we have temporary color. This color type can come in a mixture of dye, and it can also come in the form of gels, masks, and even sprays. It is meant for a quick new look that will wash out after just a few shampoos, so it does not require a commitment.

Kalpana Prasai, Stylist

These options will all vary based on your hair and skin type. For example, for individuals with sensitive skin and scalps, it might be a good idea to lean toward an ammonia-free dye in order to avoid any uncomfortable burning sensations. However, if your scalp can handle the chemicals, in the majority of cases, it is recommended by colorists to go with the ammonia-

Please see "Formula," page 54

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Your Life's Journey

The Importance Of Companionship

By David Trautmann, LCSW
New SpiritTherapy

We as human beings are the most social of animals, depending on each other for everything we do, making the companionship of family, friends, neighbors, colleagues and loved ones extremely important. But in this increasingly disconnected society, with increasing rates of divorce, family breakdown and loss of extended family and community, friendships have become increasingly rare, yet more important than ever, as a source of companionship and emotional support. This is even more so with the social isolation imposed by the pandemic restrictions now entering into a second year worldwide.

The sharing of experience, thoughts, ideas, enthusiasms, interests, concerns, values and perceptions – the validation, mentoring, encouragement, caring and perspective friends or even a single good friend can provide can be invaluable, life-changing, and even life-saving in helping us navigate life. Yet increasingly, it can be difficult finding and establishing friends and friendship or even knowing how to make friends – largely because the increasing breakdown, materialism, and divisions of society don't help us to learn how to do this or provide us with many people who do. So friendships tend to be more cliquish, ego-centric,

Please see "Companionship," page 54

Great Smiles At Any Age

By Swathi Reddy, DMD
All Smiles Orthodontics

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

Swathi Reddy, DMD

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.

Fish and Vegetables Are Not Always Healthy Food

By Che Bong Cho, LAc
Chinese Acupuncture &
Herb Center, Inc.

Most people think fish and green vegetables are very good for their health, but according to oriental medicine, they are not healthy foods for all people.

In oriental medicine, there are eight different body types according to eight different dynamic orders between twelve organs. Depending on the body type, people should eat different diets or foods for a good, balanced Qi (energy flow).

An acupuncturist can diagnose the eight constitutions to clearly define the eight different body types. They are Mok-Yang, Mok-Yin, To-Yang, To-yin, Geum-Yang, Geum-Yin, Soo-Yang, and Soo-Yin. Specifically, these can be divided into two large groups as Yang and Yin.

Yang Body Types

Fish and green vegetables are very good foods for Yang body types. They normally have a hot temper and an aggressive, liberal personality. If they eat more meat, they can become ruder or behave wildly and easily get skin diseases or allergies, gout, constipation, hypertension, stomach ulcer, infertility, Parkinson's disease, Alzheimer's disease, and muscle inability.

Yin Body Types

Meats (beef, chicken, pork, etc.) and root vegetables are very good foods for Yin body types to improve the balance of Qi. They are more internal, conservative, and cautious. If they eat more fish and leafy vegetables, they can become more internal. Also, they can develop chronic digestive disease, chronic diarrhea, hypothyroidism, insomnia, cold or tingling in hands and feet, depression, alcoholism, and diabetes.

If people who have Yang body types eat meat all the time, we can quickly or easily recognize some side effects; however, when people who have Yin body types eat more fish and leafy vegetables, the side effects will appear very slowly over the years. Therefore, they (Yin body type) cannot realize that their diets contain foods that are not healthy for their particular personality.

People with different body types require different foods in order to remain healthy. Acupuncturists and herbologists can treat health problems with acupuncture and oriental medicine along with the appropriate diets for that patient's symptoms.

Fish and vegetables may not be appropriate for everybody, so people should know their body types.

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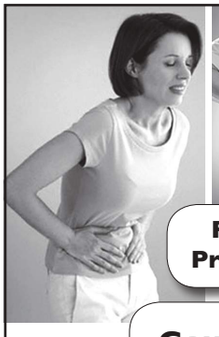

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Something To Smile About

By Zahra Kavianpour, DDS
Brighter Smile Family
Dentistry & Orthodontics

Let's face it one of the first things you notice about people is their smile. When you meet someone with a bright, natural smile, it catches your attention. However, over time, the natural aging process and your lifestyle (smoking or drinking coffee, tea, or wine) can stain your teeth.

Today everyone wants to feel and look good; they have a strong self-image. People who feel good about themselves interact positively with family, friends and business contacts. A beautiful, confident smile plays a significant role in you image.

To get your smile back to looking its best, you should choose an advanced method in modern dentistry that makes it easy to restore natural beauty to teeth that are stained, chipped, crooked, missing, or separated by a wide space. Those old silver fillings which have made your back teeth dark and unattractive can now be replaced with state-of-the-art materials that will make your teeth stronger, healthier and much more attractive.

Recent advances in dentistry make cosmetic procedures quicker, gentler, and:

- Can help you achieve the longest-lasting results
- Give you the most naturally brilliant and uniform look
- Are clinically proven to be safe and effective

Cosmetic dentistry can make you look and feel younger, more attractive, and more confident. Now you have a choice.

Straight Teeth?

Should You Be Seeing a Dentist Or An Orthodontist?

Submitted by
By Michelle Williams Daczkowski
Daczkowski Orthodontics - Manassas

In an "all access" world, straight teeth are no exception. There are all sorts of options for straightening teeth today, but unlike all things that are readily available, this is one service you want to ensure your treatment is performed by a credible specialist.

Orthodontists are specialists in dental healthcare. They must be a dentist prior to attaining orthodontic certification. Orthodontics is a specialty of dentistry that concentrates in the moving of teeth to not only create a gorgeous smile, but its primary purpose is to give the patient the best function possible for teeth that will last a lifetime without future discomfort or pain. This cannot be taken too lightly.

After obtaining a dentist license permitting the practice of dental care, orthodontists must also complete orthodontics specialist education and practicum consisting of 2-3 more years, specifically focusing on teeth movement, alignment, and jaws. This additional training should give patients confidence in their orthodontist's ability to treat patients and achieving the best treatment possible for each case.

Many orthodontic cases are routine, but there are also cases that need extensive consultation with other dental specialists, like oral surgeons, to achieve the best results for the patient. Then there are those that needed to be re-treated as the treatment did not work from a previous practitioner.

One patient in particular, Justin, had a tough case. Justin had crowding and his teeth alignment caused awkwardness in chewing and biting in the frontal areas. Justin's chin needed augmentation and his lower jaw was not growing in proportion to his upper jaw. We started by removing teeth to eliminate the crowding, followed by a surgery to bring the lower jaw forward and augment the chin over a two-year period. The end result? The jaw and teeth were in proportion to the rest of his facial features, leaving Justin a great smile and no discomfort.

When Should You Take Your Child To an Orthodontist?

The American Association of Orthodontists recommends that all children should receive an orthodontic evaluation by age seven. Although younger children do not have their full set of adult teeth, there are several appliances that the orthodontist can utilize to manipulate bone and help influence teeth growth.

Orthodontics For All Ages

Today, adults of all ages visit orthodontists for cosmetic and multiple dental health reasons. Many adults

Please see "Straight Teeth," page 54

A Reason To Smile Again

All-On-Four Dental Implants

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

Can just four implants replace all of the teeth on the top or the bottom of your mouth? Thanks to advances in dental implant technology, that answer is a resounding yes.

Believe it or not, tooth loss is extremely common among adults, especially as we age. In fact, more than 35 million people in America are missing all of their upper and/or lower teeth. Rather than living with the discomfort and hassles of dentures, many people are opting for what is called "all-on-four" dental implant restoration.

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

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

Here's where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four precisely placed implants on the top of your mouth, and four on the bottom, to restore your full smile. That's the beauty of the All-On-Four. And because the implant is made of titanium, it has the unique ability to fuse to living bone and function as part of it. So eventually, the dental implant becomes part of the jawbone and serves as a strong, long-lasting foundation for your new teeth.

Besides ensuring that your implants are permanently fixed in place, this bone fusion has another important benefit: it prevents future bone loss in the jaw. This helps to maintain a more youthful facial structure – and better oral health. But perhaps the biggest surprise about the all-on-four is how quickly it can transform your life.

What's the All-On-Four Dental Implant Procedure Like?

It can be scary to get implants for the first time. Most of that fear is probably due to the uncertainty, so here is the step-by-step process for getting an All-On-Four dental implants.

First, your dentist will want to make sure your comfortable, so either local or general anesthesia will be administered.

Second, the dentist or surgeon will prepare your mouth for the implants, which involves removing your remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

Next, they will begin the implantation process. This means they will insert the titanium screws into your jawbone. Most likely, they will place two implants toward the front of your mouth and two towards the back of your mouth so the "anchors" can evenly bare the force of the denture.

After the implants have been placed, they will thoroughly clean the surgical sites and suturing all the incisions. Then you'll be taken to a recovery room where you can relax and take time to wake up from the anesthesia.

How Do You Know If the All-On-Four Procedure Is the Right Option For You?

At your All-On-Four consultation, you'll receive a 3D CT Scan. This scan will help determine if you need implants and assist your doctors in creating your treatment plan. So if you want to learn more about dental implants, simply schedule a consultation with an All-On-Four provider. It's the best way to find out how dental implants can change your life.

All-On-4: Same Day Smiles

Missing Teeth or Tired of Wearing Dentures?

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

CALL TODAY TO GET YOUR OLD SMILE BACK!

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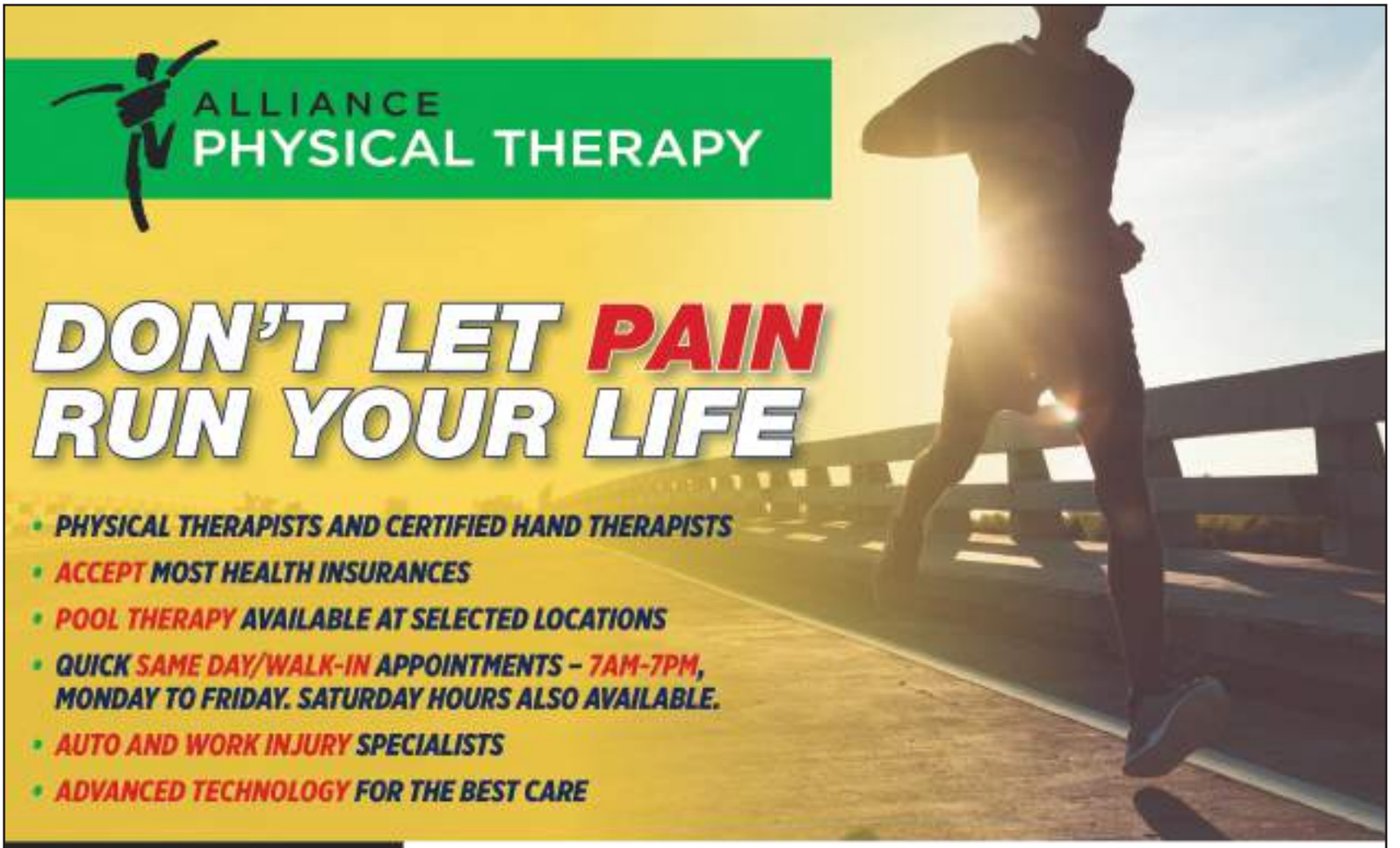

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Botox

From page 4

our country. Here are some important teaching principles that are also useful for men and women who are considering having treatment.

1. Understand the Science

As we age, some of our facial muscles become overactive. The wrinkles that result can send signals that we don't intend. Frown lines between the eyebrows can make us look angry, lines across our forehead communicate worry, and a sagging mouth or neck can look sad. With expert technique, tiny amounts of Botox, Dysport, Xeomin or Jeauveau are precisely placed just beneath the skin to give a smoother, more lifted appearance. This must be done with exact understanding of your facial anatomy and structure. Patients can return immediately to regular activities with no sign of having had treatment. On average, it takes 5-7 days to see the results.

2. See the Whole Picture

When you receive advanced Botox treatment from a true expert, she or he isn't just smoothing individual lines or wrinkles, but understands how to go beyond this to reshape your whole face and restore youthful contours. You will still look like yourself, just more like you did when you were years or even decades younger.

For instance, if your eyebrows have dropped and flattened, making your eyelids heavier, a little Botox in the right places can lift and subtly shape your brows. This adds definition and sparkle to your eyes.

Expert treatment is the key to making you look better without anyone realizing you have had anything done. Ironically, some celebrities who are criticized for being "over-Botoxed" are really victims of over-zealous surgery, whereas many who are most admired for their beauty, or for aging gracefully, look this good because they are having regular, expert treatments with Botox, fillers and other non-surgical rejuvenation.

3. The Power of Combination

One of the newest concepts is combining Botox with natural fillers such as Juvederm, Restylane, Voluma and Sculptra, and state-of-the-art lasers such as Ulthera, Fraxel or Exilis Ultra. This can achieve a scar-free, more natural-looking, non-surgical facelift that prevents you from ever having to go under the knife.

Advanced techniques can stimulate your skin to produce new collagen and elastin. This lifts and tightens it from within to give longer-lasting results.

4. Looking Good in the Long Term

Many of these treatments require maintenance. This is a good thing as your doctor can adjust your treatments to fit your face as you age. This allows you to always look completely natural, and you may even be told that you never seem to age. Maintenance treatment not only smooths out your wrinkles, it also prevents them from deepening.

When comparing pricing, make sure you know how well-qualified your doctor is, and that the Botox is not over-diluted, It is a false economy to pay less for bad Botox, or for over-diluted treatment that won't last as long as it should.

Select a board certified dermatologist or plastic surgeon with years of experience who can individualize your treatment to address your own unique patterns of facial aging. The most expert doctors are actively involved in cutting-edge teaching, research and public education. This is the real secret to achieving the best results and looking as good on the outside as you feel inside.

Cosmetic Surgery

From page 4

wrinkles, causing drooping eyebrows and also creases and lines that make a person appear tired and old. A browlift can address these problems; it is done by surgically altering the muscles that cause wrinkling or drooping in the area above the eyes. This procedure is most commonly used to minimize the appearance of aging in people 40-60 years old. Like many of the procedures listed here, browlifts are usually done in combination with other procedures such as Botox and Microdermabrasion to effect a more complete facial rejuvenation.

Nose Surgery (Rhinoplasty): A prominent nose may be a cause for self-consciousness to some people. Rhinoplasty can correct an undesirable shape of the nose, it may also be used to correct breathing problems caused by narrow or partially obstructed nostrils. Nose surgery can open up new possibilities for changing your appearance and self-image.

Eyelid Surgery (Blepharoplasty): This is a surgical procedure done on the eyelid to remove fat deposits, loose skin and drooping that has occurred with age. Eyelid surgery can make a big difference in your personal appearance, taking away your tired and old look turning your face into a more youthful relaxed state.

Facelift (Rhytidectomy): As a person ages, the skin loosens and the supporting muscles weaken causing sagging of the skin and jowling. A facelift is a procedure in which suspension of the weakened underlying muscles results in a natural re-draping of the skin of the face and neck. The suspension of the muscle and skin over the underlying facial skeleton produces a youthful appearance lasting many years.

Facial & Neck Liposuction: Despite diet and exercise, nothing seems to affect the fatty deposits in your cheeks, chin, jawline, or neck as these areas do not usually respond to diet and exercise. Localized deposits of fat cells from the body can only be removed through facial liposuction surgery. The result is reshaping these bulging areas into more attractive and youthful facial contours.

Keep in mind that cosmetic surgery is a personal choice and should be done for yourself, not to meet someone else's expectations or to try to fit into an ideal image.

Energy Healing

From page 24

relief from some or all of your physical discomfort. Your natural healing processes should be stimulated as a result of the removal of blocks in your energy.

Repeated energy healing sessions have a cumulative effect, and over time you should notice a positive shift in your overall health and well-being. Energy healing does not replace traditional medicine; however, it does support, enhance, and complement conventional treatments.

Plasma Pen

From page 19

provide the most comfortable treatment. Topical numbing agents are used and our Plasma Concepts device and super-fine probes allow our technicians to work quickly and efficiently, which will dramatically minimize any potential discomfort for you.

When Will I See Results?

Although results are often utterly dramatic from day one and your treated area may look completely healed from the outside very quickly, it takes about 4-8 weeks to be able to see the full results that can last up to three years.

How Many Treatments Do I Need?

The procedure provides results after just one treatment. The number of treatments required to achieve desired results will depend on the area being treated, the condition of the skin and age. Your technician will create a plan with you.

Plantar Warts

From page 41

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 semi elliptical 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 considering 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.

Straight Teeth

From page 49

benefit from teeth alignment. There are now affordable treatment options for all ages and multiple insurance companies offer orthodontic coverage. These include traditional braces, clear braces or Invisalign®. Invisalign is especially helpful to teens and adults who do not want to be seen wearing braces.

When you choose an AAO orthodontist, you can be assured that you have selected a specialist and an expert in the field of orthodontics and dentofacial orthopedics.

Disabilities

From page 40

come apparent during elementary school, with the child struggling to keep up with peers in a specific academic area. However, some individuals do not receive an evaluation and diagnosis until adulthood. If there are concerns about a potential learning disability, the person is referred for a psychoeducational evaluation by a psychologist.

Generally, psychologists can begin to accurately identify learning disabilities in children once they reach third grade. Though younger children can display significant areas of academic impairment, it is not uncommon for many of these children to just have temporary delays, which they learn to overcome in early schooling so diagnosis is often deferred until they are older.

The psychologist will conduct a series of tests to assess the person's individual strengths and weaknesses to determine if they meet criteria for a learning disability. If testing indicates that the individual has significant deficits in certain areas of cognitive processing they will receive a specific learning disorder diagnosis noting the areas of learning impairment.

Once a learning disability is identified, personalized interventions and supports can be put into place to help the person perform to their full potential (e.g. working with a teacher 1:1 to build academic skills, extra time on tests and assignments, and using assistive technology like talk-to-text). Further information on learning disabilities can be found at the Learning Disability Association of America's website, https://ldaamerica.org.

Keralase

From page 40

pain throughout the whole procedure.

At the time of procedure, the scalp is cleaned and required sites or problem areas on the scalp are treated with the LaseMD laser, and then Kera-Factor serum is applied. The treatment usually takes approximately 15-20 minutes. One may feel a little tingling or warm prickling sensation during the laser treatment; however, there is no significant pain or discomfort during the whole procedure.

As it is a zero-downtime treatment, one can go back to normal schedule immediately post-treatment. One may use a hat or other hair accessories and resume other activities like exercise after the treatment; however, it is recommended that patients do not wash their hair until the next day.

The doctor may recommend supplements and medicated shampoos and conditioners along with some other hair care products, which help the hair growth even more.

Depression

From page 26

In March 2019, the FDA approved esketamine, (sold under the brand name Spravato®) for patients with TRD. Esketamine has a novel mechanism of action to offer patients relief from depression. It is self-administered via non-invasive intranasal dosing in a physician's office. It is given in conjunction with routine antidepressant medications.

Many patients who have tried esketamine report they feel more like themselves again. They note improvement in focus, energy, and describe marked improvements in mood. Patients describe improved interest and participation in activities with friends and family.

Patients who have tried and failed at least two antidepressant medications are potentially eligible for this medication. Patients who feel that they have TRD and are interested in esketamine treatments, should contact a local certified Spravato treatment center for information.

Companionship

From page 46

competitive, exploitive, and transient instead of the caring, other-centered, enduring, and supportive relationships true friendships should be.

Because one of the functions of counseling and psychotherapy is to be a companion with the patient through their life struggles, this service fills an important gap for many, and can be an invaluable asset that can not only help a person, couple or family through a crisis, but also to help people learn to develop more meaningful relationships and be better friends with others. This is because of the compassion, insight, empathy and understanding and communication skills a trained and experienced professional brings to the treatment encounter and shares with the patient.

And this is why increasingly today, people of all ages and walks of life are turning to therapy professionals and benefitting from their consultation and counsel, as it can be hugely important in reducing loneliness, isolation, and accompanying feelings of anxiety and despair, and in helping us to feel more comfortable, connect more satisfactorily, and feel much closer with loved ones and significant others in our lives.

Treatment professionals would like to invite you to partake of these benefits by letting us be a companion and assistance to you in your unique struggles, accompanying you through crucial moments in your life's journey – confident you will be the happier and more successful as a result.

Formula

From page 46

based color in order to achieve the most vibrant results. But those with sensitive skin – don't fret!

Ammonia-free permanent color still uses an alkalizing agent in those formulas. The ammonia is replaced with an ammonia derivative, such as MEA, or Monoethanolamine. These ingredients do not share the harsh smell of ammonia and are gentle on hair and skin.

When choosing what kind of dye to use, the number one thing to take into account is your skin type. Otherwise, you can't go wrong – we guarantee that all these types of hair dye will provide you with beautiful, lasting color.

Dental Implants

From page 19

of the teeth anchoring (abutments) require root canal treatment. Failure of abutment teeth is eight percent to 12% at 10 years and 30% at 15 years. 80% of teeth adjacent to the sites of missing teeth are with no or minimal fillings.

The potential lifetime cost of a single crown replacement prior to dental implant treatment is at least $9,000 or more. The potential lifetime cost for a three unit fixed (cemented) bridge replacement is at least $19,300-$22,300.

The cost of a single implant, crown and abutment in Northern Virginia is $2,777-$5,000 or more. So one can see that dental implants are actually a cost effective way to replace missing teeth and maintain their oral health, function and esthetics.

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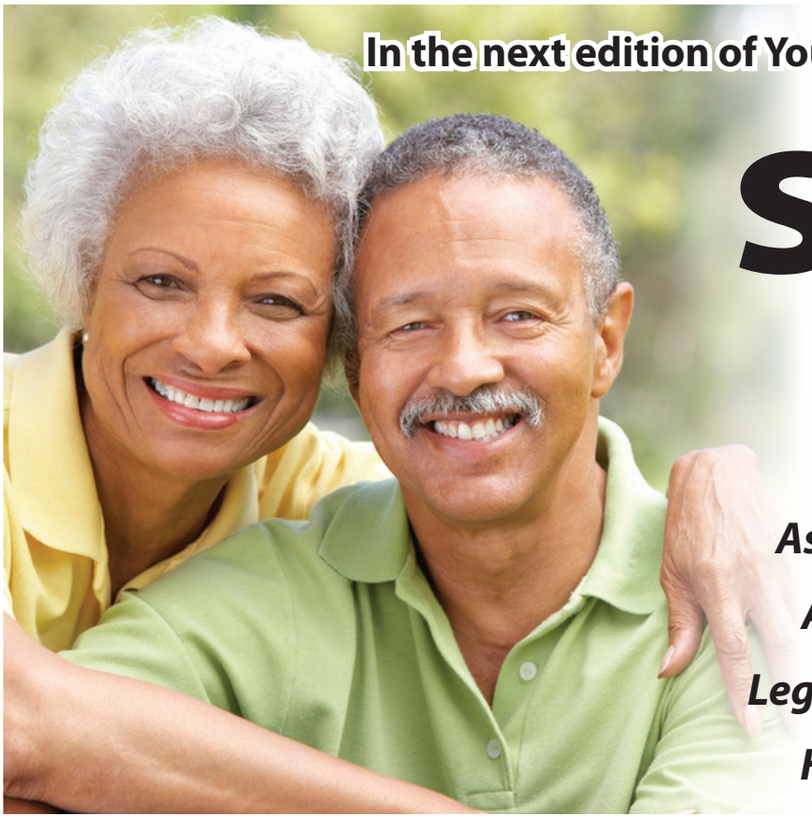

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Before & After Nonsurgical Neck Restoration

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

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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