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ACUPUNCTURE
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SENIOR *Living*

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Featured Professionals



Garima K. Talwar, DDS, MS
Prosthodontist



Marvette Thomas, DDS
Cosmetic Dentistry



Jeffrey L. Brown, DDS
TMJ & Sleep Apnea



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Ophthalmology



Claiborne Callahan, MD
Ophthalmology



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Ophthalmology

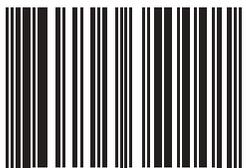


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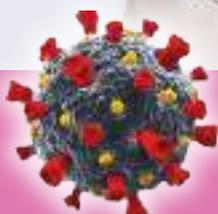
PAIN MANAGEMENT
& REHAB Professionals

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Health Professionals Page 48

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By Deeni Bassam, MD, DABPM
The Spine Care Center

Can Electrical Stimulation Help My Pain?

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

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

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

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

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

In general, stimulation works

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

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

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

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

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



Back Pain?

Back and neck pain *can* be treated.

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

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What's the Right Age To Have Cosmetic Surgery?



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

This question is often asked by both patients and the media. In fact, there is no "right age" to have cosmetic surgery because we all age at different rates. But there is a right time – when we're ready to fix something that bothers us. There is also a right reason – when how we look doesn't reflect how we feel.

Our faces send messages that impact us profoundly, both personally

and professionally.

For example, frown lines can make us look angry when we're not, under-eye bags convey tiredness, and a downturned mouth looks sad. Spider veins and sunspots make us look old and weather-beaten. It's the same for our bodies. These "error messages" are easily corrected by an expert using today's non-surgical technology.

Recent surveys show that more men and women are choosing no-downtime fixes to look good on Zoom, keep their professional edge, and to achieve balance so that how they look truly reflects how they feel. They are also looking forward to a return to the "new normal", with in-person interactions both socially and professionally.

The most advanced experts in the field are doing cutting-edge research, publishing in academic medical journals, and teaching plastic surgeons

Please see "Right Age," page 46



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Keep Your Eyes Young and Healthy

By Jacqueline D. Griffiths, MD
New View Eye Center

Preventive eye care is important to everyone because eye conditions and diseases that can destroy you and your family's healthy vision can strike at any time in life, from newborn to old age. Read below for suggested guidelines on when you and your family should have your eyes checked. Infants and toddlers should be screened for common eye problems, such as strabismus (crossed eyes) and Amblyopia (lazy eye) during their regular pediatric appointments. Vision testing is recommended for all children starting at around three years of age.

Most children and teenagers have healthy eyes, but they still need to take care of their vision by wearing protective eyewear when playing sports, doing yard work, working with chemicals, or taking part in other activities that could cause an eye injury.

Even young adults and middle-aged individuals can be affected by eye problems, so preventive measures should be taken to detect eye diseases early and to protect eye from injury. These individuals should have a complete eye exam at least once between the ages of 20 and 29, at least twice between the ages of 30 and 39 and every two to four years between the ages of 40 and 65.

Seniors over age 65 should have a complete eye exam by their Eye M.D. every one to two years for cataracts, glaucoma, age-related macular degeneration, diabetic retinopathy, and other eye conditions.

The suggested examination guidelines are:

- Ages zero to two: screening during regular pediatric appointments
- Ages three to five: screening every one to two years during regular primary care appointments
- Ages six to 19: schedule examinations as needed
- Ages 20 to 29: one examination
- Ages 30 to 39: two examinations
- Ages 40 to 65: examination every

- two to four years
- Ages 65 and over: examination every one to two years

But check with your Eye M.D. to see how often you should have a complete eye exam if any of the following risk factors affect your eyes:

- History of eye injury
- Diabetes
- Family history of eye problems
- African American over age 40

Protecting your eyes from accidents, early detection, and treatment of eye problems are the best ways to keep your healthy vision throughout life. If you and your family are at risk for eye disease or experience any eye problems, visit your Eye M.D. promptly.

Find out what it takes to preserve your vision and prevent common eye problems. How many of these questions about vision can you answer correctly?

1. Which of the following habits can weaken your eyes?

- a. Watching television sitting too close to the screen
- b. Smoking
- c. Reading in dim light
- d. Not wearing prescription lenses if you need them

2. Which vitamin(s) should you take to protect your eyes if they're sensitive to light?

- a. B1
- b. B2
- c. B12
- d. All of the above

3. Eating which of the following foods helps prevent and alleviate conjunctivitis?

- a. Apples
- b. Broccoli
- c. Eggs
- d. Yogurt

4. Menopause can cause dry eyes.

- a. True
- b. False

5. Eating which food prevents macular degeneration?

- a. Eggs

- b. Bran
- c. Mushrooms
- d. Spinach

6. Which of the following minerals should you take to relieve an eyelid twitch?

- a. Copper
- b. Iron
- c. Magnesium
- d. Zinc

7. When is it most important to wear sunglasses?

- a. During the summer
- b. From 8 a.m. to 10 a.m.
- c. From 10 a.m. to 2 p.m.
- d. During the winter

8. Which of the following drugs makes your eyes more sensitive to sunlight?

- a. Antibiotics
- b. Aspirin
- c. Oral contraceptives
- d. All of above

9. Taking high doses of zinc can cause macular degeneration.

- a. True
- b. False

10. A poorly functioning liver can cause glaucoma.

- a. True
- b. False

Answers on Page 46

Fast Fact #1:

Your eyes use more oxygen than any other tissue in your body.

Fast Fact #2:

Make Healthy Choices. More than 13 million Americans have age-related macular degeneration, a leading cause of blindness. Age, smoking, high blood pressure, and exposure to sunlight increase your risk of developing this disease.

Fast Fact #3:

Rest your eyes. Computer vision syndrome symptoms include sore eyes, blurred vision, and headaches. To avoid this syndrome, reduce screen glare and take a five-minute computer break every 20 minutes.



Jacqueline D. Griffiths, MD

Selected as a
"Super Doctor"

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"Top Ophthalmologist"

Washingtonian Magazine
& Northern Virginia Magazine

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 CKSM, no-stitch cataract surgery, annual eye exams, contact lenses, glaucoma and diabetic screening exams, and cosmetic services including Botox, Restylane, Radiesse, Juvederm, and eyelid surgery. NewView Optical offers affordable high quality frames and lenses for the entire family (ages 5 and older).

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



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Articles and information about health professionals is available at
www.YourHealthMagazine.net

RETRACTION: On the front cover of April's Northern Virginia edition we incorrectly identified Dr. Karl A. Smith, DDS, MS as a "Periodontologist". Dr. Smith is actually a Periodontist and should have been listed as such. We apologize for any confusion this may have caused. Please refer to Dr. Karl Smith's ad and article display on page 14 of this month's edition.



In the next edition of Your Health Magazine...

- Back Pain?*
- Headaches?*
- Migraines?*
- Arthritis?*
- Joint Pain?*
- Nerve Pain?*
- Sciatica?*
- Toothache?*

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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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Acupuncture and Cupping



By Jay Cho, DC, FIAMA
Active Care Chiropractic
& Acupuncture

Acupuncturists perform acupuncture daily for neck pain, lower back pain, auto accident injury, and more. Acupuncture can be used for all conditions including:

- Allergies, sinus, cold, flu
- Diet and nutrition
- Depression, anxiety, stress
- Immune disorders
- Weight loss and management
- Chronic fatigue syndrome
- Poor circulation
- Stroke, Bell's palsy
- Infertility PMS
- Insomnia
- Gastroesophageal reflux disease (GERD)

Acupuncture is a technique of inserting and manipulating fine filiform needles into specific points on the body to relieve pain or for therapeutic purposes. The word acupuncture comes from the Latin acus, "needle", and pungere, "to prick." Acupuncture, simply stated, is a health science that is used to successfully treat both pain and dysfunction in the body.

Acupuncture has its roots deeply planted in China. In fact, authorities agree the science is between 5,000 and 7,000 years old. Its use spread throughout ancient Egypt, the Middle East, the Roman Empire and later into Western Europe as merchants and missionaries to China told of the amazing discoveries the people of the Orient had developed.

Early Chinese physicians discovered there is an energy network traversing just below the surface of the skin, which communicates from the exterior to the internal organs and structures over 1,000 "acupoints" on the body. This energy works in harmony with the body's circulatory, nervous, muscular, digestive, genitourinary and all other systems of the body. When this vital energy becomes blocked or weakened, an effect in a body system or anatomic location becomes evident. Stimulation of one or a combination of key "acupoints" on the body may restore harmony to the affected area.

Historians have stated, "More people have benefited from acupuncture over the course of 50 centuries than the combined total of all other healing sciences, both ancient and modern." There is general agreement that acupuncture is very safe when administered by well-trained practitioners using sterile needles. There are many researches and studies that were published by WHO.

Needles and Cupping

Cupping refers to an ancient Chinese practice in which a cup is applied to the skin and the pressure in the cup is reduced by suctioning out air, so that

the skin and superficial muscle layer is drawn into and held in the cup.

In that practice, the skin is pinched at specific points until redness is generated. Cupping is applied by acupuncturists to certain acupuncture points, as well as to regions of the body that are affected by pain (where the pain is deeper than the tissues to be pulled). A certain amount of bruising is expected both from cupping, especially at the site of the cup rim. However, this skin redness or bruising will disappear usually within a week.

In some cases, a small amount of blood letting is done first; using a pricking

needle, and then the cup is applied over the site. This technique is said to promote blood circulation, remove stasis, and alleviate swelling and pain. It is employed especially when there is a toxic heat syndrome and for a variety of acute ailments.

Conditions Which Can Benefit From Cupping

Conditions that can benefit from cupping include headache, back pain, joint and muscular pain, rheumatic diseases, hypertension, breast enhancement, bed wetting, common colds and flu, insomnia, fever, constipation and diarrhea, chest pain, asthma, and blood disorders.



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Dental Care For Mature Citizens

By Karl A. Smith, DDS, MS

If you're a baby boomer, born between 1946 and 1964, there are so many reasons to focus on and improve your oral health. Periodontal (gum) disease risks rise with age and can lead to a host of physical problems. There is no better day than today to get a checkup by a dentist specially trained in knowing the links between your mouth and body health.

Higher Risk Of Periodontal Disease

Boomers grew up in a time of prosperity, education, and opportunity. This generation has a greater need for oral treatment than any other. The Centers for Disease Control reports that 70% of Americans 65 and older have chronic gum disease. Surveys suggest that growing up in a time of plenty may have led to a taste for a diet rich in carbohydrates and sugar. This has caused enamel erosion and gingivitis.

Research also shows that boomers can do better to protect their oral health. One survey shows only 40% of older people use mouthwash, 34% brush their teeth only once a day, and 47% say they often skip flossing.

When age-related conditions like arthritis or joint pain make proper brushing and flossing more difficult, it exacerbates the problem further.

Periodontal Disease and Alzheimer's

Another reason to take care of your mouth as you age is the growing connection between gum disease and Alzheimer's disease. More than 6 million Americans over 65 have been diagnosed with this form of dementia, a number projected to more than double by 2050.

A 2019 National Institutes of Health study published in the *Journal of Alzheimer's Disease* shows the bacteria that cause gingivitis, the earliest form of periodontal disease, are also connected to several forms of dementia. One species of bacteria is believed to migrate from gum infections through the bloodstream and into the brain. There, they release enzymes that can destroy nerve cells, leading to memory loss and Alzheimer's.

The relationship between dementia and gum disease goes the other way, too: People with memory loss may neglect their oral health and a mild problem may turn into something much more severe.

Protecting Oral Health As You Age

Research is underway to develop a drug that can block bad bacterial enzymes and slow the progression of dementia. Until then, it is imperative to take extra care of your teeth and gums as you age.

- Brush twice a day, floss once or twice a day, and visit your periodontist for a checkup.
- Cut out sugary foods and beverages. Use the artificial sweetener xylitol,

which is shown to starve harmful bacteria and reduce plaque buildup.

- Dry mouth lowers oral pH, increasing the risk of tooth decay and gum disease. Talk to us about special alcohol-free oral rinses, lozenges, and other preventive measures.
- Swish with water after eating and consuming sweet and acidic drinks.
- Resolve to adopt a healthier diet and lifestyle for overall good health. Studies show this alone

may lower your risk for Alzheimer's disease by up to 60%.

Aging does not mean gum disease and related health problems are inevitable. Baby boomers are known for being proactive about health care when they have the right information. Call us today for a no-charge phone consultation to answer any questions you may have. We are happy to do our part and help you improve your oral health in your golden years.

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By Sherry L.H. Maragh, MD, FAAD
Maragh Dermatology,
Surgery & Vein Institute

Creating Fitness Goals Are a Good Thing, So Get Started and Stick To It

If you made a fitness or health goal to shape up, slim down, thin out and get your behind (literally) back in gear, you can do it. Commit to yourself to be different. Be that one exception six months from now who is still giving it their all to stay in shape.

Starving Never Equals Success

The quickest way for your fitness or health goal to fail is having unrealistic ideas and expectations about food consumption. Educate and empower yourself about making the right food choices. Consult with your doctor or a licensed dietitian.

A Balanced Diet

A balanced diet low in simple carbohydrates (like bread and sugar) is a perfect stepping stone. You've heard it before – bad things in, bad results out. Don't sabotage your efforts by eating bad foods despite hitting the gym regularly. And, portion control can't be ignored. Too much of anything can be a bad thing.

Listen to your body. When you are full, stop and push back from the table. Ignore those rules about cleaning your plate.

Set Realistic Fitness Goals

Life is busy and unpredictable. You never know what unanticipated event will throw off your fat burning and toning goals. Commit to consistency, not to exhaustion. Start exercising a minimum of three days for thirty minutes each time, but be consistent. Cardio counts. And, don't forget strength training for optimal results.

Have a Workout Partner

Need some support but your

spouse or partner isn't on board for what it takes to get the new you? Take your baby for a stroller jog or use them for better abdominal crunches or chair lunges. Don't forget about your office buddy or neighbor who may have the same new fitness goals.

Water, Water Everywhere

The body needs water to function. Without it people can experience health problems from diabetes to

kidney failure. Especially when you begin a new fitness program, leave the soda and tea behind and grab some good ole' H2O.

It's Okay To Push the Easy Button

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that won't go away, or cellulite, even after months or years of good diet and exercise habits. These two treatments are specifically designed for helping with just that.

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Your Retina Is Our Specialty



Khurram Malik, MD

Dr. Khurram Malik is a vitreoretinal specialist and surgeon. He received his Doctorate in Medicine from the University of Minnesota Medical School, and completed his residency at the University of Minnesota Department of Ophthalmology. Dr. Malik completed a retina and vitreous surgery fellowship at the National Retina Institute.

Dr. Malik's clinical interests include age-related macular degeneration, diabetic retinopathy, and retinal detachment repair.

He is committed to giving our patients hope while treating with compassion and the most advanced technology available.



Neha Serrano, MD

Dr. Neha Serrano is a board-certified ophthalmologist who specializes in medical diseases of the retina and macula. She is particularly interested in age-related macular degeneration, diabetic retinopathy, retinal vascular diseases, and retinal imaging.

She received her Medical Degree from Georgetown University, where she graduated cum laude, after which she completed her internal medicine internship at the University of Chicago Medical Center. She completed her ophthalmology residency at the Georgetown University/Washington Hospital Center program, and also completed a fellowship in Medical Retina at the Duke Eye Center.



Sophia S. Wong, MD

Virginia Retina Specialists would like to welcome Dr. Sophia Wong, a board certified ophthalmologist and vitreoretinal surgeon. She earned her medical degree from Rutgers New Jersey Medical School and completed an ophthalmology residency at George Washington University, as well as a vitreoretinal surgery fellowship at University of California, Davis.

Dr. Wong is dedicated to providing her patients with compassionate and expert care in the treatment of various conditions. She looks forward to discussing your retinal health and partnering with you to preserve and improve your vision.

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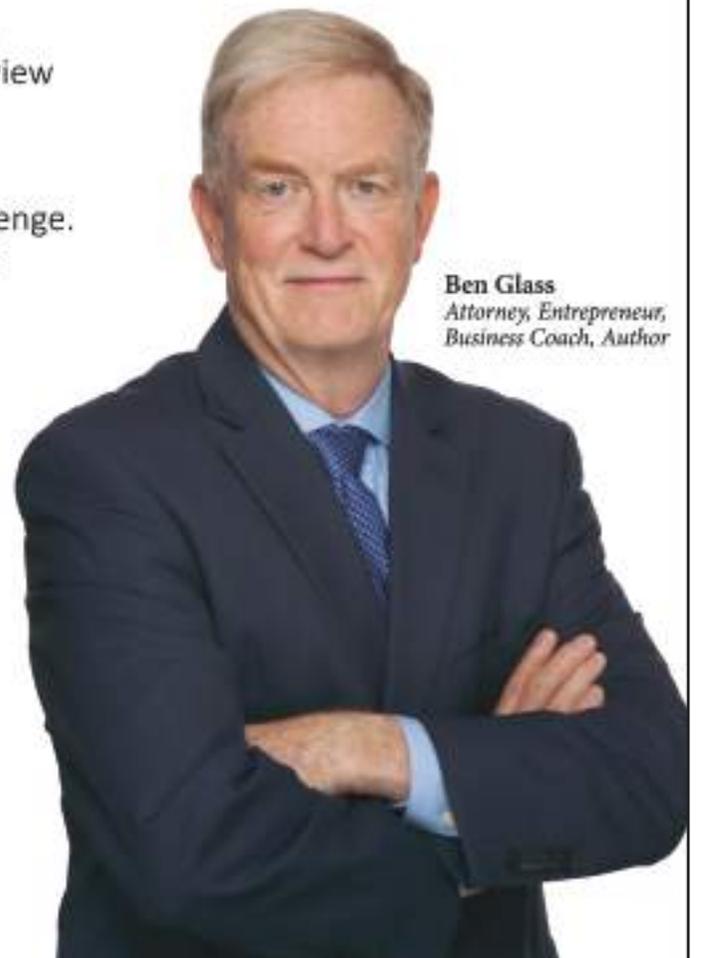
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By April Toyer, DDS
Lifetime Dental Care

Bottled Water Vs. Tap Water

fluorosis. Fluorosis in most cases is generally mild, but may cause some whitish spots on the permanent teeth.

For infants who are on formula that already contains fluoride, parents should take caution when reconstituting with fluorinated water. Talk to your pediatrician before altering the diet for your infant. Fluoride toothpaste and rinses should also not be consumed, since it contains a dangerous level of fluoride if ingested in large amounts.

If you are on well water or are unsure of the fluoride levels in your

community you may consider getting your water tested. If you have concerns about water quality, contact the Service Authority of your county. Chlorine is a product that is added to water during the filtration process that helps get rid of bacteria. Refrigerating your tap water overnight and using a water filtration system, can help remove impurities and give your tap water a crisp clean taste.

If there is no fluoride in your community water please ask your dentist to determine if your child may be in need of a fluoride supplement.



Staying well hydrated is one of the best things you can do for your oral and overall health.

Although bottled water is commonly perceived as being the “cleaner” alternative to tap water, it is missing one vital component – fluoride. Many experts attribute the recent rise in cavities to be linked to the surge of bottle water consumption.

What Are the Benefits Of Tap Water?

Fluoride can slow the rate at which tooth enamel demineralizes and also encourage remineralization of an area that has the early stages (white spots) of a cavity. According to the American Dental Association, “studies prove water fluoridation continues to be effective in reducing tooth decay by 20-40%, even in an era with widespread availability of fluoride from other sources, such as fluoride toothpaste.

Fluoridation is one public health program that actually saves money. An individual can have a lifetime of fluoridated water for less than the cost of one dental filling.”

Tap water also contains calcium and magnesium. There have been studies that show that communities that have tap water containing higher levels of calcium and magnesium have lower death rates since they can help protect against heart disturbances.

Is Tap Water Safe?

Although water fluoridation is safe and beneficial for our oral health, over exposure to fluoride can cause dental

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April Toyer, DDS



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

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Gardening and Your Health



By Lyn Lubic
The Essential Home Healer, LLC

Although found in small amounts in certain foods, your body makes most of its own vitamin D by utilizing sunlight. In order to keep getting enough of this essential vitamin, your skin needs exposure to sunshine on a regular basis.

That's what makes gardening a great "source" of vitamin D. You get exposed to sunlight while working on garden tasks, and your body can manufacture the vitamin D it needs.

This is especially important because an often-overlooked aspect of vitamin D is its role in strengthening your immune system.

The "sunshine vitamin" is critically involved in the overall function of your immune system. It's needed for your body to correctly identify and neutralize threats, helping to ward off infection.

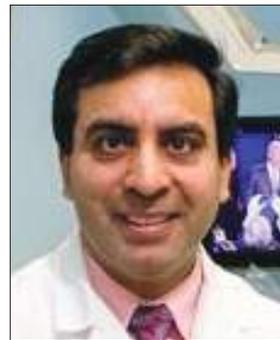
In fact, research indicates that hav-

Please see "Gardening," page 46

Did you know that gardening can be good for your health and can help support your immune system?

Vitamin D is an incredibly important nutrient. It's needed for hundreds of different functions within your body, including metabolism, bone health, brain function, and balanced hormones.

New Smile With Dental Veneers



By Kris Popli, DDS
Tysons Laser Center Dentistry

less than porcelain. You will need to discuss the best choice of veneer material for you with your dentist.

Veneers Are Routinely Used To Fix:

- Teeth that are discolored either because of root canal treatment, stains from tetracycline or other drugs, excessive fluoride or other causes, or the presence of large resin fillings that have discolored the tooth
- Teeth that are worn down
- Teeth that are chipped or broken
- Teeth that are misaligned, uneven, or irregularly shaped
- Teeth with gaps between them

Getting a Dental Veneer Involves These Steps:

Diagnosis and Treatment Planning. Explain to your dentist the result that you are trying to achieve. During this appointment, your dentist will examine your teeth to make sure dental veneers are appropriate for you and discuss what the procedure will involve and some of its limitations. He or she may also take x-rays and possibly make impressions of your mouth and teeth.

Please see "New Smile," page 47

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Dental veneers (sometimes called porcelain veneers or dental porcelain laminates) are wafer-thin, custom-made shells of tooth-colored materials designed to cover the front surface of teeth to improve your appearance. These shells are bonded to the front of the teeth changing their color, shape, size, or length. Dental veneers can be made from porcelain or from resin composite materials.

Porcelain veneers last longer and resist stains better than resin veneers and better mimic the light reflecting properties of natural teeth. Resin veneers can be done in one visit and cost

How Dental Implants Can Change Your Life



By Maryam Avin, DDS
Avin Dental Care

Dental implants are a great way to replace missing teeth and also provide a fixed solution to having removable partial or complete dentures. Implants provide excellent support and stability for these dental appliances.

Dental implants are artificial roots and teeth (usually titanium) that are surgically placed into the upper or lower jaw bone by a dentist or perio-

dentist – a specialist of the gums and supporting bone. The teeth attached to implants are very natural looking and often enhance or restore a patient's smile.

Dental implants are strong and durable and will last many years. On occasion, they will have to be re-tightened or replaced due to normal wear.

Reasons for dental implants:

- Replace one or more missing teeth without affecting adjacent teeth.
- Resolve joint pain or bite problems caused by teeth shifting into missing tooth space.
- Restore a patient's confident smile.
- Restore chewing, speech, and digestion.
- Restore or enhance facial tissues.
- Support a bridge or denture, making it more secure and comfortable.

Please see "Dental Implants," page 47

Improve Heart and Memory Health Naturally



By Lakita Conley-Ware, PhD
Naturopathic Health Consultant

As we age, our bodies cannot always withstand the side effects that so often come with the use of medications. Wellness can be covered by a broad spectrum of alternative specialties that provide provisions for many anatomical, physiological and mental healthcare supports. One area that supports a gambit of wellness needs

is to provide alternative healthcare at the cellular level.

Additionally, as we age, our bodies slowly degrade which results in having less energy for many people. This degradation is impacted by environmental changes such as global warming and UV rays, the lack of appropriate exercise, general poor diets, and daily stress.

Research scientists in the fields of genetics and medicine believe that damage/changes to the cellular structure at the DNA level can also have a great impact on how fast one ages. This is because as one ages, a key cellular component that supports cellular energy decreases in number and in efficiency. This cellular component is called mitochondria.

Furthermore, on every chromosome in the body from skin to the brain, there exist what looks like microscopically a cap on the chromosome. These caps are known as telomeres. As we age, these telomeres decrease in length therefore, impacting the slowing of organ function. The research scientist, Dr. Elizabeth H. Blackburn won a Nobel Prize for her work, which revealed how telomeres protect the functioning of chromosomes. It was discovered that as telomeres breakdown, there is an increased risk of heart disease and memory loss.

We hear 'drink red wine' to support heart health. However, its only red wine made from muscadine grapes. This is due to the content of resveratrol and the high concentrations of other polymers in these grapes, both have been linked to good heart health and even cognitive brain support.

Partnering with Dr. Blackburn, the naturopathic firm Shaklee developed a wellness alternative that can provide cellular health across all these areas discussed. It is a naturopathic supplement called Vivix® which contains resveratrol as a key factor. The supplement has patented components that have shown marked changes in the cellular degradation for hundreds of people globally. Vivix, over time, is thought to decrease the degradation/shortening of telomeres as well as an increase in cellular energy.

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The Management Of TMD Pain



By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

When it comes to managing the pain of temporomandibular disorder (TMD) it can sometimes be quite confusing as to what should be done. For so many patients who suffer from this disorder, many simply take medications to manage their pain. Common pain medications include ibuprofen or acetaminophen (Advil and Tylenol). Singularly, these drugs work fairly well in managing pain, but did you know that if you took one Tylenol with one Advil, they could have the same effect as a narcotic, and is often more effective than most narcotics in pain management. Because this effect is becoming more well known, you can even find this combination of drug on many store shelves these days.

The better method is appliance therapy. As a patient gets comfortable to their TMD appliances, their body oftentimes will go through changes, and sometimes these changes can be quite uncomfortable and even painful. Usually the pain is quite manageable, but for the more advanced cases it can be difficult to handle. This is why so many patients are co-treated often with the physical therapist or and osteopath. As the patient adapts to their new appliances, the physical therapist or osteopath can work on the head and neck regions of the body to help as their body re-aligns. When wearing TMD appliances, the neck will often begin to re-align and this process can be uncomfortable, especially if the neck has been out of alignment for a very long time. All this is very normal.

Another avenue of pain management involves the use of laser therapy and oftentimes combined with massage treatment as well. The patients who experience this level of treatment often report they are very relaxed and have less pain at the end of their session with the therapist. The laser used for this therapy is a remarkably efficient device that greatly reduces pain in the head and neck region and leaves the patient with a warm feeling

for quite some time.

A relative newcomer to the arena of pain management is the Neubie device. This is a DC current electrical stimulation device that gently pulses the muscles of the entire body to create a feeling of wellbeing along with increased range of motion and decreased full body pain. There are many cases of patients who were prepared for sur-

gery such as rotator cuff surgery who ended up not needing this surgery after several Neubie sessions. The device helps to re-train the brain into realizing that a previously remembered painful experience no longer needs to be recognized as painful, which greatly helps to increase range of motion.

Other avenues of pain management include dry needling and

acupuncture. The two are somewhat similar and many patients report that the effect lasts for several days after a session. Another pain treatment that is useful but underutilized is something called Chi Kung or Qi Gong. This is an ancient Chinese meditation technique that reduces pain.

There are these and many more techniques to help manage TMD pain.



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

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

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



Jeffrey L. Brown, DDS

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



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Dental Implants FAQs



By Marvette Thomas, DDS
The Dental Spa

cases, you may receive a temporary crown the same day you receive your implant.

Replace Multiple Teeth – When you have more than one tooth missing, implants provide an ideal replacement mechanism. You don't even need one implant for every missing tooth. Instead, implant teeth can act as supports for fixed bridgework. For example, if you are missing three teeth in a row, we can place two implants, one on either side of the gap, and a crown in between that has no implant underneath. That way, you won't need to use any of your remaining natural teeth as bridge supports, which could weaken them and make them more susceptible to decay.

Replace All Teeth Permanently – Implants can support an entire arch of upper or lower replacement teeth that are fixed into the mouth and are never removed. Sometimes the new teeth can be supported by as few as four implants. It's comparable to the

Please see "FAQs," page 50



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Burn Fat and Build Muscle In As Little As 30 Minutes



By George Bitar, MD
Bitar Cosmetic Surgery Institute

yond what is possible through physical training, yielding better muscle tone and enhanced fat metabolism. These results are backed by 7 clinical studies, showing fat loss as well as defined and sculpted muscles to the abdomen and buttocks following a series of 4 treatments.

How Does It Work?

This procedure targets problem areas, by using high-intensity focused electro-magnetic (HIFEM) technology to stimulate the muscle contractions. These contractions stimulate muscle growth and burn unwanted fat, producing the desired results. This stimulation is said to mimic the effect of 20,000 squats/sit-ups in each 30-minute session.

Who Is the Right Candidate?

Emsculpt is a treatment that helps with muscle building and fat loss, not

Please see "Burn Fat," page 47

Emsculpt® is a revolutionary body-contouring treatment. It is the first procedure of its kind to simultaneously build muscle and burn fat. This treatment is completely non-invasive and can be done in as little as 30 minutes with no downtime and no discomfort.

Emsculpt contracts muscles be-

Advantages Of Dental Implants Over Dentures and Partials



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

the methods to make dentures have not changed since Wellington defeated Napoleon at Waterloo. Complete dentures are not your teeth.

They are a prosthesis made for appearance and very limited function. Complete dentures, at best, have no less than 30% mobility for the upper and the lower is worse and lifts up from the lower jaw by as much as 10 millimeters during eating. Partial dentures function a bit better, but they too move.

This movement acts to abrade teeth, slowly extract teeth and cause an increased rate of dental decay, due to the clasps acting as plaque traps. Both complete dentures and partial dentures destroy supporting bone. As

Please see "Dentures," page 47

Part I

During this age of the internet, space travel, medical miracles, GPS, and yes, smart phones, people still suffer with dentures and partial dentures. Other than the materials,

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- Does the embarrassment of your smile keep you from socializing with friends and relatives or dating?
- Do your dentures or teeth hurt, move around when eating or talking or limit the foods you eat?
- Do you look older than your natural age because of your dentures, missing teeth or worn out smile?
- Do you want new teeth and dazzling smile as soon as possible?
- Do you want to eat the foods you like and look and feel better about yourself?



You will never be embarrassed by your smile again thanks to Dental Implants!

If you answered yes to any of these questions, then Teeth in a Day Dental Implants are for you!

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Richard Hughes, DDS - General Dentist
Diplomate, American Board of Oral Implantology/Implant Dentistry
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Kiss Bad Breath Goodbye

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

Has anyone ever rubbed under their nose when you talk? Turned their head? Offered you gum or mints? If so, these people are probably telling you that you have noticeable bad breath.

Bad breath can be a devastating condition for those who have it affecting personal lives, business, and personal relationships.

Researchers estimate that 15 million Americans have severe halitosis. Typically, these odors smell like rotten eggs, garbage, dirty socks, and even the odor of feces. Very unpleasant for those who smell them.

Bad breath, or halitosis, is caused by a bacteria. This type of bacteria lives without air and, in halitosis, produce air-borne sulfur compounds – the odors people close to us smell if we have bad breath. The bacteria that cause bad breath live inside and

under the tongue coating. Everyone with serious bad breath has a lot of serious tongue coating. While many people have it, the tongue coating isn't normal.

Halitosis almost exclusively involves one area of the mouth – the top of the tongue. On the tongue, the odor-causing bacteria hide among the taste buds. Covered by months or even years of debris, dead bacteria, dead blood cells, and fermented foods, the live bacteria within the coating thrive



Richard A. Miller, DDS

in what is called a biofilm, short for biological film. In this wet, air-free environment, they produce the sulfur odors of bad breath.

One of the most important characteristics of this biofilm, is that it literally grabs onto the tongue, especially around the taste buds. Mouthwashes, tongue cleaners and toothbrushes can only penetrate the top layers of the biofilm on the tongue. That's why nothing seems to work for very long for people with severe bad breath.

In addition, researchers are now proving that these same bacteria cause gum inflammation and are a scientifically proven factor in heart disease, diabetes, stroke, bacterial pneumonia, and other life-threatening diseases.

There are two ways to treat halitosis. First, mouthwashes, toothpastes, gums, mints and other products can give some short-term relief as a cover-up, with a stronger, more pleasant odor masking the bad breath odor. But as the bacteria and powerful odors eat through it over time, the pleasant odor runs out and bad breath comes back, sometimes worse. That's why people complain that their mouthwash only lasts an hour or two. Even professional strength products have a limited time of effectiveness for chronic bad breath.

The other way is to cure halitosis by a process called Tongue Rejuvenation®. Invented at the National Breath Center, this works by eliminating the biofilm in a painless, hands-on, dental procedure. When the biofilm is removed, so are the bacteria and odors of bad breath. This technique is 100% effective and has been proven in thousands of people when performed by a dental office that specializes in Tongue Rejuvenation®. And, once bad breath is eliminated it can easily be kept from coming back.

So, if people are giving you the cues of bad breath, with Tongue Rejuvenation®, you can truly kiss bad breath goodbye.

EMBARRASSED BY YOUR BREATH?



Do People . . .

Turn Away When You Get Close?

Rub Under Their Nose?

Offer You Gums or Mints?

Talk Behind Your Back?

Exclude You From Social Activities?

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THE SKINBARRE



Meet the team: Andrea Ristic-Founder and Medical Aesthetician | Sofia Flores-Practice Manager
Stephanie Okparaeke-Nurse Injector & Aesthetic Provider | Jessica Mapes-Medical Aesthetician
Judy Chang-Medical Aesthetician | Mars Saddat-Medical Aesthetician | Tania Sevilla-Medical Assistant & Laser Technician



Andrea is The SkinBarre's founder and creator. She is from Caracas, Venezuela, and is fluent in both English and Spanish. She was inspired to pursue skincare health after her mother was diagnosed with a brain tumor. She cared for her mother during this trying time and saw firsthand how her mother's health improved by having someone dedicated by her side.

This caring touch was what laid the foundation for what she did next.

In 2004, Andrea followed her passion by graduating from the Esthetic Institute. Since then she has grown as a Licensed Medical Aesthetician, Medical Assistant, Surgical Tech, and Oncology Aesthetician.

Andrea is always looking for ways to enhance her skill set and grow her team with ongoing education and training. She wants to make a difference with every client she touches and teaches the same to her team.

What started with one treatment room 17 years ago has now grown to a building with 6 busy treatment rooms. The SkinBarre is located in the heart of Mclean, Virginia. We offer high-quality Botox treatments, PRP for facial rejuvenation, hair loss, dermal fillers such as Radiesse, Restylane, Juvederm, and Versa.

For those challenging Acne clients (active or scarring) we have several peels in our arsenal and both Microneedling and Microneedling RF.

In an effort against mother nature, we can also treat with HIFU (ultrasound therapy), Radio Frequency therapy, IPL/ Photorejuvenation.

For Body Contouring, we are your one-stop-shop with services like Wood Therapy, Lymphatic Drainage, Liposonix, EMS Sculpting, and Cavi-Lipo. In addition, we have a unique assortment of Vitamin Injections and IV therapy to help you reach your goals.

We take pride in our work and provide not only a great experience but also real-life results.

The SkinBarre, "escape the ordinary." Personalization is key, that is why we perform a complimentary consultation with all our first-time clients. Whether you are seeking us out for lash extensions, waxing, Morpheus8, facials, IPL, or anything else.



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INNOVATIVE SKINCARE AND LASER CLINIC



Sofia Rodrigues
Medical Aesthetician
and Laser Tech

Call The SkinBarre to schedule an appointment with Sofia at **703-595-2797.**

My name is Sofia Rodrigues; I'm a Medical Aesthetician and Laser Tech. My goal is to make you feel like the best version of yourself and nothing makes me happier than working in the beauty industry. Although I was born and raised in Fairfax, Virginia, my Portuguese roots run very deep. Naturally, I love to travel and explore new places and cultures. But my true passion is in adding value to others' lives via my skin care treatments and recommendations or just offering a listening ear. Looking forward to seeing you soon.

www.theskinbarre.com

Stay Connected To Family and Friends

Submitted by Virginia Relay

As we age, feeling of isolation and loneliness can negatively impact our health and well-being. Studies have shown that these feelings can contribute to dementia and other serious illnesses. Hearing loss can intensify the problem, starting down a path from which it is difficult to recover.

However, providing the ability to connect and communicate with family and friends is a powerful tool in relieving that sense of isolation. It is likely you view the telephone as the quickest and easiest way to keep in touch.

"If you have difficulty hearing on the phone, it can become so frustrating that you stop using the phone altogether, but there are solutions available that can have an immediate impact on your life," said Eric Alvillar, Virginia Relay Outreach Coordinator.

That's where Virginia Relay comes in. Virginia Relay is a free public service that enables people who are Deaf, Hard of Hearing, DeafBlind or have difficulty speaking to commu-

nicate with standard telephone users.

We offer a wide variety of solutions to help you stay connected to your world.

Multiple Calling Options for those who have difficulty using a standard telephone, including TTY (text telephone), Voice Carry-Over, Speech-To-Speech, Spanish Relay and more.

With Virginia Relay, you can also experience clarity and confidence on every call with Captioned Telephone, a service that allows users to listen while reading captions of what's said to them over the phone. A Captioned Telephone works like any other telephone with one important addition: it displays every word the other person says throughout the conversation. When the person you are calling answers, everything that he or she says is displayed on the bright, display screen of the phone.

Specialized Telecommunication Equipment for qualified Virginia residents, including all veterans, through the Virginia Department for the Deaf and Hard of Hearing's Technology Assistance Program (TAP).

Virginia Relay also offers free educational presentations for professional and community groups, as well as free training on how to make and receive Relay calls for Virginia businesses. To request a presentation or training for your team, call 866-894-4116 (Voice) or 866-246-9300 (TTY), email VARElay@HamiltonRelay.com or visit www.varelay.org.

If you have trouble using the phone, **we hear you.**



Multiple calling options for those who have difficulty using a standard telephone.

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Top Tips For Dental Trauma



By Rishita Jaju, DMD
Smile Wonders

Once school is out, kids are spending more active time at home or outdoors. Active children always seem to be injuring themselves in one way or another. Most of the time, the injury is minor, like a bruise or a scrape. However, sometimes the child needs to see a doctor or a dentist, such as in the case of a broken or loose tooth.

It's important to know what to do if someone's tooth gets broken, chipped or knocked out in case there's an accident on vacation, at kids' sports events or at home. Pediatric dentists are especially trained in the management and case of tooth trauma on young teeth.

Here is a brief guideline offered by the American Academy of Pediatric Dentistry of the types of trauma children's teeth can incur, and how you as a parent can help minimize the damage and long term effects.

Knocked Out Tooth

If a child's tooth becomes knocked out, the sooner you contact your pediatric dentist, the better. Quick action can lessen a child's discomfort, prevent infection, and perhaps save the tooth. Call us even if the injury occurs after regular dental office hours. For baby teeth, rinse the child's mouth out with water and apply a cold compress to reduce swelling. Do not spend time looking for the tooth, as baby teeth cannot be replanted.

For permanent teeth, find the tooth and gently rinse it in cold water. DO NOT scrub the tooth or use soap or let it dry out outside the mouth. Handling it only by the crown (don't touch the root surface), replace the tooth in the socket and have the child hold it there in place with a clean washcloth or gauze as you travel to the dentist. DO NOT place the tooth in water; if you need to carry the tooth, put it into a container with cold milk or the child's saliva.

Chipped Or Broken Tooth

If your child's tooth has broken due to a fall, sports injury or accident, rinse the mouth and apply a cold compress to reduce swelling and discomfort, then contact your pediatric dentist. Find the broken tooth fragment and take it along with you to the dentist; having it may reduce the need for extensive dental treatment.

Dislodged Or Luxated Tooth

A child's tooth may be pushed sideways or shoved up into the gum tissue or bone. Your pediatric dentist can determine what action to take, based on the severity level.

Other Times To Seek Emergency Treatment

There are other instances in which a child should seek immediate treatment. They include: pain or tenderness, sensitivity to hot or cold, swallowing a tooth, bleeding that doesn't stop, jaw pain when opening or closing the mouth, any object stuck into the cheek, tongue, mouth or throat, and large cuts or punctures on the face or mouth.

In addition, if your child spikes a fever, has neck stiffness or pain, can't open their mouth, is drooling, or has slurred speech, contact your pediatric dentist immediately.

Smile Wonders Is Trained For Trauma

At Smile Wonders, we know that the adrenaline rushes whenever your child is injured. But since Dr. Rishita and all our staff are especially trained in pediatric traumas, you can relax knowing your child is in good hands. Our soothing environment and friendly demeanor will help calm the situation so we can fix the problem as quickly as possible. If tooth trauma occurs, call us immediately at 571-350-3663, day or night.

SUMMER TIPS FOR DENTAL TRAUMA

Knocked Out Tooth
Call us even if the injury occurs after regular dental office hours.
For baby teeth, rinse the child's mouth out with water and apply a cold compress to reduce swelling. Do not spend time looking for the tooth.
For permanent teeth, find the tooth and gently rinse it in cold water. DO NOT scrub the tooth or use soap or let it dry out outside the mouth. Handling it only by the crown (don't touch the root surface), replace the tooth in the socket and have the child hold it there in place with a clean washcloth or gauze as you travel to the dentist. DO NOT place the tooth in water; if you need to carry the tooth, put it into a container with cold milk or the child's saliva.

Dislodged or Luxated Tooth
A child's tooth may be pushed sideways or shoved up into the gum tissue or bone. Call us right away so we can determine what action to take, based on the severity level.

Other Times to Seek Emergency Treatment
Pain or tenderness, sensitivity to hot or cold, swallowing a tooth, bleeding that doesn't stop, jaw pain when opening or closing the mouth, any object stuck into the cheek, tongue, mouth or throat, and large cuts or punctures on the face or mouth are all emergencies. In addition, contact your pediatric dentist immediately if your child spikes a fever, has neck stiffness or pain, can't open their mouth, is drooling, or has slurred speech.

Chipped or Broken Tooth
Rinse the mouth and apply a cold compress to reduce swelling and discomfort, then contact your pediatric dentist. Find the broken tooth fragment and take it along with you to the dentist.

Smile Wonders is Trained for Trauma
At Smile Wonders, our doctors and staff are especially trained in pediatric traumas, if tooth trauma occurs, call us immediately at 571-350-3663, day or night.

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www.smilewonders.com

Smile Wonders logo and social media icons (Facebook, Instagram, Twitter, YouTube) are also present.

Featured Health Professionals

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Jacqueline D. Griffiths, MD

Ophthalmology



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Meet Jacqueline D. Griffiths:

Dr. Griffiths is one of this area's most experienced surgeons and offers state-of-the-art Laser Vision Correction, Cataract Removal, Multifocal Lens Implants, and Comprehensive Ophthalmology. She has helped thousands of patients who struggle with their vision. Her knowledge, compassion, and attention to detail are the reasons she was voted by her peers to be one of this area's most elite physicians.

Degrees, Training & Certifications

Dr. Griffiths is a Board Certified Ophthalmologist. She received her undergraduate degree from Yale and her medical degree from the University of Michigan. She then completed her Ophthalmology residency at Georgetown University Medical Center.

Professional Memberships & Affiliations

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

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Meet Claiborne Callahan:

Dr. Claiborne Callahan and the staff of Callahan Eye are devoted to giving patients advanced and personalized medical and surgical eye care.

Dr. Callahan's knowledge, experience and patient-centered focus allow her to spend quality time with each patient to diagnose, educate and treat them. She understands that patients have a choice with whom to entrust their eye care needs, and she prides herself on adhering to the highest ethical standards in the practice of medicine.

The staff and patients work together with Dr. Callahan as a team to achieve the best possible outcomes. Dr. Callahan truly cares about her patients as individuals and wants them to be part of their medical decision-making process.

Dr. Callahan has performed hundreds of cataract surgeries, as well as laser, glaucoma and eyelid plastic surgeries. She has treated a myriad of eye conditions throughout her career. She is committed to ongoing education and stays current with diagnoses and treatments. She attends several educational and training meetings yearly to remain in the forefront of ophthalmology advancements.

A native of Leesburg, VA, Dr. Callahan graduated with distinction from The University of Virginia in 1996. In 2000, she graduated from The University of Virginia School of Medicine. She completed her ophthalmology residency at Tulane University in 2004.

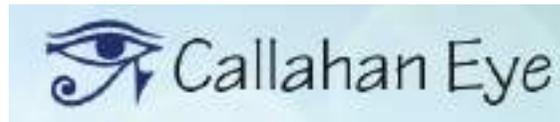
She is a Diplomate of the American Board of Ophthalmology and a Fellow of the American Academy of Ophthalmology.

Prior to joining Callahan Eye, Dr. Callahan was in private practice in Florida and Alabama. She returned home to Leesburg in 2011 to be closer to her family. She became the director of Callahan Eye in 2012 after her father's retirement. Continuity of care continues to be the hallmark of the practice.

Flinton Callahan II, M.D. is the founder of Callahan Eye, where he served as the director from 1979 to 2011. He was voted the best eye doctor in Loudoun County by the readers of *Leesburg Today* for 14 consecutive years. Dr. Flinton Callahan retired in 2011.

TRAINING AND CREDENTIALS:

- College: The University of Virginia, B.A. with Distinction, 1996
- Medical School: The University of Virginia School of Medicine, M.D., 2000
- Internship: Tulane University Medical Center, 2000-2001
- Ophthalmology Training: Tulane University Medical Center, 2001-2004
- Certification: American Board of Ophthalmology, 2005
- Medical Licensure: Commonwealth of Virginia
- Member, American Academy of Ophthalmology
- Member, American Society of Cataract and Refractive Surgery
- Member, Contact Lens Association of Ophthalmologists
- Member, Virginia Society of Eye Physicians and Surgeons
- Member, Medical Society of Virginia
- Member, Shenandoah Independent Practice Association
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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 include many of the latest technology devices known in dentistry today to diagnose and treat our patients.

It's Never Too Late For a Straight Smile

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

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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Garima K. Talwar, DDS, MS

Board Certified Prosthodontist

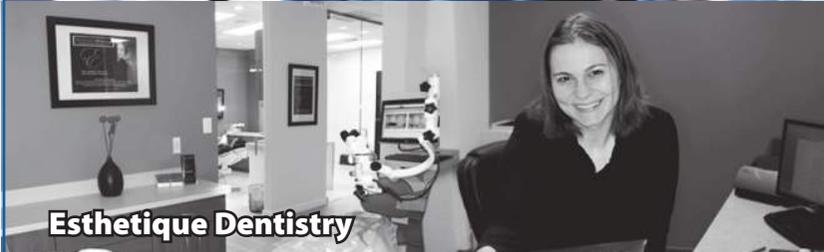
Specializing in Reconstructive and Implant Dentistry



Dr. Garima Talwar specializes in Full Mouth Reconstructive and Implant Dentistry.

She brings 25 years of experience to Northern Virginia, and has been recognized as one of the best Prosthodontists by "Top Dentist" and *Washingtonian* magazines, and by her peers.

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IN-OFFICE LABORATORY
& TECHNICIAN

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



2841 Hartland Road
Suite #301
Falls Church, VA

703-821-1103



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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

Do you have TMD or Sleep Apnea?

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

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

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

www.SleepandTMJTherapy.com

Yeji Lee, LAc



10680 Main Street
Suite #275, Fairfax, VA 22030

703-539-8822

We Welcome Yeji Lee:

Yeji Lee, LAc studied in China. She received a Master of Chinese Oriental Medicine at Beijing University. She is licensed in China and Virginia (USA). Yeji Lee is a NCCAOM Board Certified Acupuncturist.

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- All Symptomatic Treatments
- Stomach Pain and Other GI Disorders
- Women's Health Care Issues

Active Care Chiropractic & Acupuncture is a well-known Chiropractic and Acupuncture Clinic where our doctors spend more time with the patients with direct hands-on care, not just with therapy equipment. We are different from other regular clinics and we will do our best to minimize your pain and symptoms.

The word 'chiropractic' comes from the Greek 'chiro' and 'praktikos', meaning 'treated by hand'.

"We do not use medicine or drugs during our treatments but we provide direct hands-on care and perform our specialties on our patients."

Chiropractic is a health care approach and profession that emphasizes diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system, especially the spine, under the hypothesis that these disorders affect general health via the nervous system. The main treatment involves manual therapy including adjustment of the spine, other joints, and soft tissue; treatment also includes therapeutic exercises and healthy lifestyle counseling. Chiropractic concentrates on correction or removing a vertebral subluxation (or spinal joint dysfunction) that interferes with the body's function and its innate intelligence.

It's a natural way of health care approach that focuses on removing or correcting the causes of underlying problems, rather than just treating the symptoms or pain, because our body has an ability to heal by itself if you have a normal functioning spine and healthy nervous system.

Many medical studies have shown that chiropractic is effective at treating back pain, disc bulging, sciatica, neck pain, and headache. Millions of people have benefited from this natural approach of chiropractic.

Active Care
Chiropractic & Acupuncture

www.ActiveCareClinic.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



Do you suffer from?

Neuropathy

Migraines

Knee Pain

Back Pain

Joint Pain

Weight Gain

1900 Campus Commons Drive
Suite #100, Reston, VA 20191

703-766-5771

Reception@CapitolHealthGroup.com
www.CapitolHealthGroup.com

Capitol Health Group was founded to help you **Feel, Look and Move Better!** The founding partners want to change the face of healthcare. We came together to create an integrative practice where Patients can customize their treatment plan using holistic and traditional approaches to reach their healthcare goals and fit their lifestyle and finances. Our providers are board certified with over 30 years of combined experience. We are equipped clinically and culturally to provide optimal care to our patients.

"We wanted to create a place where receiving quality care could happen without the need to visit multiple providers. We also wanted to reflect the diversity and inclusivity of the community." -Stephanie Clovinson.

NEW PATIENT OFFER

Come see us for a Consultation, exam and report of findings.

10% off your first service if you qualify.

Certain restrictions apply.

We Go Beyond Expectations

Pain management, medical aesthetics, chiropractic, and personal training services in Reston, VA

Pain Services (MOVE & FEEL)



- Non-invasive Nerve Blocks for Migraines
- Chiropractic
- Electrical Stimulation Therapy
- Sports Medicine Rehabilitation
- Trigger Point Injections
- PRP Therapy for Orthopedic Pain and Injury
- Myofascial Release
- Ancient Chinese Technique - Cupping
- Orthopedic Joint Injections
- Ultrasound Therapy
- Dry Needling
- IV Hydration Therapy
- NAD+ Therapy

Neuropathy Pain Specialists:

We have a revolutionized program that is a highly successful, non-surgical, safe and effective approach at helping patients who suffer from neuropathy. During consultation, patients will receive a full neuropathy exam and diagnostics to identify which nerves are damaged. Our program is based on the most current evidence-based prac-

tices and advanced technology.

Our holistic approach focuses on an anti-inflammatory diet and overall nerve stimulation at a cellular level to trigger the body's natural repair mechanisms to heal damaged tissue and stimulate nerve cell growth. Our approach allows the body to heal itself. A majority of our patients' symptoms have decreased 90% and stopped taking medica-



Aesthetic Services (LOOK)

- PRP/Vampire Facial
- Botox/Dysport
- Dermal Fillers
- Alopecia Rejuvenation
- Laser Hair Removal
- Medical Weight Loss Program (+ Lipotropic injections & B12)
- Exclusive Individualized Nutrition Plans
- Speciality Lab Testing (Gut Health, Immunology, Hormonal Health & Immune Function, etc)

tions specifically for neuropathic pain altogether. Patients are educated on the causes of neuropathy and addressing the root cause to help manage symptoms without the use of medical or surgical intervention. Many of our patients see relief in as little as 3-4 weeks. Our unique program requires you to only come into the office 1 time a week, the remaining time is home based.

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



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Suite #100, Reston, VA 20191

703-766-5771

Reception@CapitolHealthGroup.com
www.CapitolHealthGroup.com

Stephanie Clovinson, Nurse Practitioner

Compassionate care defines the over 13 years of healthcare experience that Stephanie Clovinson (she/her) brings to Capitol Health Group. Stephanie began her nursing career in the sunshine state of Florida in 2008. Her foundation as a nurse was rooted in critical care settings.

Upon graduating with honors from the University of South Florida with a Masters Degree in Nursing, Stephanie earned her board certification from the American Academy of Nurse Practitioners in 2017. Stephanie's early career is defined by her work in spine surgery and orthopedics. This led her to be an ideal partner for Capitol Health Groups Pain Management Specialty. As a fitness enthusiast, she knows the value of being able to participate in the activities you want and focuses her broad breadth of treatment on restoring patients to optimal performance. Stephanie oversees rehabilitation including physical therapy and provides dry needling, kinesiology taping and cupping.

In addition, Stephanie is certified in aesthetics from Allergan Medical Institute. She loves to help her patients look better by directing and delivering various aesthetic procedures. She currently serves as lead injector for Capitol Health Group. Her areas of expertise include dermal fillers, skin rejuvenation and administration of neurotoxins cosmetically and medically. Concurrently, she treats patients in primary care management.

Stephanie is a member of various professional organizations including Sigma Theta Tau (National Nursing Honor Society), American Cannabis Nurses Association, National Association of Orthopedic Nurses, American Academy of Nurse Practitioners and National Academy of Sports Medicine.

Stephanie is a huge advocate for holistic



Meet the Team at Capitol Health Group

lifestyle and wellness, furthermore she is currently studying to be board certified in the area of functional medicine.

Stephanie has the ability to embrace change and finding the knowledge in yet to be charted waters is one of Stephanie's unique qualities. Strong communication skills and a kind soul have been Stephanie's assets in her long career dedicated to service.

In her spare time, Stephanie enjoys traveling, learning new skills and most of all spending time with her son Miles. She has a passion for volunteering and giving back to the community.

Debarun Borthakur Doctor of Chiropractic

Affectionately known as "Dr. Dave", Debarun Borthakur, DC (he/him) is ecstatic to be in partnership with families in Reston and the adjoining areas to help them realize their healthy living goals!

Dr. Dave received his Doctorate in Chiropractic at Sherman College of Chiropractic in South Carolina. He then went on to become certified in Chiropractic Biophysics, an accomplishment less than 5% of chiropractors can claim. His care goes beyond typical pain relief and focuses on correcting abnormalities of the spine thus enhancing muscle strength and vitality. He also received a degree in Physical Therapy from GSL Medical College in India where he gained vast knowledge by working in numerous fields such as Cardiology, Neurology and Orthopedics. Dr. Dave has actively participated in sports and incorporates fitness in his daily routine, setting an example for his patients, friends and family to stay fit and nurture their fast paced life.

Dr. Dave sees the power of Chiropractic in improving the well-being and lives of his

patients. He is passionate in guiding families on their way to optimal health and prevention of disease or pain. He uses chiropractic techniques, active and passive care to help restore proper functioning and mobility to his patients. His ability to understand patient needs makes him a compassionate partner for his patients. Dr. Dave believes in simplified and affordable healthcare. He has pledged to take care of your families well-being with a modern, evidence guided, innovative and comprehensive approach.

Dr. Dave is an avid reader and likes to keep himself updated with the latest technologies and treatments. In his leisure time, Dr. Dave likes to spend time with his wife Nita and their son.

Tyler Sharp Rehabilitation Specialist

Tyler (he/him) is a sought after Personal Trainer with fresh ideas on how to bridge the gap between fitness goals and correcting the pain and/or discomfort that is getting in the way of working out regularly or healing from an injury.

Utilizing almost 10 years of experience as a personal trainer and rehabilitation specialist, Tyler works with clients from 10-90 years of age creating a safe, fun and encouraging atmosphere to realize your goals. As an athlete who previously competed in golf and track, Tyler helps all types of athletes strengthen weak areas and build on strengths for maximum performance.

Tyler has stellar credentials and uses them in a unique way to train his clients. His wealth of knowledge to help you achieve your fitness goals. He is a member of the National Academy of Sports Medicine, Silver Sneaker

and National Exercise and Sports Trainers Association

Hailing from Tennessee, Tyler used his love of golf and helped coach a Special Olympics golf team for 2 years. He and his wife, Stephanie live an active lifestyle biking, hiking, fishing and visiting family whenever they can.

Bonnie Sermons Practice Administrator

Bonnie Sermons (she/her) is a Practice and Healthcare Administration Expert with over 30 years of experience in business and academic settings. Adept at developing new processes to improve healthcare outcomes by leveraging technology and operational best practices, Bonnie has successfully transformed large and small healthcare organizations facing a variety of challenges.

Well-versed in regulatory compliance, systems interfaces, and data sharing, Bonnie uses this knowledge to ensure you have the best healthcare experience possible at Capitol Health Group. Bonnie has an MBA in Healthcare Administration from Howard University and a BA in Biology from Lafayette College.

Bonnie is passionately committed to delivering superb healthcare to all patients and eliminating health disparities in the communities that she lives and serves. In her spare time she serves the community and is socially active with Delta Sigma Theta Sorority, Inc. She is also a Board Member for Unity Center of Light. She loves to travel!

Bonnie has two adult daughters of whom she is enormously proud: Aleah lives in Pennsylvania with her supportive and loving husband, Greg and Aja lives in Maryland with her longtime girlfriend Russhell.

Featured Asthma & Allergy Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Andrew S. Kim, MD



9010 Lorton Station Boulevard
Suite #210, Lorton, VA
703-339-1660
8140 Ashton Avenue
Suite #110, Manassas, VA
703-844-0440
1300 Thornton Street
Suite #200, Fredericksburg, VA
540-371-6810



Meet Andrew S. Kim:

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)

Allergy & Asthma Centers

Board-Certified Top Doctors in Pediatric and Adult Allergy & Immunology

At the **Allergy & Asthma Centers**, our goal is to implement old fashioned care with state of the art medicine. A compassionate atmosphere along with a strong commitment to practice up to date, evidence based medicine, allows us to offer the highest quality of care in a patient oriented approach. Our expertise in treating a variety of conditions, as well as any age group, allows for superior care in **allergy, asthma, eczema, food allergy, hives and recurrent sinus problems**.

Call us at any of our 3 convenient locations (phone numbers at the top of this display) to schedule your appointment!

www.AllergyAsthmaDoctors.com

Ahmed Butt, MD



9010 Lorton Station Boulevard
Suite #210, Lorton, VA
703-339-1660
8140 Ashton Avenue
Suite #110, Manassas, VA
703-844-0440
1300 Thornton Street
Suite #200, Fredericksburg, VA
540-371-6810



Meet Ahmed Butt:

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

Practice Philosophy

We take pride in educating our patients and community. Starting with the staff at the front desk, to our specially trained allergy nurses, we will do our absolute best to make you feel at ease so you can experience the most comprehensive medical care.

"I was so impressed with your office from the front staff to the nurses, everyone was absolutely wonderful and made our visit much easier. Allergy testing was so much easier than I thought especially with the new plastic skin testing."

-Emily S. (Patient Testimonial)

Allergy & Asthma Centers

Board-Certified Top Doctors in Pediatric and Adult Allergy & Immunology

At the **Allergy & Asthma Centers**, our goal is to implement old fashioned care with state of the art medicine. A compassionate atmosphere along with a strong commitment to practice up to date, evidence based medicine, allows us to offer the highest quality of care in a patient oriented approach. Our expertise in treating a variety of conditions, as well as any age group, allows for superior care in **allergy, asthma, eczema, food allergy, hives and recurrent sinus problems**.

Call us at any of our 3 convenient locations (phone numbers at the top of this display) to schedule your appointment!

www.AllergyAsthmaDoctors.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Edward Pozarny, DPM

Diabetic Foot Care, Podiatry



611 S. Carlin Springs Road
Suite #512, Arlington, VA 22204

703-820-1472



Meet Edward Pozarny:

Since 1984, Dr. Edward Pozarny has been working to provide the best podiatric care for patients in Arlington and throughout Northern Virginia. Dr. Pozarny's experience in podiatry and foot care is coupled with his genuine concern and fabulous bedside manner.

Training & Certifications:

BS Physical Therapy from Boston University, DPM Degree from California College of Podiatric Medicine, Residency at Monsignor Clement Kern Hospital Michigan. Faculty at Georgetown Medical School. Podiatry Speaker at National Health Explorers Exposition - NIH Bethesda, MD. Board Certified Foot & Ankle Surgeon since 1990.

Professional Memberships:

American Board of Foot and Ankle Surgery, American College of Foot & Ankle Surgery, Arlington Host Lions Club, Northern Virginia Podiatric Medical Association, American Podiatric Medical Association

Special Interests & Services:

Bunions, Fractures, Ankle Injuries, Corns, Hammertoes, Ingrown Toenails, Heel Pain, Calluses, Warts, Custom Foot Supports, Corrective Surgery, Flat Foot Conditions, Athletic Injuries, Children's Podiatry, Diabetic Feet

Practice Philosophy:

"Our staff at Arlington Podiatry is dedicated to your foot health as well as your overall health, making sure that you are treated with the best care possible. Our goal is that our patients have healthy feet and ankles and maintain those healthy feet and ankles to ensure that their quality of health is the best that we can provide."

Personal Interests & Hobbies:

Dr. Pozarny is a jazz guitar and piano musician who performs locally. He enjoys skiing, camping, and other outdoor activities.

GOT DIABETES?

Diabetes is a national epidemic and foot problems such as poor circulation, neuropathy, and weakened immune systems are common in people with this condition. **Taking care of your feet is extremely important if you wish to avoid risks of infection, gangrene, or even loss of limbs.** Studies have also shown that regu-

lar visits to your podiatrist lead to a significantly lower chance of needing amputation. Here are a few helpful tips to follow if you have diabetes:

- See your podiatrist for check-ups.
- Check & wash feet every day.
- Smooth corns & calluses gently.
- Trim toenails straight across.
- Wear shoes and socks at all times.
- Protect feet from hot & cold.
- Keep blood flowing to your feet.

www.ArlingtonPodiatry.com

Souzan Mills, Founder



420 Main Street
Gaithersburg, MD 20878

2676K Avenir Place
Vienna, VA 22180

240-462-4113

Meet Souzan Mills:

Souzan has been Performing Medical Skin Care Services, working with all different skin types and conditions at the most prestigious spas and medical offices in the DMV area.

She has been practicing esthetics for the last 25 years as a Medical Esthetician and practiced over 10 years as a permanent makeup artist and instructor, working with paramedical and cosmetic candidates such as cancer patients, as well as patients with scars after surgeries or accidents. Souzan has both Board Certification in Maryland and Virginia. She believes beauty starts from the inside and out! Her passion and hobbies are fitness and dancing. She offers permanent makeup classes for all levels.

Explore our Permanent Beauty Services:

- Permanent Makeup
- Paramedical Tattoo • Skin Fit
- Waxing/Threading • Microblading
- Belly Dancing Classes
- Permanent Makeup Classes



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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Tesfaye Tetemke, MD

**Primary Care,
Immigration Exams &
Aviation Medicine**



SKYLINE MEDICAL CENTER

5276 Dawes Avenue
Alexandria, VA 22311

571-777-8494



Meet Tesfaye Tetemke:

Dr. Tesfaye Tetemke is Board Certified in Internal Medicine by the American Board of Internal Medicine. He has a successful and remarkable professional career with more than 24 years of experience providing medical care.

He is a Federal Aviation Administration designated Aviation Medical Examiner, a Department of Transportation (DOT) Certified Medical Examiner, highly experienced in inpatient care as a hospitalist, and a U.S. Citizenship and Immigration Services Designated Civil Surgeon.

Degrees, Training & Certifications: Dr. Tetemke received his Doctor of Medicine (MD) at Addis Ababa University in Ethiopia. He completed his Internal Medicine residency at Howard University Hospital in Washington, DC. He studied Aerospace Medicine at the GAF Institute of Aviation Medicine in Germany and completed his Physician Pilot Training at Ethiopian Air Force Flying School in Ethiopia.

He is a member of the American College of Physicians, Aerospace Medical Association, American Medical Association, and International Society of Travel Medicine.

Areas of Expertise: Primary Care & Internal Medicine (Preventive Care, Comprehensive Clinical Care), Aviation Medical Examinations & Flight Physicals, DOT Commercial Vehicle Driver Fitness for Duty Medical Exams, Immigration Medical Exams, Immunizations, Travel Health, Disability Medical Exams, School Health Physicals, Workers Compensation Exams, and More!

Practice Philosophy: "We are committed to providing our patients with the best healthcare possible, and assisting them in making informed health decisions. We believe that patients should be educated about the major health conditions and leading causes of death so that they can evaluate their risk, seek proper preventative care and get professional advice to help them make informed decisions about their health."

OUR SPECIALTIES

- Primary Care
- Internal Medicine
- Aviation Medical Exams
- DOT/CDL Medical Certification
- Immigration Medical Exams
- Immunizations
- School & Sports Physicals
- Travel Health Counseling
- Worker's Compensation Exams
- Treatment and monitoring of Chronic Conditions such as:
Hypertension, Diabetes Mellitus,
High Cholesterol, Asthma, COPD,
Gastrointestinal Disorders, etc.
- And Much More!

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301-638-4867



Meet Periodontist, Karl A. Smith, DDS, MS

Dr. Karl Smith specializes in periodontics and implantology. As a periodontist, Dr. Smith specializes in treatment of gum disease, the maintenance of periodontal health, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one likes to go to the doctor or dentist, we strive to make your visits with us as comfortable and pleasant as possible. We strongly believe that our patients' comfort is an important part of quality dental care.

Dr. Smith believes that your right to choose a dentist is an important freedom. We work closely with your dentist, but a referral by a dentist is not required to visit our office. We also welcome referrals from patients and friends of the practice. Everyone that is interested in keeping their teeth for a lifetime should see a periodontist.

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

WHAT TO EXPECT ON A VISIT WITH DR. SMITH:

Dr. Smith says that "From the first phone call you will be treated with care and concern for your unique dental condition. Every question you have ever had about your dental health will be covered as well as any financial considerations you may have. It is my goal to care for each and every person that comes through my doors and to exceed your expectations from a dental office. I promise to always give you honesty and accuracy when it comes to your treatment. I will never start treatment without your full knowledge, understanding, and acceptance of your condition."

"Please call my office to ask about our
New Patient Special - \$179.00"

Mention: **DRSmithVA0522**

Degrees, Training and Certificates:

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

www.DrKarlSmith.com

Treat Pain with Non-Surgical Procedures



In Pain?

Do you suffer from any of the following?

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



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~ Angie C.

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Sleep Apnea & Oral Appliance Therapy

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You have recognized a potential sleep issue that may affect your health.

You may be at risk if you:

- Grind your teeth
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- Have palpitations

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Dr. Shari Salartash

DDS, MAGD, FCQI, FAAP

703-775-0002

DynamicDentalWellness.com

20755 Williamsport Place, Suite #300, Ashburn, VA 20147



What Are The Signs Of Sleep Apnea?



By Shari Salartash, DDS, MAGD
Dynamic Dental Wellness

Sleep apnea is a serious sleep disorder in which a person's breathing is interrupted while asleep. People with undiagnosed sleep apnea stop breathing repeatedly while sleeping, sometimes hundreds of times. This is a dangerous condition because the body and brain do not get adequate oxygen supply.

Some of the signs of sleep apnea include: waking up with a headache, high blood pressure, snoring, awaking gasping for air, severely worn teeth, acid reflux, clenching and grinding teeth.

Is Sleep Apnea Dangerous?

Sleep apnea is considered a serious medical problem. If left untreated, it can lead to high blood pressure and an increased risk for heart failure and stroke. The ongoing state of fatigue caused by sleep apnea may lead to problems at school or work as well as danger when driving or operating heavy machinery. Sleep apnea can also cause complications with medications or surgery.

Why Is Sleep Apnea Dangerous?

Sleep apnea puts a lot of stress on your body, mainly your heart. Your blood oxygen levels start to drop because you

Please see "Sleep Apnea," page 47

Senior Care:

Benefits Of Selling Your Family Home



By Jennifer Wong, Owner,
Principal Broker
W Homes, Inc.

an ideal choice. No longer having to worry about home maintenance, physical limitations, property taxes and more can greatly assist in relieving the stress of seniors as they reach their later years.

While some may consider renting out a home to be an effective option, selling your home during this transitional phase can often be the better move. By selling your home you no longer need to worry about the upkeep of the home, finding and maintaining respectable tenants, and most importantly the potential ongoing burden that the upkeep may put on other family members should you choose to rent out your home as opposed to selling.

By choosing to sell your home, you can make the transitional phase as easy as possible for yourself and your family. In addition, at the end of the selling process you receive a nice lump sum that can assist with financing the move to your new community and assist in your ongoing care.

If you are considering selling your home to transition into a senior living community, it's important to

Please see "Family Home," page 46

Seniors: Thinking About Your Next Move?



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Jennifer Wong & W Homes, Inc.
Your Senior Living Transition Specialist



"Our goal is simple: Offer you an alternative, unique experience focused around your preferences and what's right for you."



If There Was A Test That Could **SAVE YOUR LIFE** ...Would You Take It?

You probably know family and friends whose lives were cut short by heart disease or cancer. Then you ask yourself "Is there any way to keep that from happening to me?" The answer is "yes." Today there is a simple non-invasive test that can often identify these illnesses in their earliest stages, when they can most effectively be treated and cured.

It's called the Virtual Physical. The Virtual Physical takes less than twenty minutes and is a safe, painless, high-speed full Body, Heart and Colon scan. It has already saved many lives by uncovering many illnesses like cancer, heart disease, aneurysms, and tumors.

The Virtual Physical is a test that gives you the advantage in finding diseases and abnormalities at their early stages, long before symptoms occur.

Make the choice that could save your Life.

Full Body Scan & Virtual Colonoscopy

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Dr. Edward S. Pozarny

Diplomate, American Board of Foot and Ankle Surgery
Certified in Foot and Ankle Surgery



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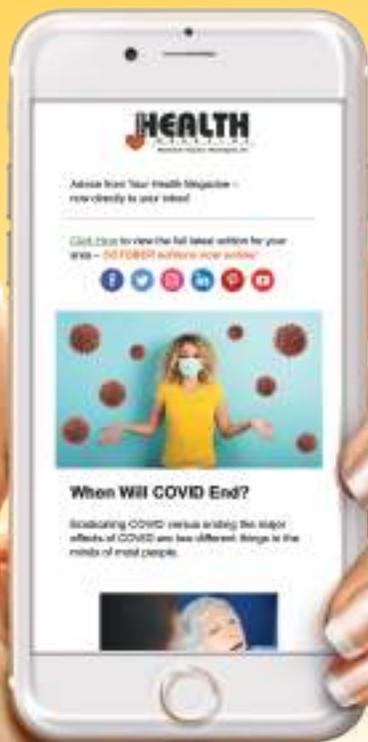
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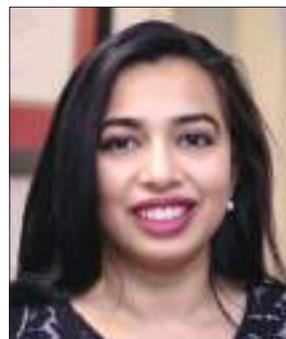
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Commonly Treated Orthodontic Problems



By Swathi Reddy, DMD
All Smiles Orthodontics

Malocclusion (literally meaning “bad bite”) is the number one reason people seek orthodontic treatment. There are many different forms of malocclusion, such as:

- **Crowding:** Crowding can cause poor jaw alignment, impacted teeth,

or teeth growing behind or in front of one another, resulting in poor biting relationships and undesirable appearance. Crowding only gets worse over time. Crowded teeth are harder to clean than straight teeth, which may lead to cavities and tooth decay.

- **Overjet Or Protruding Upper Teeth:** When the upper front teeth stick out too far forward, or the lower teeth don't extend enough this is called protrusion. Thumb and finger sucking habits can also cause a protrusion of the upper front teeth. Significant dental protrusion can cause speech and chewing problems and can be unsightly.

- **Deep Overbite:** A deep overbite or deep bite occurs when the lower incisor (front) teeth bite too close or into the gum tissue behind the upper

Please see “Orthodontics,” page 47

Neuromas Cause Pain and Swelling



By Edward S. Pozarny, DPM
Arlington Podiatry Center

that runs between them.

The most common symptom of a neuroma is pain in the ball of the foot between the toes. There may be occasional shooting pains through the forefoot or numbness of the toes. The symptoms typically occur after walking or standing for an extended period of time.

Treatment is aimed at decompressing the pinched nerve, reducing inflammation and relieving the pain. Treatment may include wearing wider shoes, using special pads in the shoes and medication. Removing your shoes and rubbing the balls of your feet may temporarily relieve the pain.

If these steps do not relieve the pain a podiatrist may prescribe a regimen of physical therapy ultra-sound, hydro-therapy and/or injections of cortisone with an anesthetic into the interspaces. Custom-made orthotic devices are usually prescribed to control pronation and take pressure off of the nerve.

If these conservative steps fail to relieve pain, surgical intervention may be required. The surgery is an

Please see “Neuromas,” page 47

A neuroma is a pinched nerve between the metatarsal bones in the ball of the foot causing swelling, pain, inflammation and sometimes numbness. A neuroma most often occurs at the base of the third and fourth toes and occasionally between the second and third toes.

What causes a neuroma? Neuromas can be caused by wearing high heeled or tight shoes. Shoes that are too narrow or pointed squeeze the bones at the ball of the foot. High heeled shoes put additional pressure on the ends of the bones. When the bones are squeezed together they pinch the nerve

Look Younger, Feel Better

Modern Science Meets Customized Treatments



By LaSondra Gray
CMLSO, CMNC
Reflections Image Center
& Skin Care Institute

Did you know that your skin is the largest and one of the most important organs in your body? Every square inch of skin contains numerous blood vessels, nerves, glands, and sensory receptors all critical for your body's optimal performance.

Your skin is also the most obvious indicator of age, health, and overall wellness. Knowing all this, it's absolutely critical to look after your skin from face to foot.

When looking at your skin care needs, it is important to understand the science of skin. Such factors as age or the environment can adversely affect your skin.

You should look for a skincare expert who specializes in combining the most advanced skincare technology — along with medical and technical expertise — to create an individualized treatment program that is specific to you. This way you receive the most advanced medical treatments available within a highly customized solution. This approach helps to resolve your skin challenge in the most effective and efficient way possible.

Just like you wouldn't use outdated technology for your cell phone or your car, neither should you use it for your skin. The best skin care centers use breakthrough innovations in cosmetic technology such as laser technology to remove wrinkles, scarring, unwanted hair or even toenail fungus to address your skin issues.

Facial Treatments For Your Best Look

For facial treatments, we recommend that you find a center that provides you with a Facial Blueprint (digital imaging). This in-depth analysis of your facial characteristics enables a skilled professional to design a rejuvenation and skin care program for your specific complexion. Your

customized plan is based on your skin type, durability, genetic make-up, and many other factors. Some professionals will even be able to use this information to identify which products are best suited to your skincare needs.

You might also consider treating yourself to an occasional laser facial to promote skin health. One of the most popular laser treatments available today and used by some of Hollywood's best-known faces — is an Intense Pulse Light (IPL) Photofacial. It resurfaces your skin, correcting a variety of unpleasant facial problems

such as rosacea, redness, large pores, sun damage and hyperpigmentation, along with general signs of aging.

Choosing a Skincare Clinic

If you're wondering which skin care center is right for you, there are some things important things to consider. When choosing the correct clinic, you should look for the following:

- Treatments using leading-edge medical and technical innovation
- Customized treatments based on your individual skin needs

- Treatments with minimal injury, downtime or side effects
- Expert medical and technical expertise from friendly and helpful staff
- A comprehensive approach to my skin care needs
- A full-service clinic that provides multiple solutions for your skin, body, or health issues
- A conveniently located clinic
- A modern, clean, and aesthetically beautiful clinic space
- Reasonable fees for superior treatment and services

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How Accurate Are At-Home COVID Tests?

It has been a tumultuous two years encompassing all manner of shock, emotion, evaluation and re-evaluation. Everyone has seen their lives turned upside down and back, how many

times. What was a shutdown for two weeks turned into a continuous battle to rid ourselves of COVID, then to try to live with it. And the question was asked how many times: When will this end?

In the US, there are still plenty of people with COVID, even though deaths are declining. The elderly and those with several other conditions are at risk for severe COVID while the vaccinated and those who have recovered are fairly safe.

For example, a woman in her early 30's in good health tested positive at four different times over the two years. She has had some symptoms, but not any more than the flu or other similar viral infection. Another case where a young man gets deathly ill, but it's not COVID, he tests positive for the flu. He recovers in a few days. These cases are what you would expect from most viral cases.

It has been pretty well documented that lockdowns and most masks do little to help the situation. Even though some children are still required to wear masks, the death toll in that group is very low and they do not appear to be at serious risk. It's hard to figure out what the motivation is to still wear masks, unless you have underlying conditions and need to be extra careful. The CDC even says

you can put your mask away, but you might need it at some point in the future.

Adding up the number of vaccinated and those who have acquired immunity from having COVID is somewhere in the 80th percentile or higher.

So, what do we do now?

The messaging by government and health experts has been so disjointed and confusing it is hard to know what the situation is at any given time. One thing you can count on is this: The coronavirus that causes COVID will be with us for a long time, probably forever, in one form or another.

As we have been saying from the beginning, people need to be responsible. Don't be around people if you think you have COVID. Understand your risks. Know your risks. If you have underlying conditions, be careful.

And, just maybe COVID has taught us to be more vigilant about our health in general, which can be the one positive thing we can take away from this.

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Care For Your Hair



By Loretta Agamaliyeva
Salon Assistant
Alysa Salon & Spa

stimulates hair growth, relieves stress, reduces tension, eases headaches, lowers blood pressure, and can improve blood circulation. The list goes on but these are great reasons to regularly get a head massage or to request one the next time you go to your salon. Honestly, it's quite impressive how beneficial a 5-10 minute head massage can be.

Aside from the best thing on Earth, treatments are just as rewarding. After receiving a chemical service, it's always recommended to follow up with a treatment. Treatments help with hair growth, split ends, hydration and nourishment. Don't you love when your hair is shiny? Treatments help with that too! Hydration and anti-frizz treatments help a lot. If your hair is super frizzy and not manageable in the summer deep conditioning treatments can definitely help. There's a plethora of treatments out there and for all types of hair. Ask your stylist for a treatment suggestion.

Taking care of your hair and scalp is important. Both, head massage and treatments are great ways to support your hair care. It is very rewarding to tell clients about a treatment and then see how the results actually show. These two great things are always a reason to take a trip to a salon and care for your hair on a regular basis.

Salon assistants wash a lot of hair, and they are constantly told that the shampoo is the best part of the service. Having your head scrubbed clean is amazing and relaxing. Besides that though, the best part is the head massage. We all love a good head massage and the benefits of a head massage makes it even more enjoyable.

Let's not forget about treatments – they're just as great! The wonders of getting a deep conditioning treatment or a hot oil treatment are worth the results and it's super beneficial to your hair health. These two things can change your salon experience.

How is a head massage rewarding? Besides the obvious, it's great for your health! A head massage

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By Sheilah A. Lynch, MD

When Diet and Exercise Are Not Enough

ferential 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 Lipo360. 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, Lipo360 or BBL are right for you contact a board certified plastic surgeon.



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.

Lipo360 and Brazilian Butt Lift (BBL)

If you don’t have excess skin or weak abdominal muscles and want to improve your waistline, a 360 degree approach with liposuction may restore your hourglass figure. Circum-

LPS Sheilah A. Lynch, M.D.
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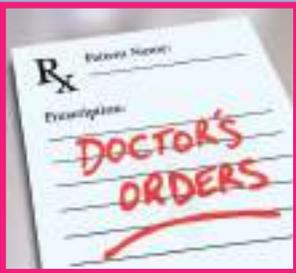
WHEN DIET AND EXERCISE ARE NOT ENOUGH
If you currently suffer from loose skin and stubborn fat areas, combining a Tummy Tuck (Abdominoplasty) with LIPO 360 (Circumference Liposuction) can be a great solution. Tummy tuck surgery involves removal of excess skin and fat from the abdomen, often with tightening of abdominal wall muscles, combined with LIPO 360, removing fat from back, love handles and abdomen to achieve a beautiful hourglass shape.



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and dermatologists globally how to combine state-of-the-art non-surgical techniques for the best results with no scarring and little or no recovery.

This minimally-invasive approach is increasingly popular and, when properly performed, can give long-lasting results. More importantly, it gives natural results so that you look refreshed and restored rather than tweaked.

Ultherapy is a revolutionary new ultrasound technology to non-surgically lift your face and tighten your cheeks, jawline, neck and chest (decolletage). It can also lift and tighten buttocks, knees, arms and other body zones in preparation for summer. eMatrix and eTwo are innovative radiofrequency lasers that stimulate your skin through a unique process called subablative rejuvenation, producing new collagen and elastin to remove wrinkles and scars and tighten your skin.

The Exilis Ultra laser is another new technology that dramatically lifts and tightens the skin on your face and body by creating new collagen and elastin. This naturally lifts your face, including your eyebrows, and contours your body. The secret of Exilis is focused radiofrequency energy combined with ultrasound. This can simultaneously tighten your skin and remove unwanted fat from the chin, abdomen, arms, legs and other areas. In just a few quick and painless sessions, Exilis Ultra takes inches off your waistline, abdomen, buttocks and other areas, and can also improve cellulite.

The breakthrough Syneron Trinitri laser system can rejuvenate all three layers of your skin in one session. The Trinitri removes spider veins, sunspots, discolorations and wrinkles, improves prominent pores and tightens your skin. The CO2RE laser dramatically improves wrinkles, pigmentation, enlarged pores, scars and stretch marks for all skin tones from light to dark, and with minimal recovery time. The VBeam Perfecta laser treats birthmarks, rosacea, acne scars, leg veins, blood vessels on the face and body, sunspots, and even warts.

With summer approaching, the focus is also on hair removal. The newest and fastest hair laser is the GentleMax. It is painless and gives rapid results for all areas of the body and face. Hair laser not only liberates you from razors, creams and other temporary and expensive hair removal, but can also free you of ingrown hairs and acne.

When expertly injected, the neuromodulators Botox, Dysport, Xeomin or Jeuveau safely smooth frown and worry lines, crow's feet, and mouth and neck wrinkles, while preserving your normal facial expressions. For

anyone who worries about looking unnatural with Botox, the key is to get your treatment from a real expert who understands how to reshape your face and preserve natural expressions rather than the "Botox 101" face-freeze or strangely-arched eyebrows.

Under-eye bags and lines around your mouth disappear, thinning lips can be restored, your jawline and neck lifted and your whole face can be subtly yet dramatically reshaped by new techniques with natural fillers like Voluma, Volbella, Restylane, Juvederm, Belotero, Radiesse and Sculptra. Your own natural fat can be added to replenish stem cells and transform your skin contour and radiance.

A new addition is the so-called "Vampire Facelift", which combines platelet rich plasma (PRP) with microneedling to harness your body's own powers of rejuvenation. Scientific research shows that PRP is also an effective way to treat hair loss.

The philosophy of total rejuvenation and better quality of life at all ages has now extended to nonsurgical feminine (vaginal) rejuvenation with lasers and fillers. Studies show this can have important therapeutic benefits including relief of mild to moderate stress incontinence (urine leakage when coughing, sneezing etc.), vaginal dryness, and restoring more normal appearance and function in conditions such as LS & A (lichen sclerosus et atrophicus). For feminine rejuvenation, the CO2RE Intima laser achieves rapid and long-lasting results and has been described as a more comprehensive and long-lasting treatment than non-lasers that use radiofrequency.

The American Board of Medical Specialties recognizes four specialties as having sufficient knowledge and training to perform cosmetic procedures – dermatology, plastic surgery, oculoplastic surgery and facial plastic surgery. Your specialist doctor will be most expert if they are engaged in scientific research, a recognized educator on cosmetic technologies, and have published extensively on them, ideally in both the plastic surgery and dermatology literature. Your doctor should be able to offer you a wide variety of advanced procedures from which to choose, and create a customized plan to address your individual needs.

The past two years have brought many challenges, but also new appreciation of the value of quality of life, and how important it is to make the most of every day. The author Gertrude Stein wrote that "we are always the same age inside." With the right technology in the right hands, we can reflect our inner youth and vibrancy, and empower ourselves at any age to live life to the fullest.

ing low levels of vitamin D increases your chances of getting bacterial or viral infections, like the flu, as well as more serious diseases like multiple sclerosis, diabetes, and certain types of cancer.

To get the most out of sunlight while gardening, most experts recommend a bare minimum of 15 minutes of sun exposure (without sunscreen) a day. Some put the number at 30-40 minutes a day to give your body more time to produce enough vitamin D.

Soil-based organisms (also called soil-based probiotics) are beneficial bacteria naturally present in the soil. The variety of these bacteria varies based on things like location and soil health.

For a long time, humans were regularly exposed to these bacteria through farming, gathering, and eating

off the land. Today, a lot of our food is made in factories or scrubbed clean (and sometimes irradiated) so that no probiotics remain.

This isn't a good thing because some researchers believe that probiotics from the soil have some special benefits for human health.

Soil bacteria get exposed to harsh conditions all the time: heat, cold, rain, snow, etc. This causes many of them to form spores that can survive stomach acid and have a better chance of colonizing the digestive tract instead of passing through.

Soil-based probiotics like *Bacillus coagulans* and *B. subtilis* have also demonstrated many beneficial properties, including improving gut health, immune function, and inflammation levels.

FAMILY HOME

understand the needs of the real estate market in your area. One of the best steps you can take is by speaking to a local expert to get their opinion on the value of your home, any improvements that may need to be made and the most effective marketing tools for sellers. A realtor can answer any

questions that you have in relation to the sale of your home and ensure the transition is an easy process.

Selling your home and moving into an assisted senior care facility is a big decision, however the process can be made much easier by speaking with a professional.

EYES YOUNG

1. **B.** How close you sit to the television, low light reading, and not wearing your glasses won't weaken your vision, reports Prevent Blindness America, a nonprofit eye health group in Schaumburg, IL. But studies show that breathing cigarette smoke can indirectly damage your eyes.

2. **D.** B vitamins reduce your light sensitivity. Take 25 to 50 mg of B1, 25 to 100 mg of B2 and 1000 to 2000 mcg of B12 daily.

3. **D.** The healthy bacteria *L. acidophilus* in yogurt combats the bacteria that causes conjunctivitis. Eat 1 1/2 cups of yogurt with active cultures daily.

4. **A.** Women's tears contain high levels of the hormone prolactin, which decline after menopause, resulting in dry eyes. To help reverse this problem, be sure to get enough potassium (500 mg daily), a mineral that metabolizes fluid. Also, take vitamin B complex (50 mg daily). B vitamins, especially folic acid and B6, are crucial for tear production.

5. **D.** Spinach contains lutein, a plant pigment that prevents macular degeneration. Each day, eat four to eight ounces of cooked Spinach, or take

two to six mg of lutein in capsule form.

6. **C.** Muscle spasms trigger twitches in your eyelids. For relief, take up to 400 mg of magnesium (a known muscle relaxant) twice daily. If a twitch persists, also take 50 mg of vitamin B6 daily.

7. **C.** It's crucial to wear sunglasses between 10 a.m. and 2 p.m., even on cloudy or winter days. Look for ones that block 100% of UVA and UVB rays.

8. **D.** Antibiotics, aspirin, and oral contraceptives make your eyes sensitive to light. Wear sunglasses if your medication's label includes a photosensitization warning.

9. **B.** Taking the mineral zinc doesn't cause macular degeneration. In fact, a recent study published in the Archives of Ophthalmology reported that high doses of zinc (80 mg daily), taken in addition to vitamin C (500 mg), vitamin E (400 IU), and beta carotene (15 mg), slow its progression.

10. **A.** A qi, or life energy, deficiency in the liver can cause glaucoma, according to traditional Chinese medicine. The Chinese herbal formula hsaio yao wan improves liver energy.

DENTAL IMPLANTS

FROM PAGE 20

What Does Getting Dental Implants Involve?

The process of getting implants requires a number of visits over several months.

X-rays and impressions (molds) are taken of the jaw and teeth to determine bone, gum tissue, and spacing available for an implant. While the area is numb, the implant will be surgically placed into the bone and allowed to heal and integrate itself for up to six months. Depending on the type of implant, a second surgery may be required in order to place the “post” that will hold the artificial tooth in place. With other implants the post

and anchor are already attached and placed at the same time.

After several weeks of healing the artificial teeth are made and fitted to the post portion of the anchor. Because several fittings may be required, this step may take one to two months to complete. After a healing period, the artificial teeth are securely attached to the implant, providing excellent stability and comfort to the patient.

You will receive care instructions when your treatment is completed. Good oral hygiene and eating habits, alongside regular dental visits, will aid in the life of your new implant.

DENTURES

FROM PAGE 23

for function, they are like wearing a pair of flip-flops in a foot race. They are basically for show and not for go.

Dental implants offer a superior solution to the above mentioned problems. The following will compare dental implants to dentures and partial dentures.

Dentures require a training period, implants do not. During the implant insertion appointment, you may receive a temporary bridge that will not come loose. When you get your permanent bridge, you will be able to eat, laugh, and talk just like normal.

Implants will not make your face look sunken in or change the shape of your face. In other words, you will not have the denture look. There is no such

thing as an implant look. Many times, implants can improve the appearance over one’s own natural teeth. They can improve the shape, color, gaps and crookedness often looking much better than ever. Denture wearers and those with partially missing teeth usually have an improvement of their facial appearance, much better than any plastic surgery.

Dental implants usually improve ones speech, because you do not have the movement or slippage that you get with dentures. So you don’t get the lisping, clicking or sucking sounds that you have with dentures.

Save this article, as it leads into part two in your next *Your Health Magazine* issue.

BURN FAT

FROM PAGE 23

weight loss. Thus, the ideal candidate should be someone within 10-20 lbs. of their goal weight, with a BMI of 30 or below. The ideal patient is in good shape and looking for more definition of the abdomen or lifting of the buttocks.

How Many Treatments Do I Need?

A series of four weekly treatments is recommended to see visible results. Each individual treatment is 30 minutes long. This can vary depending on the treated area, treated indication, and other factors.

What Does the Treatment Feel Like? Is It Painful?

No, the treatment should not be painful. The Emsculpt procedure feels like an intensive workout. You can lie down and relax during the treatment.

What Kind Of Results Can I Expect To See?

Patients in many clinical stud-

ies have reported excellent clinical outcomes.

Are There Any Side Effects Or Contraindications?

Emsculpt is a safe, effective and clinically studied treatment. However, because of the nature of the electromagnetic waves, it is not suitable for patients with metal IUDs, implanted defibrillators, drug pumps, pacemakers, and other metal implants. Patients who have malignant tumors, as well as patients who are pregnant or nursing should not undergo the treatment. Please discuss your medical history with your Emsculpt provider at your visit.

How Fast Will I See Results?

You may begin to feel tangible results right after the treatment. Positive results are usually reported after four sessions and continue to improve for several weeks following the treatments.

SLEEP APNEA

FROM PAGE 38

stop breathing so much. This results in high blood pressure and increases your risk of having a stroke or heart attack.

If you already have heart problems, sleep apnea can make your condition much worse. If an already strained heart experiences multiple episodes of low blood oxygen, it can lead to heart arrhythmias.

Other Complications Include:

- Type 2 diabetes
- Metabolic syndrome

NEUROMAS

FROM PAGE 40

out-patient procedure and the recovery period is usually between three to four weeks. The surgical procedure is generally a reliable and effective alternative leaving most patients pain

free and asymptomatic soon after the post-operative period.

If you think you may have a neuroma see a podiatrist for a proper diagnosis and treatment.

ORTHODONTICS

FROM PAGE 40

teeth. A deep bite can contribute to excessive wear of the incisor teeth, bone and gum tissue damage.

- **Open Bite:** An open bite results when the upper and lower incisor teeth do not touch when biting down. This open space causes all the chewing pressure to be placed on the back teeth. This excessive biting pressure and rubbing together of the back teeth makes chewing less efficient which can lead to digestive problems and significant tooth wear.
- **Spacing:** Spacing is too much room between the teeth. Spacing can occur if teeth are missing, small, or if the dental arches are wide. The most common complaint from patients with excessive spacing is cosmetic. Closure of dental spacing not only improves the look of the front teeth but it also prevents “food traps” from developing between the back teeth.
- **Crossbite:** A crossbite exists when

the upper teeth in the back are fitting on the inside of the lower teeth. This is often caused by the upper jaw being too narrow. Correction of this situation is important at a young age so that the upper jaw continues to grow properly. Expanders are usually used to correct this, and give excellent results.

- **Underbite Or Lower Jaw Protrusion:** An underbite exists when the top front teeth are hitting behind the bottom front teeth. Underbites are best treated at a young age so that the upper jaw continues to grow properly.

Orthodontic treatment is a viable option to correct these malocclusions. If you think, you or your child has developed any of these bite problems, now is the time to start looking for orthodontists.

If you are interested in learning more about braces, or about your specific orthodontic needs, call to schedule a consultation appointment.

NEW SMILE

FROM PAGE 18

Preparation. To prepare a tooth for a veneer, your dentist will remove about 1/2 millimeter of enamel from the tooth’s surface. Next, your dentist will make a model or impression of your tooth.

Bonding. Before the dental veneer is permanently cemented to your tooth, your dentist will temporarily place it on your tooth to examine its fit and color. The veneer color can be adjusted with the shade of cement to be used.

Next, to prepare your tooth to receive the veneer, your tooth will be

cleaned, polished, and etched – which roughens the tooth to allow for a strong bonding process. A special cement is applied to the veneer and the veneer is then placed on your tooth. Once properly positioned on the tooth, your dentist will apply a special light, which activates chemicals in the cement, causing it to harden or cure very quickly.

The final steps involve removing any excess cement, evaluating your bite and making any final adjustments in the veneer as necessary.

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FAQs

FROM PAGE 22

structure of a table, which only needs four legs to hold it up. In cases where jawbone density and volume have deteriorated, five or six implants might be needed to support a row of 10-12 teeth. Dental implant replacement teeth protect your jawbone, won't slip, and should last a lifetime.

Aren't Implants Expensive? – The initial costs of dental implants may seem high when compared to the cost of bridges and dentures, but it's important to consider the lifetime costs of each tooth replacement option. With proper care, your implant will last your entire life, while bridges and dentures may need to be replaced several times.

Dental implants offer several

benefits that other replacement options don't, including:

- **No Jawbone Loss** – Your teeth roots constantly stimulate your jawbone and keep it strong. When you lose a tooth, the bone underneath begins to recede. Since dental implants take the place of your roots, you don't have to worry about jawbone loss.
- **Better Chewing** – If you choose dentures to replace lost teeth, you may not be able to eat certain hard foods. Eating isn't a problem with dental implants.
- **Easy Care** – You'll care for your implants the same way you do your natural teeth. Infections are rare if you practice good oral hygiene.

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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

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

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