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Professionals - PAGE 48



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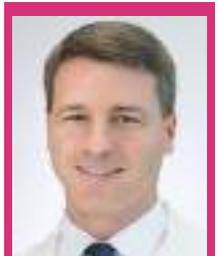
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Douglas Semler, MD, FAAD  
Dermatology

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By Deeni Bassam, MD, DABPM  
The Spine Care Center

# Diabetic Peripheral Neuropathy – Oh, My Burning Feet

Diabetes is an unfortunate affliction, which plagues the lives of millions of Americans. Most of us are already familiar with the basic understanding of diabetes as a problem in the regulation of glucose (sugar) in our bloodstreams. This simple problem of too much sugar, over time, leads to a cascade of secondary effects ultimately wreaking havoc on organ systems across the body.

It would be an overreach to attempt to discuss, or even to list, all of the end organ effects of diabetes in such a humble article so, instead, we focus on only one such complication of diabetes known as painful diabetic peripheral neuropathy (PDPN).

Although several theories for the origin of PDPN exist there is significant evidence that PDPN is the consequence of dysfunctional nerve endings in our feet, which in turn is the consequence of damage to the most delicate of arteries which supply nourishment to these nerve endings. Relentless hyperglycemia in poorly controlled diabetics leads to the destruction of the micro-vascular system and an asphyxiated peripheral nervous system responds with signals of distress we know all too well as pain.

Over time, a pattern of constant burning pain in the feet develops along with loss of sensations and even changes in the overlying skin. The pain can become severe enough to interfere with simple activities of daily living and is described as “suffering” by many. In severe cases, progression of the blood flow limitation leads to dead and gangrenous tissues necessitating around two thirds of the amputations done in our country.

Thankfully, treatments do exist for both the primary causes and secondary effects of PDPN. The single greatest way to prevent the development of PDPN is tight control of blood sugar.

Your primary physician can help you with the tools to manage your diabetes effectively and evaluate you for one of several new FDA approved medications for the symptoms of

PDPN. These medications have been shown to make a positive difference in pain levels, sleep quality, and functional capacity. It is unclear at this time if these medications will have an effect on the natural progression of PDPN.

For more advanced cases of PDPN, which do not respond to trials of readily available medications, referral to a pain specialist could be

considered to review other treatment options. In Europe, there is extensive experience with implantation of small devices in the body, which electrically stimulate certain nerve fibers, which in turn cause a significant improvement in blood flow to the feet.

This treats primarily the pain of PDPN and does so presumably by improving the blood flow and nutritional

state of the nerve endings. In many European countries this is used in lieu of amputation.

If you are a diabetic you should work closely with your physician in managing all that comes with this chronic condition. Remember that the best way to prevent the development of PDPN and its complications is tight control of your blood glucose level.



## 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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# Feel Your Best At Any Age



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

You may be familiar with older or original radiofrequency treatments such as Thermage and Exilis Elite. Now, there are also next-generation treatments such as Exilis Ultra, Ulthera, Vanquish ME and CO2RE and GentleMax lasers. They feature an innovative combination of laser energies to tighten your skin; smooth wrinkles; fade sunspots, scars and spider veins; remove unwanted hair. Some can even remove unwanted fat to re-contour your chin and body, and treat cellulite. The results are stunning, scar-free, typically take only minutes, and require little or no down time.

If you ever look in the mirror and realize that what you see doesn't reflect the real you, you may wish to check out some new lasers that can balance how you look with how you feel and empower you to look your best at any age.

The science behind this breakthrough technology is fascinating. The Exilis Ultra laser is the first laser to combine radiofrequency and ultrasound energies, to give better and faster results. The Exilis Ultra has a unique, dual-treatment capability to tighten skin and stimulate formation of new collagen and elastic tissue – and also to remove unwanted fat. It

The secrets are three innovative technologies – radiofrequency, ultrasound and laser resurfacing. And the key is to select the right technology for the right purpose.

*Please see "Feel Your Best," page 46*



# Get a Facelift... Without Surgery!



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

production. Your skin, when stimulated by the FaceTite radiofrequency, tightens and firms without surgery.

FaceTite can be used to tighten the skin on several areas of your face that, as we age, suffer from laxity such as the chin, jowls, cheeks, and neck leaving you with a rejuvenated and younger appearance. Most patients have seen overwhelmingly positive results from the FaceTite procedure.

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*Please see "Facelift," page 47*

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# Did You Know Your Cosmetics Can Affect Your Contacts?

By Jacqueline D. Griffiths, MD  
New View Eye Center

Contact lens wearers who wear cosmetics on a daily basis may be especially vulnerable to eye problems. Misuse of products and adverse reactions to ingredients used in cosmetic formulas cause lens deposits, eye irritation, allergy, dryness, injury and infection. Knowing which products to use and how to use them is important for long-term, problem-free contact lens wear.

Before handling lenses, wash your hands with a mild soap such as Neutrogena, Ivory or a clear glycerin soap. Or, use one of the specialty soaps for contact lens wearers such as AOSoap or Optisoap. Avoid soaps containing cream, deodorant, antiseptics, or heavy fragrances.

Contact lenses should be inserted before any cosmetics are applied to prevent contaminating the lens by makeup and disrupting makeup by tears. Mascara should be used sparingly and only on the outer half of the lashes. Besides being a potential irritant, mascara is frequently a source of infection. Even with the best of care, mascara and eyeliner should be

replaced every three months. Use a light touch with eyeliners and shadows, as they may cause blepharitis, an infection of the eyelid that can lead to styes and chalazion. Don't use eye liner pencils inside the lower eyelid. Color pigments can cause irritation, damage contact lenses, or lodge underneath the contact lens and scratch the cornea.



Prevent contamination of your makeup by keeping it dry and avoiding contact with fingers. Keep applicators clean and replace them after approximately three months. Hair spray,

deodorant, cologne, mousse, nail polish and nail polish remover should be used before inserting your lenses. If one of these products gets into your eye it can cause permanent damage to the contact lens surface. If you must use hair spray while wearing contacts, close your eyes tightly while spraying and then leave the area quickly. Aerosol mist lingers in the air for some time after spraying.

Never wear contacts when using hair dyes, permanent wave lotions, or medicated shampoos.

Use cosmetics labeled "hypoallergenic," "for contact lens wearers," or "for sensitive eyes." Approximately one in ten women have either a respiratory or skin allergy to perfume. Hypoallergenic brands are designed to be free of irritants such as perfumes and lanolin. Lanolin may be used in cosmetics and soaps and is one of the most common allergens, causing redness, itching, and blotchy skin spots.

Wash your hands and remove contact lenses before removing makeup. Your fingers are less likely to be contaminated by pigments, creams and oils from cosmetic products when the lenses are removed first.



Jacqueline D. Griffiths, MD

Selected as a  
"Super Doctor"  
Washington Post Magazine

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

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



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*In the next edition of Your Health Magazine...*

## DENTAL HEALTH

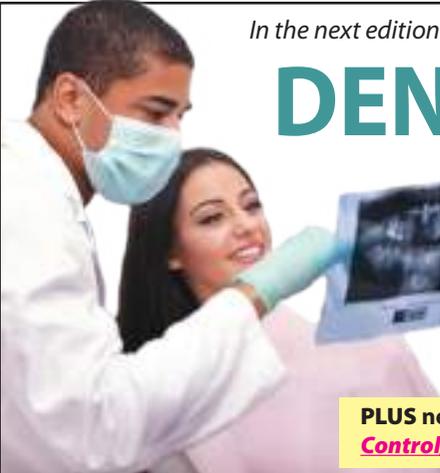
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Your Health Magazine is on a mission. There are far too many people, insured or not, who do not go to the doctor when they should, and in millions of cases, don't know who they should go to, or why.

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

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

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

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

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

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

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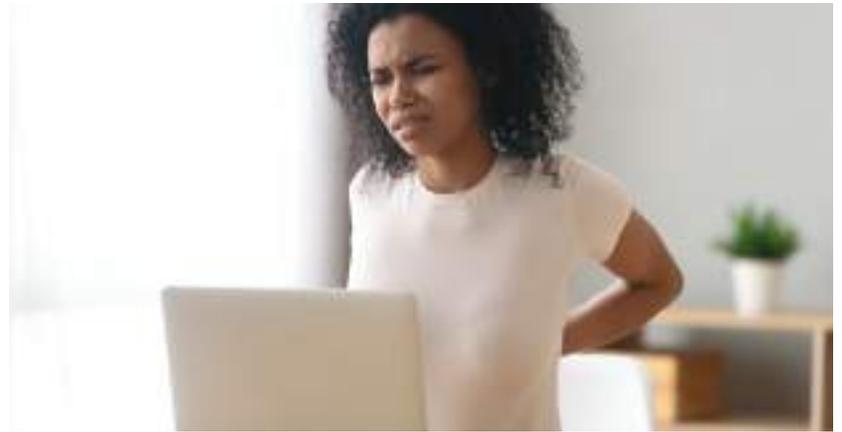


By Jay Cho, DC, FIAMA  
Active Care Chiropractic  
& Acupuncture

# Women and Tailbone Pain (Coccydynia)

There are ways to reduce the risk of tailbone pain including: no prolonged sitting, avoiding sitting on hard surfaces, and exercising regularly. If you have to sit for a long time because you are a student or desk worker, it is recommended that you use a cushion for sitting.

If you're experiencing prolonged tailbone pain, seeing your chiropractor is a great first step to getting both short and long term relief. Why live in pain if you don't have to?



A 45-year-old female patient visited her clinic and complained of her chronic tailbone symptom. She stated that she did not get injured at all, but the pain persisted. She was taking medication to relieve the symptoms, but there was not obvious diagnosis, and the pain was still there after six months.

Take another case of a 36-year-old female graphic designer who stated that she had been experiencing tailbone pain for around four months. It got worse recently and she could not sit for long due to the pain and discomfort, affecting her job and enjoyment of life.

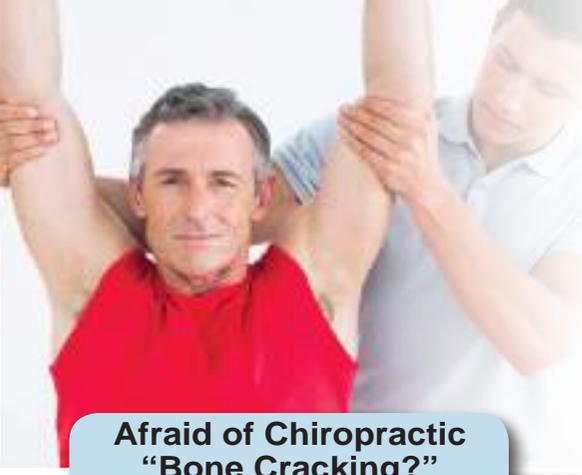
There are more women than you think that are experiencing coccydynia (tailbone pain). The most common cause is a falling injury. When falling on your tailbone (coccyx), it can be moved or twisted. Then, it will pull or damage the ligaments or tendons and become inflamed with bruising.

Some patients are young mothers who gave birth within the past year, and they experience coccydynia. Just prior to childbirth, the hormone relaxin is secreted to release tension in the entire pubic area, including the pelvic joints and ligaments, and loosen up all pelvic joints. Sometimes, it can be a reason that causes tailbone pain if the pelvis ligament tension remains weak after childbirth.

There are many other cases, without injury or childbirth, such as excessive sitting, inflammation, prostate tumor, and improper sitting posture that can cause tailbone pain.

A damaged or twisted coccyx and/or weakened pelvis ligaments should be taken care of by a professional provider with proper adjustments, physical therapy, and therapeutic exercises if needed.

Medications can offer short-term relief, but if the problem persists, you need to see a professional who understands and specializes in this area and get on a care plan to properly care for your tailbone, if you don't want to suffer more.



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# Summer Is a Time For Total Relaxation



By Sarah Shores  
Warrenton Wellness

your whole body from the cerebellum to many major organs to include the heart, stomach, and intestines. It can impact the overall health and level of inflammation of the body.

The vagus nerve also acts as the link between the brain and the gut health. During times of stress the vagus nerve restricts as the body focuses on flight or fight response.

The UVB light in the Blu Room along with the music and sound of

healing frequencies, can relax the vagus nerve like a day at the beach. The relaxing, or some would call it stimulating, of the vagus nerve can lead to better health. When the vagus nerve is functioning well and is not restricted in that flight or fight mode, it is called a high vagal tone index. The vagal tone index can be an indicator of general health.

The Blu Room atmosphere helps to bring the user's mind to statis to ex-

perience tranquility and peace. When your mind has this sense of well-being, that well-being can be transmitted to your body to include the vagus nerve.

Any issue you walk in with will benefit from the mental rejuvenation and relaxation you experience coming out of your Blu Room session. The Blu Room doesn't treat physical conditions, it supports your mind. There are Blu Rooms in 13 countries and on the east coast in Warrenton, VA.

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# Women's Teeth and Gums

By Karl A. Smith, DDS, MS

A smile is the first impression that communicates a woman's happiness and confidence; if you wish to keep your winning smile out in front, you will want to take special care of what's behind it – your periodontal (gum) health.

Periodontal health is connected to a woman's overall health. As your health care needs change throughout your life, during puberty, pregnancy, and menopause, your oral care needs may change too.

Hormonal fluctuations during these times may affect your gum tissue and the underlying bone that support your teeth. These changes may increase your susceptibility to periodontal disease and require you to take special care of your oral health.

## Gum Care During Puberty

When a young woman enters puberty, the production of sex hormones, such as progesterone and estrogen increase. Studies show that these elevated hormone levels may cause gum sensitivity and lead to a greater reaction to any irritation, including food particles and plaque. During this time,

the gums can become swollen, turn red, and may feel tender.

## Menstruation and Gingivitis

During menstruation, some women may experience gingivitis. This condition may cause gingival (gum) bleeding, redness or swelling of the gums, sores on the inside of the lip and cheek, a slight burning sensation or gum discomfort. It is important to maintain good oral health during these hormonal fluctuations. However, in some cases, periodontal treatment and antimicrobial agents may be recommended to ensure that your periodontal health is at its best.

## Pregnancy and Gum Disease

If you are pregnant, or planning to become pregnant, you need to know that your periodontal health can affect your pregnancy and ultimately the health of your baby. Studies have shown that any infection, including gum infection during pregnancy, may put you at a significant risk of delivering a preterm, low birth weight baby.

If you are already pregnant and have been diagnosed with periodontal disease by your general dentist, a simple non-surgical procedure called scaling and root planning performed by an experienced periodontist may significantly reduce your chances of complications.

## Medications Including Oral Contraceptives

Birth control pills may make you susceptible to oral health conditions that affect pregnant women. Synthetic hormones in the oral contraceptives are designed to mimic pregnancy and may cause your gums to turn red, bleed, and swell.

In addition some commonly prescribed medications such as antidepressants and certain heart medications may cause dry mouth, increased plaque build-up and enlarged gum tissue. These conditions frequently result in bacterial infections under the gum line causing bleeding gums and bad breath. Make an appointment and speak with your periodontist if you are experiencing these symptoms.

## Your Changing Body During Menopause

During menopause or post-menopause, you may notice a change in the way your mouth looks or feels. You may, for example, experience discomfort including pain, burning sensations in the gums tissue, mouth sores or aphthous ulcers, and altered tastes. Saliva substitutes are available from your periodontist to help lessen the effects of a "dry" mouth that many women experience. Post-menopausal women may significantly reduce tooth loss by controlling their periodontal disease, especially if diagnosed with osteoporosis.

Diligent at-home oral hygiene, professional cleanings, and periodontal evaluations are an essential part of your overall health care. If you experience any symptoms described in this article, take control of your preventative dental health.

Make an appointment for a periodontal evaluation with an experienced periodontist today.

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# Managing Low Back Pain



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

Nearly every adult has experienced low back pain at some point in their life. It is not surprising that low back pain is the second most common neurological disorder affecting Americans. Only headache is more common. Fortunately, most cases of low back pain are short-lived and go away in a few days without treatment. In a few cases, the pain persists and interferes significantly with a person's emotional, social and medical well-being. It is important to realize what causes low back pain and what can be done to treat it.

For your back to function properly, it needs a well aligned spine supported by normal discs, stabilized by back muscles and freely traveling nerve roots. All these elements make up a normally functioning low back and they all need to function together to meet the day-to-day demands on your spine. Low back pain results when one or more of these elements malfunction.

A muscle spasm, sprain or strain of the lower back can cause dull aching pain that usually starts suddenly and can be traced to a particular event or action (pulling/pushing, lifting weights, inappropriate posture).

Other, more prolonged cases of low back pain may be a result of gradual degeneration of the bony spinal canal (called osteo-arthritis) or the disc and may cause either the whole spinal canal or one of the nerve root exit sites to become narrow.

Yet another cause of low back pain may be trauma (motor vehicle crashes or sports injuries). Finally, low back pain may be the first indication of disease elsewhere in the body that has spread to the spine (infections, cancers, etc.). In many cases, back pain is also accompanied by leg

pain that radiates down one or both sides.

Management of low back pain starts with conservative therapy directed by your primary care physician or spine specialist. This may include over-the-counter anti-inflammatory medications, pain killers or physical therapy. In the few cases where low back pain persists, diagnostic studies such as MRI and x-rays of the back are usually obtained. These studies may indicate a need for specialized

spinal care and more direct treatment such as interventional pain management with injections.

In cases that do not respond to any of these measures, surgery may be an option for achieving permanent relief from pain. The success of such an operation is highly dependent on the specialist and patients must choose a spine surgeon experienced in the latest minimally invasive techniques for treating their spinal problems.

A minimally invasive spine surgeon can minimize skin incisions and muscle cutting to reach the problem area in the spine and, using specialized instruments, work through a small tube to address the problem. This technique dramatically reduces blood loss during surgery, pain after surgery and time spent in the hospital. Patients are able to return to their normal routine more quickly than in the past.

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– Pt. J.O.

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# Sun-Safe Summer Fun



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

skin. To get that sun-kissed look, consider getting a spray tan or try using a self-tanning product.

### Get Your Vitamin D Safely

Sun exposure is not the only way your body gets Vitamin D. It can be obtained safely through a healthy diet which includes naturally enriched vi-

tamin D foods, Dietary supplements, fortified foods and beverages. If you are Vitamin D deficient, speak to your doctor about safe ways to treat your condition that do not increase your risk of skin cancer.

### Visit Your Dermatologist

Develop a monthly routine to

inspect your skin. If a growth, mole, sore, or skin discoloration appears suddenly, or begins to change, see your dermatologist. Have your dermatologist examine your skin at least once a year, especially for adults with significant past sun exposure as a child or if you have a family history of skin cancer.

As you plan your outdoor activities, be sure to be safe in the sun and know how to protect your skin from sun damage and the harmful effects of overexposure to ultraviolet (UV) radiation. Excessive sun exposure is the most common and preventable risk factor for the development of skin cancer. Here are some simple ways the American Academy of Dermatology recommends for you to stay safe this summer

### Use Sunscreen

Generously apply a sunscreen with a Sun Protection Factor (SPF) of at least 30 to all exposed skin and under any light-colored or loose-fitting clothing. Broad Spectrum sunscreens provide protection from both UVA and UVB sun rays.

Be sure to reapply your sunscreen every two hours and after any water exposure including swimming or sweating. And yes, sunscreen should be worn even on cloudy days.

### Wear Sun Protective Clothing

When participating in outdoor activities, remember to bring sunglasses and a wide-brimmed hat. Long-sleeved shirts and pants should also be worn whenever possible.

### Find Shade

The sun's rays are strongest between the hours of 10am and 4pm. Avoid prolonged periods of sun exposure during these hours, reapply sunscreen frequently and find a shaded area that protects you from direct sun exposure. Rule of thumb: If your shadow appears to be shorter than you are, find a shaded area.

### Use Caution Near Water and Sand

Water and sand can reflect and intensify the harmful rays of the sun and increase your risk of burning.

### No Tanning Beds

Ultraviolet light from tanning beds increases the risk of skin cancer and increases signs of aging on the

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# Qwo For Cellulite Reduction



By George Bitar, MD  
Bitar Cosmetic Surgery Institute

Qwo is the first and only FDA-approved injectable for the treatment of moderate to severe cellulite in the buttocks of adult women. Qwo is an injectable treatment option that is thought to target a primary structural cause of cellulite – the fibrous septae. The procedure consists of three treatments three weeks apart. Results are seen within three months.

### How It Works

Enzymes called collagenases target the structural causes under

the skin, where cellulite starts. It's thought that Qwo works by releasing fibrous bands, redistributing fat cells, and stimulating the growth of new collagen.



### Is Qwo a Surgical Procedure?

No. Qwo is an injectable treatment option that is thought to target a primary structural cause of cellulite – the fibrous septae. The exact mechanism for the treatment of moderate to severe cellulite is unknown.

*Please see "Cellulite," page 47*

# Are You Sexually Satisfied?

Submitted By Men Down

What does it mean to be sexually satisfied? Is the answer the same for men and women? This question alone may cause some people to feel stressed – is your performance in the bedroom up to par for your partner?

This stress can actually cause some men to experience certain types of sexual dysfunction. Feelings of not being enough, unworthiness, or inadequacy are known psychological factors that can especially contribute to erectile dysfunction (ED).

Yes, your state of mind can directly affect your ability to perform in bed. You may have the best of intentions, and want nothing more than to please your partner, but your worrying mind could be holding you back.

Some men worry about their body image – will she still find me attractive once our clothes are off? Penis size is another concern – how do I measure up to my wife's past sexual encounters? Research shows that women's preferred penis size is 6.3 inches long

and 4.8 inches around. While not as big as you may have imagined, those numbers can still be intimidating.

Relationship issues, including financial difficulties can also contribute to problems of sexual intimacy. It's hard to feel sexy if you've been arguing with your partner all day about bills...or the kids...or household chores.

Not all causes of ED are psychological. Hormone imbalances or neurological factors should also be considered, as well as blood circulation.

### So, What's the Solution?

The most common drug used to treat ED is Viagra (Sildenafil). The way Viagra works is by stimulating the nerves of the penis. This allows the muscles and spongy materials around the penis to relax and allows blood to flow in – thus causing an erection. One little pill can have you up and running in as little as 30 minutes – a true miracle worker for some couples.

Of course not everybody is comfortable going into their doctor's of-

*Please see "Sexually," page 47*



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# Why a Bad Bite Could Be Causing Your Dental Problems

By Shari Salartash, DDS, MAGD  
Dental Excellence

As we age, it is completely normal for our tooth enamel to slowly wear down. For example, at the age of 30 a “normal adult” will have lost about a millimeter of their front teeth. This is due to the improper chewing. Recently, studies have shown an increasing num-

ber of adults experiencing excessive wear and chipping, beyond the normal, which has led an increasing need for root canals and/or extractions due to an imbalanced bite. This not only affects us negatively, but can also be prevented by correcting a “bad bite.”

## Why Incorrect Bites Are a Problem

Incorrect bite, also known as mal-

occlusion, can be caused by a variety of things. The most common cause comes from childhood habits, such as thumb sucking. The mechanism of thumb sucking causes improper forces to act on the growing and developing teeth. Thus, leading to wrong placement and alignment of the teeth. The term “bad bite” is an overarching term since it describes how the top and bottom align together. Here are some



Shari Salartash, DDS, MAGD

examples of bad bites:

- **Protrusive incisors or overbite:** occurs when the upper teeth extend too far forward, protruding past the front lower teeth. Overbite can be caused by a number of different things, commonly thumb sucking, nail biting, lip biting, misaligned jaws, or even heredity. Overbite inhibits proper chewing and increases the chance for chipping and/or fracturing during trauma.
- **Prognathism or underbite:** when the lower teeth extend too far forward. The causes and effects are the same as an overbite. Ultimately causes excessive wear on the enamel.
- **Retrusive incisors or inward slanting of the teeth:** common causes are when the teeth erupt at an angle, crowding, accidental, and tooth disorders. The condition not only affects chewing ability but as well as limiting proper range of motion of the lower jaw. The lower front teeth will often collide with the upper, increasing the chance for chips, breaks, and/or fractures.
- **Edge-to-edge bites:** occurs when the biting edges of the upper teeth bite directly onto the lower front teeth. The chewing process between the incisors is impacted and can lead to chipping of the front teeth.

As you can see, all four examples of bad bites lead to chipping, fracturing, and wearing on the tooth, which can be a whole problem itself since bacteria can now easily infect the roots and nerves of the tooth. Drinking or chewing anything hot or cold can cause extreme pain when the most sensitive part of the tooth is exposed. In addition to chipping and fracturing, a bad bite can also increase tooth sensitivity, jaw pain, and headaches. Yes, dental bonding and crowns can patch up the tooth but it's not a permanent solution that'll last forever.

## Fixing a Bad Bite

It is best to address the underlying cause by providing a permanent solution that'll last forever. A variety of treatments are available that can correct a bad bite. Some of these treatments include plate expansion (oral appliance), Invisalign, and traditional braces.

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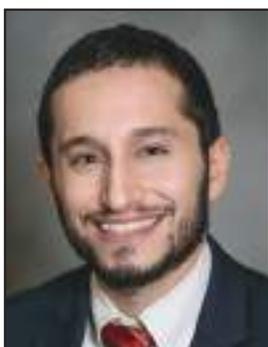
### Edward Parelhoff, MD

Edward S. Parelhoff, MD is a board-certified fellowship trained ophthalmologist with specialized training in pediatric ophthalmology. He specializes in strabismus surgery for children and adults.



### Haresh Ailani, MD

Haresh Ailani, MD is a board-certified fellowship trained cornea and anterior segment ophthalmologist specializing in cornea, cataract and refractive surgery. He specializes in refractive/laser cataract surgery with standard and advanced technology intraocular lenses, and in all forms of cornea surgery.



### Benjamin Abramowitz, MD

Benjamin Abramowitz, MD is a board-certified fellowship trained glaucoma specialist and general ophthalmologist. He specializes in the latest glaucoma lasers and surgeries, as well as cataract surgery with standard and advanced technology intraocular lenses.



### Leah Fuchs, MD

Leah Fuchs, MD is a board-certified general ophthalmologist. She specializes in comprehensive medical ophthalmology for adults, including medical eye exams, urgent and emergency eye care.

### *Welcoming Hampton Khanna, MD Pediatric Ophthalmologist*

Hampton Khanna, MD is an ophthalmologist who specializes in pediatric ophthalmology and strabismus. A native of Maryland, Dr. Khanna is a graduate of the University of Maryland School of Medicine in Baltimore. She completed her residency in ophthalmology at the University of Maryland Medical Center, and a fellowship in Pediatric Ophthalmology at Children's National Medical Center in Washington, DC. Dr. Khanna is welcoming new and existing patients in both our Woodbridge and Springfield office locations starting in September 2021.



### Marissa Albano, MD

Marissa Albano, MD is a board-certified fellowship trained glaucoma specialist and general ophthalmologist. She specializes in the latest glaucoma lasers and surgeries, as well as cataract surgery with standard and advanced technology intraocular lenses.



### Jennifer Dao, MD

Jennifer Dao, MD is a board-certified fellowship trained ophthalmologist who specializes in pediatric ophthalmology and strabismus. Dr. Dao specializes in amblyopia, pediatric glaucoma, cataracts and performs an adjustable suture technique for adult strabismus.



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# Fun Dental Facts

Submitted by the  
Center For Dental Anesthesia

We put together some interesting and fun dental facts we hope you will enjoy reading.

### Did you know...

- Chewing gum can prevent cavities? A chewing gum made from xylitol (a natural sweetener made from birch trees) helps prevent cavities. In the presence of xylitol, bacteria can't stick to teeth. Chewing gum also increases saliva, which protects the teeth from decay.
- Cavities can be contagious? Many different types of bacteria, like strep mutans, the bugs responsible for cavities, can be transferred from one mouth to another through kissing. Note, if you floss and keep your teeth free of biofilm, bacteria cannot live once its in your mouth.



- In an average lifetime, a person produces 10,000 gallons of saliva? As we age, our saliva diminishes, making us more vulnerable to dental infections as well as bad breath.
- Mothers-to-be with severe periodontal infection are almost eight times more likely to have a pre-term, low birth-weight baby? Increased hormone production during pregnancy increases plaque which, untreated, can lead to gingivitis/gum disease in pregnant women.
- People with periodontal disease are twice as likely to suffer from coronary artery disease and stroke?
- Gum disease may make it more difficult for diabetics to control their blood sugar?

- There can be a connection between crusty dentures and pneumonia? A leading cause of death in older people is aspiration pneumonia, often from inhaling debris around the teeth and dentures. By removing dentures daily, cleaning them with a special brush, and storing them in a cleansing solution you can reduce the risk by almost 100%.
- The shape of the modern human mouth is too small to accommodate wisdom teeth? That is why they often are impacted or unable to come in. Partially erupted wisdom teeth are breeding grounds for bacteria and germs that may cause infection.
- Natural teeth can absorb up to approximately 540 lbs. per square inch of biting pressure?

### Now For Some Fun Facts...

- **Fun Fact 1:** 86% of dogs over four years old have periodontal disease

and its tell-tale bad breath. (So, when Fido lavishes kisses on your face and mouth, beware. He could be giving you his germs.)

- **Fun Fact 2:** For those who are calorie conscious, a 60-second kiss burns 26 calories.
- **Fun Fact 3:** In 1994, a prison inmate in West Virginia braided dental floss into a rope, scaled the wall and escaped.

## Missing or Broken Teeth? Embarrassed By Your Smile?



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# Bad Breath: Our Social Epidemic

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

Do people step back when you get close? Brush their fingers under their nose when you are near? Quietly move a half step sideways or turn their head? Offer you gum or mints? Or, any other social signs that indicate you are not welcome in “their space?” If so, you probably have bad breath, or halitosis.

If this happens to you, forget the gums, mints, toothpastes, and mouthwash. These are all cover-ups, not cures. No matter what they taste like, they only cover-up one bad odor with a stronger, more pleasant one. Even the cure-in-a-bottle internet products are only cover-ups, not the all-day cures they advertise.

Since 1993 a complete cure has been available that creates life-long fresh breath that is sustainable for life.

It has changed the lives of thousands of the 40 million Americans who are affected by halitosis.

Bad breath is due to the bacteria that inhabit the mouth, particularly those on the tongue. These bacteria form biofilms (coatings) that can only be removed by hands-on mechanical means. By professionally eliminating those bacterial biofilms in a process called Tongue Rejuvenation<sup>®</sup> one can



Richard A. Miller, DDS

be halitosis-free forever.

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

- Coating on tongue – whitish, yellowish, or brown
- Bad taste
- Morning breath
- People react to you in close situations like those above
- Mouthwashes don't last
- Dry mouth, thick saliva
- Post-nasal drip, allergies

If you want to check yourself for bad breath, here is the best self-test available. Take a piece of gauze, two inches by two inches, available at every pharmacy. Stick your tongue out as far as possible. From the furthest back area that you can reach, wipe forward 3-4 times to get off as much coating as you can. This coating is the biofilm that causes bad breath. Smell it. An odor denotes bad breath.

Is the gauze discolored? If you see a color on the gauze, chances are you also have bad breath. A tongue that is clean, without bad breath bacteria shows a clear gauze with no odor. Be aware, however, that some people cannot smell their own odors due to a phenomenon called adaptation. That is why the color of the gauze itself is an indicator of bad breath.

Typical breath odors smell like “rotten eggs” and “feces” from the strong sulfur compound in the breath – made by the bacteria in the biofilm.

The permanent elimination of halitosis can be achieved with Tongue Rejuvenation<sup>®</sup>. This technique, discovered by a local dentist in 1993, has helped thousands of people in the last 28 years. Tongue Rejuvenation<sup>®</sup> painlessly removes the biofilm that has sometimes accumulated for decades. When the biofilm is gone, the odor is also. And with some simple techniques at home, you can be bad breath free for the rest of your life.

So, if you have bad breath, there truly is a way to say goodbye to bad breath forever. Why wait? Take action now.

## 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?

## THERE IS A CURE FOR BAD BREATH!

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# Hearing/Vision Loss, Alzheimer's and Acupuncture



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

Acupuncture is a technique in which practitioners stimulate specific points on the body – most often by inserting thin needles through the skin. It has been proven to be effective in the treatment of conditions such as back/neck/joint pain, headaches, anxiety, depression, nausea, and infertility.

However, researchers are only beginning to understand whether acupuncture can be helpful for various other health conditions.

### Hearing Loss

Sudden sensorineural hearing loss, commonly known as sudden deafness, occurs as an unexplained, rapid loss of hearing, either at once or over several days. This type of hearing loss is due to auditory nerve damage.

While research is still being conducted, studies have shown that acupuncture can be an effective solution for patients experiencing hearing loss of this nature. They suggest that the use of acupuncture in addition to drug therapy increases blood flow and the flow of oxygen to the ear, facilitating the recovery of nerve function.

Research published in the International Journal of Clinical and Experimental Medicine supports this theory, saying that acupuncture "can significantly improve the hearing of patients with nerve deafness, and the efficacy of acupuncture in combination with medication is superior to medication alone."

### Alzheimer's

A study conducted at Wellesley College in 2000 concluded that acupuncture could treat anxiety and depression for people who have Alzheimer's. The study involved 11 participants who were diagnosed with Alzheimer's or Vascular Dementia. Following treatment, researchers evaluated the mood of participants and found substantial increases in mood, energy and pain from other ailments caused by aging.

A second study at the University of Hong Kong in 2000 administered acupuncture treatments to eight patients with mild to moderate Alzheimer's. The research team concluded that after treatments were finished, participants showed significant improvement in memory and attention, as well as increased motor and verbal skills.

These studies show promising results and lay the foundation for longer and more controlled studies which could drastically improve the lives of people living with Alzheimer's.

### Vision Loss

Your eyes are a reflection of your overall health. Illnesses such as diabe-

Please see "Alzheimer's," page 46



Young C. Yi, "One of the best practitioners of Oriental Medicine in the U.S."  
- Parade Magazine in 2001, 2002, 2004  
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**Ear:** Deafness, Tinnitus, Hearing Loss, Auditory Nerve Disease, Dizziness, Vertigo

**Brain Circulation:** Alzheimer's (Dementia), Autism, Depression, Manic Depression, Insomnia, Migraine Headache, Addictions

**Tumor:** Breast Cancer / Non- Malignant Breast, Rump & Tumor, Thyroid & Skin Tumor/Cancer.

**Livers:** Cirrhosis, Digestive Disorders

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



### Testimony:

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

- DC Resident, Mrs. Zhang

For more testimonies, please visit: [www.eyecure.net](http://www.eyecure.net)

### Reference:

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

- Michael H. O'Shea, PhD  
Contributing Editor  
Parade Magazine

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# New Teeth In One Day



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

time saving technology to give you back the smile you had before tooth loss. It has a proven record of success and rehabilitates the patient with immediate function and comfort with unsurpassed esthetics in usually one appointment.

Another important consideration is the financial aspect of dental treatment to save teeth, graft bone, or a combination thereof. While these are respected and valuable methods of tooth treatment, in many cases, the teeth cannot really be saved and the time and expense to go that route may not be the best avenue for the patient.

The dental implant method can save the patient time and financial expense by avoiding expensive and time consuming bone grafting and trying to save questionable teeth. This procedure also uses fewer dental implants with the "new teeth in a day" All-on-4 technique.

Patients who have dentures and partials also have a new option that

*Please see "New Teeth," page 36*

People who have lost their teeth, or are going to lose their teeth, are looking for the latest technology as a solution. Of course, this is a very difficult problem for a number of reasons, and finding the right solution for you can be a life-changing experience.

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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  
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- 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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# COVID-19 Update

## A New Kind Of Normal

Most of the world is still in the grips of the coronavirus, yet the U.S. has achieved vaccination levels that make it possible to return to normal, at least a sort of kind of normal. The CDC has said that masks are not necessary for vaccinated people and schools can return to in-person learning. This is truly a remarkable accomplishment that no one expected would happen this quickly.

The delta variant, for all intents and purposes, is the same as the alpha variant when it comes to vaccinations and acquired immunity. The way the vaccine works, it will protect people from both strains, and possibly other strains that may, and likely will develop.

Now we're seeing increased cases and hospitalizations among the unvaccinated. Statistics show that 99% of cases are among unvaccinated people. Is this a big concern?

Immunization can be achieved

a couple different ways. First, if you get the virus and recover, a normal person will be immune from future infections, at least for the time being. From our background in science and parroting the words of Dr. Fauci, those people should be protected for a "very long time".

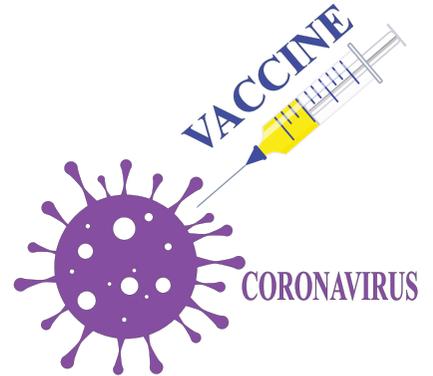
If you get the vaccine you should also be protected for a long time. So, the more people who get vaccinated, the less cases we will see. Also, the more people who get the virus and recover, the more people will be protected. Hmm. So, there is a benefit for people who get the vaccine, and for those who catch the virus and recover. The result is that more people are going to be immune, whichever way they achieve that immunity.

We would encourage everyone to be vaccinated as that is the most straight-forward and safest way to gain immunity. People who fear the vac-

cine, or don't want to get it for some political perspective, are at risk for illness, sometimes serious illness, and possibly death. They can't realistically spread the virus to people who have gained immunity, even though they can spread it among the non-immune. But, the non-immune are both the people spreading it, and the people catching it. That's why it makes sense to get vaccinated.

Another very important factor is that we are so much better at treating the virus now. Even though cases and hospitalizations are increasing, deaths are still declining. This probably has the effect of providing a "safe haven" for people who don't want to get vaccinated.

Note: Some data being reported is only being reported as percentages. In evaluating that data, the lower the cases, hospitalizations and deaths, the higher the percentage of increases and decreases will appear to be. In other



words, if there are a thousand new cases, an increase of 25 would be 2.5%. However, if there are 25 new cases, an increase of five cases would be 20%. Obviously five new cases is better than 25, but the percentage would make that look bad so pay close attention when you're looking at the data.

We have made incredible progress. Stay safe, get vaccinated, and enjoy the summertime.



By Maureen McHugh, Feldenkrais Practitioner Wellness In Motion

## Lions and Tigers Don't Exercise, They Move

that exercise will get them there. For some people, this works. But for others, it does not. When that is the case, the person may decide to look into this other approach: the Feldenkrais Method.

One can take the first step in various ways: through a group class, recordings, a weekend workshop, or private sessions. In all cases, you will be guided to experience movement in a different way from what you have most likely experienced so far.

**What might you gain through exploring "lion-and-tiger-moving"?**

You might:

- Regain and expand the experience that movement feels good
- Learn to attend to the linkages among the various parts of the body, so every action is – at least, heading toward – being a well-coordinated expression of the whole
- Learn to attend to the many supports for comfortable and effective movement, such as the breathing, use of

the eyes and mental and emotional focus

- Learn to focus on creating options in movement as a basis for improvement
- Learn how to break complex movements into smaller parts and develop simple actions into progressively more complex actions

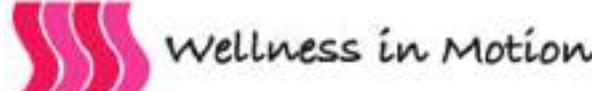
- Continue to improve in moving while getting older
- Rediscover the joy of a continually-expanding movements horizon.

It is possible that people who engage in the Feldenkrais Method over the long term have even more fun than lions and tigers. Would you like to be one of them?

Moshe Feldenkrais said that. It's a good statement, full of vigor and beauty. He liked it, and probably said it more than once. He might have shocked people, and he would have enjoyed that. A little provocation can be fun.

As you hear it, how does it land? Is it intriguing? The "lions and tigers" part is so lively. But – isn't exercise good for you? Isn't exercise exactly what one should have more of?

Many people who have back pain – and neck pain, shoulder pain, knee pain, etc. – consult various professionals, and are told that they need to be stronger and more flexible and

- Improve your well-being by improving how you move
- Increase strength and stamina
- Reduce pain
- Improve your posture
- Enjoy more restorative sleep

**Maureen McHugh**  
Feldenkrais Practitioner

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# Strengthen Your Child's Teeth Through a Healthy Diet

By April Toyer, DDS  
Lifetime Dental Care

Children with healthy teeth are more likely to grow into adults with healthy smiles. Your child's diet not only affects their overall health, but their oral health as well.

Foods and drinks that contain sugars of any type can contribute to tooth decay. Most items found in your local

grocery store will contain nutrition facts and sugar contents on the label. Many of your child's favorite items may have a low sugar alternative.

## Healthy Choices For Your Child

Introducing yogurt, cheese or other milk products with meals or as a snack can be a great alternative to carbohydrates.

Food and drink items containing dairy can help increase pH levels in the

oral cavity, which can help decrease the acids produced by cavity causing bacteria. The Calcium and vitamin D available in dairy products can also aid in enamel protection.

Fruits and vegetables, such as strawberries and apples, that contain vitamin C can strengthen gum tissue and can act as a natural plaque removing abrasive when extensive chewing is required.



April Toyer, DDS

## Tips To Prevent Decay

If possible, regulate the amount of sticky, sugary foods and candies your child consumes such as taffies, caramels, raisins and gummies. These items get stuck in the grooves of your teeth and may sit there until brushed out.

Sugary food items are better served with meals than as a snack in between meals. This allows for the increased saliva needed for digestion to help rinse these sugars away.

The action of chewing gum containing xylitol can also increase salivary flow and can be a natural abrasive to naturally rinse away food particles.

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Juices with high sugar contents should also be limited for four to six ounces per day. Try diluting your child's juice to decrease the sugar content.

Although sodas and juices that are high in sugar should be limited, introducing water in the oral cavity can help to neutralize the pH and decrease the harmful effects. Water is also the liquid of choice for babies at bedtime instead of milk, formula, juice, or soda.

It is important for infants and children to start an oral care routine twice a day, as well as attend their regular six-month dental checkups. These habits along with a healthy diet can help lead your child to a lifetime of good oral health.



By Mariam Alimi, MSN, FNP, BC  
Impressions Medispa

# Botox and Dermal Fillers



Before BOTOX

After BOTOX

Before Filler

After Filler

As we age, natural collagen and elastin in the skin decreases which in turn causes fine lines and wrinkles to form. The skin also has hyaluronic acid and as we age this diminishes over time and the face will begin to lose volume and sag.

Botulinum toxin, Botox® is a purified protein which is used to temporarily relax facial muscles that cause the formation of lines and wrinkles.

Dermal fillers contain hyaluronic acid or calcium hydroxylapatite and are used to help lift, restore volume and fill in lines. The chart that follows is a quick snapshot of the difference between Botox and dermal fillers.

BOTOX	DERMAL FILLERS
Botox is a Muscle Relaxing agent	Fillers are Injectable gels comprised of hyaluronic acid or calcium hydroxylapatite
Brands include Botox, Dysport and Xeomin	Brands include Restylane, Juvederm, Beletoro, Radiesse and Sculptra
Smooths fine lines and wrinkles	Lifts, stimulates collagen, restores facial volume and shape
Most commonly treated areas are: frown lines, crow's feet and forehead lines	Most commonly treated areas are: cheeks, nasal folds, lips, marionette lines and pre-jowl sulcus
Results last 3 to 5 months	Results last 6 to 18 months
No downtime	Slight bruising and swelling
Treatment time 15 to 20 minutes	Treatment time 30 to 60 min

## Advice On Looking Your Best

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

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### ABOUT LASONDRA

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

Her passion began over 15 years ago when she began working with some of the world's most renowned dermatologists, plastic surgeons and pain management professionals. Her travels throughout the US and interna-

tionally allowed her to study under the surgeons and skincare experts from some of the top institutions in the world.

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

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

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Gainesville, Manassas Park,  
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Dr. Joseph M. Arzadon is an Oral, maxillofacial and facial cosmetic surgeon. He was raised locally and is a graduate of Fairfax County Public Schools. He received his undergraduate degree from the George Washington University, graduated Summa Cum Laude from the University of Maryland School Of Dentistry, and received his Medical Degree from the University of Connecticut School Of Medicine. He completed his internship in General Surgery and residency in Oral and Maxillofacial Surgery from the University of Connecticut Health Center where he completed his training in 1996.

#### Certifications & Memberships

Dr. Arzadon is board certified by the American Board of Oral and Maxillofacial Surgery, a Fellow of the American Association of Oral and Maxillofacial Surgeons, a Fellow of the American Academy of Cosmetic Surgeons, and member of both the

American Dental Association and the American Medical Association. He is licensed in both Medicine and Dentistry, and certified in both Oral and Maxillofacial Surgery and Cosmetic Surgery.

#### Special Interests:

Dr. Arzadon's special interests are facial cosmetic, dental implants, and reconstructive surgery. In his 20 years of practice, he has performed hundreds of facial cosmetic procedures and placed thousands of dental implants along with major bone grafting as well as routine oral surgery and maxillofacial surgeries.

Dr. Arzadon serves as Chief Medical Officer of the Medical Mission of Mercy, USA (MMOM USA) since 2001. He has personally treated over 300 patients with cleft lip and palate. MMOM USA is a non-profit organization providing free medical, dental and surgical services to the Philippines and Guatemala.

#### Offering A Full Scope of Oral & Cosmetic Procedures:

- **Oral & Maxillofacial Surgery:** Wisdom Teeth, Oral & Maxillofacial Pathology, Dental Implants, Orthognathic Surgery (Jaw Surgery), TMJ Disorders
- **Reconstructive Surgery:** Bone Grafting, Pre-Prosthetic Surgery, Cleft Lip & Palate, Sinus Lift & Augmentation, Facial Trauma, Distraction Osteogenesis
- **Cosmetic Surgery** Facial & Neck Liposuction, Forehead Lift, Nose Surgery, Ear Repair (Torn Earlobes), Eyelid Surgery, Facelift, Facial Implant (Cheek or Nose Augmentation), Mini Lift, Necklift, Weekend Lift
- **Cosmetic Procedures** Restylane, Botox/ Dysport

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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

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

Dermatology,  
Skin Cancer Surgery,  
Cosmetic Surgery



3 Convenient Locations:

Ashburn, VA: 703-858-0500  
Warrenton, VA: 540-878-5781  
Rockville, MD: 301-358-5919



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

Dr. Maragh is a published scientific author and local and national speaker on the latest advances and techniques in dermatologic and cosmetic surgery. Dr. Maragh is a Fellow of the American College of Mohs Surgery, reserved only for fellowship trained Mohs skin cancer surgeons. She has performed over 5000 skin cancer surgeries with cosmetic facial reconstruction. Dr. Maragh is a fellow of the American Academy of Cosmetic Surgery, reserved only for cosmetic surgeons who have completed specialized cosmetic surgery training and have completed multiple cases of cosmetic surgery before at-

taining Fellow status. Dr. Maragh is also a fellow of the American Academy of Dermatology, the American Society of Dermatologic Surgery and the Womens Dermatologic Society. Dr. Maragh is a cum laude graduate of Hampton University in Hampton, Virginia with a B.A. in Biology/Biochemistry. She completed her medical studies with Alpha Omega Alpha Honors in the top 5% of her graduating class at the University of Maryland School of Medicine.

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

#### LEARN MORE ABOUT OUR SERVICES:

- **Dermatology Center:** a full range of medical, laser, cosmetic & surgical dermatology services including complete skin cancer screening and treatments
- **The Vein Center:** the latest, most effective, minimally-invasive laser & surgical techniques for the treatment of spider veins and varicose veins of the legs
- **The Surgery Center:** Tumescant Liposuction, SmartLipo™ Triplex Laser Liposculpture, Cellulaze Laser Cellulite Removal, Minimal Incision Facelifts, Cosmetic Eyelid Surgery

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

## Marvette Thomas, DDS

Cosmetic Dentistry,  
Invisalign® Platinum Provider

dentalspa



12351 Dillingham Square  
Woodbridge, VA 22192  
(703) 580-8288



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.

- Improved Oral Hygiene
- A Discreet Look
- More Dietary Choices
- Comfort
- Teeth-Grinding Protection



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



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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Lizeth Alvarado

3D Areola/Nipple Tattooing for  
Breast Cancer Survivors,  
Permanent Makeup Artist



8233 Old Courthouse Road  
Suite #240  
Tysons Corner, VA 22182

**571-367-9711**



Meet Lizeth, Master Permanent Makeup Artist & Medical Tattoo Expert  
Specializing in 3D Nipple Tattooing for Breast Cancer Survivors and Reconstructive procedures.

For as long as she can remember, Lizeth has been completely drawn to women's fashion, beauty, and helping others – in fact, she first got her start doing backstage hair and makeup as a high school student. Today, after years of specialized training, she is proud to have taken her offerings to the next level with cosmetic breast reconstruction, scar camouflaging, lash extensions, and many other services that inspire her clients to live happier, more self-fulfilled lives. She wants to help your natural beauty shine from within!

As a diligent and focused student in her formative years, Lizeth knew that establishing a strong foundation through her education, would be the key to her future success in any business.

She attended George Mason University to pursue a degree in Communication, but never lost her first love, beauty art. When she wasn't studying, she was busy booking jobs at fashion shows and events, as a freelance style consultant, make-up artist, hair stylist or just about anything related to beauty.

After graduating from GMU, she established a career as a finance professional. Although she built a Finance foundation for herself, she also focused her energy on completing technical school and receiving certifications as an Eyelash Extension Stylist and a Masters in Permanent Make Up Artistry.

Lizeth feels blessed to be able to

help restore confidence in both women and men who have undergone a mastectomy and other breast reconstructive surgeries. She offers 3-Dimensional Areola Nipple Tattooing for breast cancer survivors.

Many people don't realize that beauty treatments can go far beyond the results you see in professional photos – they can also help those negatively affected by cancer, traumatic injury, and other scarring experiences to recover their self-confidence.

Lizeth's experience and working with various plastic surgeons enables her to address minor and medical beauty needs alike, and she continues to be the 'go to' person to help in the final stages for many looking to feel happy and whole again.

### Areas of Expertise:

- 3D Nipple Tattooing for Breast Cancer Survivors
- Eyelash Extensions
- Permanent Makeup
- Scar Camouflage
- Body & Facial Waxing
- Makeup Application
- Bridal Makeup & Hair

To learn more about Lizeth, visit [www.EpicBeautyRx.com](http://www.EpicBeautyRx.com).

To schedule a consultation, call 571-367-9711 or email [Lizeth@EpicBeautyRx.com](mailto:Lizeth@EpicBeautyRx.com).

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

## Douglas Semler, MD, FAAD

Get to Know  
Your Local Skin  
Care Expert

19465 Deerfield Avenue  
Suite #408  
Lansdowne, VA 20176

**703-723-6568**



You are important and taking the time to genuinely listen and care about your needs is how we will begin every one of your visits to our office.

Dr. Douglas Semler is originally from Columbus, OH. He attended the University of Michigan, Ann Arbor for his Bachelor of Science undergraduate degree in Biological Sciences. He then attended University of Cincinnati College of Medicine where he earned top honors and graduated Alpha Omega Alpha. He completed his internship year in Internal Medicine at Case Western Reserve University/University Hospitals of Cleveland. His residency training in Dermatology was completed at Case Western University/University Hospitals of Cleveland.

### CERTIFIED:

American Board of Dermatology

### PROFESSIONAL MEMBERSHIPS/AFFILIATIONS

Fellow of the American Academy of Dermatology

### HONORS & AWARDS:

- Alpha Omega Alpha
- Phi Beta Kappa
- Phi Kappa Psi
- University of Michigan Class Honors
- Hiram B. Weiss Award for Distinguished Scholarship, University of Cincinnati College of Medicine

Dr. Semler has published peer-reviewed journal articles and has presented at national and local meetings.

In his free time, he enjoys travel, hiking, skiing, and spending time with his family.



Semler Dermatology, Inc.

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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



## MEDICAL ONCOLOGY

### Paul Bannen, MD

Dr. Paul Bannen specializes in medical oncology and is board certified. He received his medical degree from University of Missouri-Columbia School of Medicine and completed his internal medicine residency at University of Texas Health Science Center. He then went on to complete his fellowship at Georgetown University.

**Medical Education:** University of Missouri-Columbia School of Medicine

**Internal Medicine Residency:** University of Texas Health Science Center

**Certification:** Internal Medicine and Medical Oncology

**Fellowship Training:** Georgetown University

**Practice Locations:** Regional Cancer Care Associates

**Clarksburg** • 301-685-6300  
22616 Gateway Center Dr. Ste C • Clarksburg, MD 20871

**Olney** • 301-774-6136  
18111 Prince Phillip Dr, Ste 327 • Olney, MD 20832

**Rockville** • 301-279-7510  
9715 Medical Center Dr, Ste 221 • Rockville, MD 20850



## MEDICAL ONCOLOGY

### Frederick Barr, MD

Dr. Frederick Barr specializes in medical oncology and is board certified. He received his medical degree from Northwestern University Feinberg School of Medicine and completed his internal medicine residency at Northwestern Memorial Hospital.

**Medical Education:** Northwestern University Feinberg School of Medicine

**Residency:** Northwestern Memorial Hospital

**Board Certifications:** Internal Medicine, Medical Oncology

**Practice Location:** Regional Cancer Care Associates

**Chevy Chase** • 301-657-4588  
5454 Wisconsin Ave, Ste 1300  
Chevy Chase, MD 20815



## MEDICAL ONCOLOGY

### Chitra Rajagopal, MD

Dr. Chitra Rajagopal specializes in medical oncology and is board certified. She received her medical degree from Madras Medical College and completed her internal medicine residency and fellowship at Georgetown University.

**Medical Education:** Madras Medical College

**Internal Medicine Residency:** Georgetown University

**Certification:** Internal Medicine and Medical Oncology

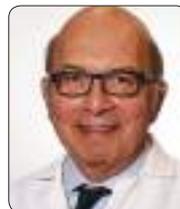
**Fellowship Training:** Georgetown University

**Practice Locations:** Regional Cancer Care Associates

**Clarksburg** • 301-685-6300  
22616 Gateway Center Dr. Ste C • Clarksburg, MD 20871

**Olney** • 301-774-6136  
18111 Prince Phillip Dr, Ste 327 • Olney, MD 20832

**Rockville** • 301-279-7510  
9715 Medical Center Dr, Ste 221 • Rockville, MD 20850



## MEDICAL ONCOLOGY

### Frederick P. Smith, MD

Frederick P. Smith, M.D., is a board-certified medical oncologist who completed his oncology training at Georgetown University's Lombardi Cancer Center. A native of Burma, Dr. Smith attended Niagara University in New York and later attended St. Louis University Medical School, where he graduated cum laude. Following medical school, he completed residency and oncology fellowship at Georgetown University. He remained a full-time member of Georgetown's academic faculty for five years and actively participated in clinical trials, teaching and patient care.

Dr. Smith is well-published, having contributed to over 70 oncology publications throughout his career. He has been in private practice in the D.C. metropolitan area for many years and has been an integral advocate in the community to promote access to clinical research. In practice, he continues to pursue cutting-edge cancer care focused on the comfort and satisfaction of each patient and his or her family.

**Medical Education:** St. Louis University (cum laude)

**Residency:** Georgetown University

**Fellowship:** Georgetown University

**Board Certifications:** Medical Oncology

**Practice Location:** Regional Cancer Care Associates

**Chevy Chase** • 301-657-4588  
5454 Wisconsin Ave, Ste 1300 • Chevy Chase, MD 20815



## MEDICAL ONCOLOGY

### Dongmei Wang, MD

Dr. Dongmei Wang is a board-certified medical oncology specialist. She received her medical degree from Capital University of Medical Sciences and completed her internal medicine residency at St. Vincent's Medical Center in Bridgeport, Conn. From there, Dr. Wang completed her fellowship training in medical oncology and hematology at the National Cancer Institute in Bethesda, MD.

**Medical Education:** Capital University of Medical Sciences, Beijing, China

**Residency Internship:** Training Center of Gen Practice, Beijing, China

**Internal Medicine Residency:** St. Vincent's Medical Center, Bridgeport, Conn.; College of Physicians and Surgeons, Columbia University, New York, NY

**Fellowship:** Medical Oncology and Hematology, National Cancer Institute and National Heart, Lung & Blood Institute, Bethesda, MD

**Board Certified:** Internal Medicine and Medical Oncology

**Practice Location:** Regional Cancer Care Associates

**Rockville** • 301-424-9723  
9715 Medical Center Dr, Ste 531 • Rockville MD 20850

## KEEPING YOU CLOSE TO WHAT YOU NEED MOST

At Regional Cancer Care Associates (RCCA), we are transforming oncology.

Our experienced and compassionate health care experts are fighting cancer through revolutionary treatments; providing the very best of what medicine has to offer while keeping patients close to home.

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# Women In Health Care



## Aishwarya Abbareddy, DMD

~ ~  
Dentistry

Dr. Aishwarya Abbareddy recently moved to the area with her husband from Wichita, KS. She was born in Hyderabad, India, and moved to Wichita, KS when she was eight years old. At a young age she has always been passionate about art and helping people. As she grew older she realized dentistry is the perfect way to merge the two. "I love how creative I can be and address my patients needs at the same time. I also love that I am able to build a close relationship with my patients and able to help them gain confidence in their own smile. My patients are my utmost priority and I love how the field of dentistry becomes more than just teeth," says Dr. Abbareddy.

Dr. Abbareddy is not only passionate about dentistry but also lets her creative side out by cooking various cuisines and painting. She also enjoys Bollywood dancing, working out, playing tennis and loves to travel with her husband. One of her favorite places so far has been visiting Dubai and sky diving over The Palm.

One of her other favorite places she has traveled to has also been a mission trip to the Dominican Republic. Outside of enjoying the beautiful beaches in Dominican Republic she was also able to help volunteer and serve the locals with their dental needs and help ease their pain. "The locals were so grateful and it's something I would love to do again," says Dr. Abbareddy.

Prior to moving to the area, she earned her Bachelor's Degree from Wichita State University in Biological Sciences and achieved her dental degree at the Midwestern University College of Dental Medicine in Illinois. She then completed her Advanced Education in General Dentistry residency program at her Alma Mater, Wichita State University, where she received advanced training in implants, oral surgery, endodontics, and general dentistry. She practiced for two and a half years as a general dentist after completing her residency in Wichita, KS and is excited to move near the Virginia area and become part of the Mt. Vernon Center for Dentistry team.

As a general dentist, she delivers exceptional care to patients who need restorations, root canals, extractions, dentures, crown and bridge work, implants, Invisalign, cosmetic procedures and other services to bring out their smiles. She continues to keep up with her continuing education in various aspects of dentistry.

Dr. Abbareddy belongs to the following organizations and membership:  
American Dental Association and Crown Council

**Where You Can Find Me Making A Difference:**

**Mt. Vernon Center For Dentistry**

P: 703-379-6400 • 5284 Dawes Avenue, Alexandria, VA

P: 703-360-5881 • 8101 Hinson Farm Road, Suite #114, Alexandria, VA

[www.SnoozeDentistry.org](http://www.SnoozeDentistry.org)



## Mary Babcock, DO

~ ~  
Integrative Medicine

**Degrees & Training:** Dr. Babcock entered private practice after notable turns as an attending physician at Walter Reed Army Medical Center and teaching faculty at the Uniformed Services University of the Health Sciences in Bethesda, MD.

A veteran of physical medicine and rehabilitation, Dr. Babcock specializes in treating traumatic muscular and neuromuscular injuries and other chronic pain conditions including: Ehlers-Danlos syndrome, arthritis, back, neck and pelvic pain, degenerated or herniated discs, fibromyalgia, headaches, neuromuscular disease, neuropathic pain, plantar fasciitis, sports & muscle injuries.

**Specialties:** Dr. Babcock is equally accomplished in alternative treatment modalities including: prolotherapy, ozone therapy, osteopathic manual medicine, medical acupuncture, Botox injections for pain as well as Cosmetic Botox, PRP and Liquid Allograft Procedures.

**Hobbies:** Believing wellness springs from a balanced life, Dr. Babcock enjoys hiking, painting, playing the ukulele & violin, and spending time with her family and pets. Her years in the military and caring for her mother with chronic pain have enriched Dr. Babcock with unique perspectives in functional medicine, diagnosis and treatment of musculoskeletal conditions and biomechanical instability.

**Practice Philosophy:** Holistic in her approach, Dr. Babcock believes listening to the patient is paramount to developing an effective treatment plan that restores an individual's health and quality of life as quickly as possible.

We accept Medicare and most insurance plans.

**Where You Can Find Me Making A Difference:**

**Artius Integrative Medicine**

P: 844-9ARTIUS (844-927-8487)

746 Walker Road, Suite #12, Great Falls, VA

[www.ArtiusMedical.com](http://www.ArtiusMedical.com) • [info@artiusmedical.com](mailto:info@artiusmedical.com)



## Mariam Alimi MSN, FNP, BC

~ ~  
Nurse Practitioner  
Aesthetic Director

Aesthetic Nurse Practitioner with a Master's in Nursing, FNP from Purdue (cum Laude) and a Bachelors in Nursing from Stratford University (cum Laude) and a Bachelors from Virginia Tech. She is an expert in laser technology and has over 14+ years of experience in cosmetic dermatology and aesthetic medicine. Mariam is certified in Botox & Dermal Fillers including Advanced Techniques using Restylane, Restylane Lyft, Voluma, Juvederm XC, Juvederm Ultra Plus, Volbella, Voller, Radiess, and Sculptra. Mariam is Licensed in ArqueDerma® Artistic Restoration Lift® and InstaTox®. She has completed an intense training through Injectability Institute home of ArqueDerma® technique. Mariam is committed to restoring, sculpting and enhancing ones natural beauty through non-surgical techniques. She has worked with the notable Dr. Zack Ally on artistic facial rejuvenation, profile balancing, and beautification in London and has worked with prominent Brazilian doctors for facial and body contouring with the use of dermal fillers. Mariam has extensive experience using Sculptra for Body sculpting including treating hip dips, cellulite and buttock augmentation.

She is certified in IPL/BBL lasers, Fractional CO2 Resurfacing, ND Yag, Erbium Resurfacing, Ulthera, RF Skin Tightening, SculpSure, Microneedling and Chemical Peels. She specializes in skin care for various conditions including acne, hyperpigmentation, melasma, wrinkles, acne scarring, stretch marks, scars, rosacea and veins.

Mariam has extensive experience using lasers and chemical peels safely on skin of color and ethnic skin. Mariam is certified in Stem Cell Platelet Rich Plasma (PRP) Injections for Hair Restoration, PRP Facial, Facelift, Skin Rejuvenation and Hair Loss. Mariam combines her knowledge of facial anatomy, caring nature, and clinical training in order to achieve beautiful results for patients in a safe and comfortable setting.

Mariam is a member of the Association of Medical Aesthetic Nurses, American Society for Laser Medicine and American Nurses Association. She is a native of Northern Virginia and her hobbies include spending quality time with her family, nature hikes, traveling and staying current on the latest advancements & research involving aesthetic medicine.

**Where You Can Find Me Making A Difference:**

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10560 Main Street, Suite #307, Fairfax VA

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



## Madhavi Chada MD

~ ~  
Pain Management

Dr. Madhavi Chada is an Interventional Pain Management Physician and is triple board certified in Anesthesiology, Internal Medicine and Pain Management. Dr. Chada completed her fellowship training in Interventional Pain Medicine at Tufts University – Baystate Medical Center, Massachusetts. Dr. Chada completed her dual residencies in Anesthesiology at Brookdale Medical Center, New York and in Internal Medicine at SUNY Stony Brook, New York.

Dr. Chada is an active member of the American Society of Interventional Pain Physicians (ASIPP), North American Neuromodulation Society (NANS) and American Society of Anesthesiologists (ASA). She is also affiliated with the American Medical Association (AMA).

Dr. Chada has been providing Maryland and Washington, DC metropolitan area communities with comprehensive chronic pain management treatments for the past several years. She is the Founder and Medical Director of Synergy Spine and Pain Center, LLC. Dr. Chada is committed to high-quality patient care and is unwavering in her dedication to providing personalized treatment.

**Where You Can Find Me Making A Difference:**

**Synergy Spine and Pain Center**

P: 240-929-6652 • 12150 Annapolis Road, Suite #209, Glenn Dale, MD

P: 240-260-3828 • 10905 Fort Washington Road, Suite #305, Fort Washington, MD

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

# Women In Health Care



## Lakita Conley-Ware



Integrative Health Care

**Degrees, Training & Certifications:** Dr. Conley-Ware's career started with ten years in clinical research, followed by a second career for more than 25 years in advanced computer technology for the healthcare community and then for various Government agency customers. She then integrated this experience with work in naturopathic healthcare.

She received her undergraduate degree from George Washington University (GWU) and post graduate studies from Harvard University where she studied Pathology and GWU where she conducted early research in Fetal Alcohol syndrome. Her PhD was from GWU School of Engineering & Applied Sciences with a research focus in crisis/emergency management, where she adapted the methodology of medical differential diagnoses to address cybercrime using Artificial Intelligence (AI) and knowledge focus technologies. Combining her medical and computer academics with her professional experience, Dr. Conley-Ware ventured into the world of naturopathic healthcare to help change the lives of those looking for alternatives to health and wellness.

**Client Demographic:** Her customer range spans from college students that need healthier ways to get energy, to parents wanting alternatives for child wellness, to baby boomers that desire to change their genetic destiny as well as the elderly. She provides naturopathic consulting services throughout the DC, MD and VA area.

**Where You Can Find Me Making A Difference:**

P: 571-330-9155

HealthyTimeHome@gmail.com



## Lynda Dean-Duru DDS



Children's Dentistry

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

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

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

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

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

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

**Where You Can Find Me Making A Difference:**

**Ashburn Children's Dentistry**

P: 703-844-3005

44025 Pipeline Plaza, Suite #225, Ashburn, VA

www.KidzSmile.com



## Krystle Dean-Duru DDS



Children's Dentistry

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

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

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

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

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

**Where You Can Find Me Making A Difference:**

**Ashburn Children's Dentistry**

P: 703-844-3005

44025 Pipeline Plaza, Suite #225, Ashburn, VA

www.KidzSmile.com



## Tracy Freeman, MD



Integrative Medicine

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

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

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

**Where You Can Find Me Making A Difference:**

P: 301-475-2038

5530 Wisconsin Avenue, Suite #1235, Chevy Chase, MD

www.tracyfreemanmd.com

# Women In Health Care



**Jacqueline D. Griffiths, MD**



Ophthalmology

**Degrees, Training & Certifications:** Undergraduate degree from Yale and her medical degree from the University of Michigan. Ophthalmology residency completed at Georgetown University Medical Center. Board Certified Ophthalmologist.

**Professional Memberships:** Immediate Past Ophthalmology Section Chief of Reston Hospital Department of Surgery, 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.

**Services:** Laser Vision Correction, Advanced Cataract Surgery, Multifocal Implants, Comprehensive Ophthalmology, Eyelid Surgery, Laser Floater Removal, Botox, and Fillers.

**Personal Interests:** Tennis, swimming, snorkeling, biking and travel.

**Practice Philosophy:** Comprehensive Ophthalmologist who specializes in refractive surgery and cosmetic procedures.

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"Top Ophthalmologist" *Washingtonian* and *Northern Virginia Magazine*



**Jaana Kilkki  
MA, ATR-BC**



Art Therapist

Jaana Kilkki is a Board Certified Art Therapist. She is also a registered yoga teacher and a mindfulness meditation teacher. Ms. Kilkki provides art psychotherapy and trauma focused therapy to adults and adolescents (age 14 and up) at Life Enrichment Counseling Center.

Ms. Kilkki has a Masters in Creative Arts Therapy Counseling from Hofstra University (2013) and an undergraduate degree in Honors and Studio Art from Hunter College. She has experience working in both group and individual treatment in various inpatient and outpatient settings. Ms. Kilkki is also a Certified Trauma Therapist utilizing the ITR Method, an art based trauma treatment. She has extensive experience working with military service members and individuals who have experienced a variety of life traumas.

At Life Enrichment Counseling Center, Ms. Kilkki provides art psychotherapy to adolescents and adults who want to find ways to cope and deal with depression, anxiety, stress, and trauma related issues. Her approach is mindfulness and strength-based, as well as client centered with the goal of empowering clients to find relief from distressing symptoms. Art psychotherapy allows clients to express themselves without words and find resolution to past and current issues through utilizing the creative process. No experience in art making is necessary, since the creative process is innate to all of us.

**Where You Can Find Me Making A Difference:**

**Life Enrichment Counseling Center**

P: 703-754-0636

7230 Heritage Village Plaza, Suite #202, Gainesville, VA  
LifeEnrichmentCounseling.com



**Kristin Kaiser  
PA-C**



Physicians Assistant

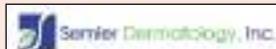
Kristin Kaiser was born and raised outside Buffalo, NY. She attended Daemen College in Amherst, New York and graduated magna cum laude in her undergraduate and graduate degrees in Physician Assistant Studies. Upon graduation, she moved to Seattle, Washington where she worked in hospital and private practice environments before relocating back to the east coast. Kristin is an active member of the American Academy of Physicians Assistants as well as the Society of Dermatology Physician Assistants. She enjoys counseling patients in the areas of skin health, skin cancer prevention, and age defying cosmetic treatments. In her free time, Kristin enjoys spending time with her husband, 2 young boys, and their French Bulldog, Charlie.

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**Laurel Lan  
PA-C**



Physicians Assistant

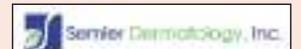
Laurel is a native of the DC metro area, having grown up in MD. She received her Bachelor of Science degree in human biology from Brigham Young University and was recognized with the College of Biology Academic Achievement Scholarship. Laurel then completed her Masters degree from the George Washington University Physician Assistant Program graduating with highest honors leading to induction into the Alpha Eta Honor Society. Following her graduate program, Laurel returned to George Washington University in their Medical Faculty Associates to formally specialize in dermatology. Laurel joined Semler Dermatology in 2017 bringing over 13 years of dermatological experience in both hospital and private practice settings. In her spare time, Laurel enjoys running, volunteering with local organizations, and spending time with her husband, three children, and her Corgi.

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# Women In Health Care



**Fatemeh Mojarrad**  
**DDS**

~ ~  
*Dentistry*

Dr. Mojarrad has been practicing Dentistry since 2015. Her journey to becoming a dentist started as a child. She had braces at an early age and she always enjoyed going to her routine dental appointments. Every visit was a great experience as her Dentist was very friendly and always made sure her appointment was a pleasant one. Those visits inspired her to not only become a dentist but instilled in her the type of dentist she wanted to be.

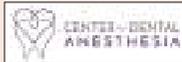
**Degrees & Training:** After high school she attended Virginia Commonwealth University where she obtained her Bachelor of Science in Chemistry. She continued her education at the University of Alabama at Birmingham where she earned her Master's Degree in Public Health. With her Master's Degree in hand, she was finally ready for Dental School. She received her Doctorate of Dental Surgery from Howard University College of Dentistry in Washington, DC.

**Professional Award:** Upon graduation, she was recognized with an award for outstanding community services. She worked with both Mission of Mercy and Give Kids a Smile which had her traveling to underserved areas of D.C. to provide much needed dental care to underprivileged families.

**Practice Philosophy:** Dr. Mojarrad feels blessed to work at a capacity and in a profession where she can make positive changes for her patients that directly impacts their lives by creating confident smiles and improving their overall health. Dr. Mojarrad has a passion for learning. She enjoys regularly attending continuing education courses in order to stay abreast of the profession and provide the most advanced dental techniques for her patients. Dr. Mojarrad is an artist and loves to do Cosmetic Dentistry. She aspires to improve her patient's dental health, self-confidence, and quality of life, by providing them with compassionate dental care.

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**Sheri Salartash**  
**DDS, MAGD, AIAOMT,**  
**FICOI, FAAIP**

~ ~  
*Integrative Dentistry*

**Voted VIRGINIA'S TOP DENTIST** – *Virginia Living Magazine* (2018) & *The Washingtonian* (2019)

An expert Cosmetic & General Dentist, sharing a tremendous wealth of knowledge and experience with her patients. She has several certifications in areas of functional, biologic, and naturopathic approaches to dentistry. Her office focuses on Comprehensive Dentistry, Aesthetics and Functional/Physiologic and Neuromuscular Orthodontics with a whole-body approach. Her office is certified mercury-safe and she provides services in sleep apnea solutions and TMJ treatment. Dental Excellence Integrative Center has been awarded several honors for its commitment to business excellence and dental care.

Graduated Magna Cum Laude from Virginia Commonwealth University and is honored to have been recognized as one of "America's Top Dentists" by Consumers' Research Council of America for the past 12 years. Nominated as one of the Top Dentists in *Northern Virginia Living* in 2018 and *Washingtonian* in 2019. She also is featured as an integrative dental expert on the TOP Doctors Interviews which are seen on CNN Headline News, Fox News, Oprah Winfrey Network, CNBC and other networks.

She is committed to continuing education and was awarded a Mastership with the Academy of General Dentistry (AGD). She also has fellowship with International Congress of Oral Implantologists and American Academy of Implant Prosthodontics. She is also Certified Biological Dentist by International Academy of Biological Dentistry and Medicine, and Accredited by the Academy of Biomimetic Dentistry. She is SMART certified for mercury safe removal and Accredited by International Academy of Oral Medicine and Toxicology.

She offers the most advanced dental laser system on the market today. The Fotona Lightwalker allows for an array of procedures that were not available just a few years ago for treating dental problems, sleep problems and enhancing cosmetic procedures. The soft tissue system is non-invasive and shortens healing times and there is no need for drills or needles with no bleeding, and minimal or no pain. When looking for non-invasive solutions for gum diseases, cavities, or other oral issues, this is the way to go. Laser dentistry is ideal for adults and children who are sensitive to needles or have anxiety of dental work due to their past experiences.

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**Swathi M. Reddy**  
**DMD**

~ ~  
*Orthodontics*

**Degrees, Training & Certifications:** Dr. Swathi Reddy received her DMD from Goldman School of Dental Medicine, Boston University. She graduated with high honors and was inducted into the Omicron Kappa Upsilon National Dental Honor Society. She received additional training to be a specialist in Orthodontics and Dentofacial Orthopedics at University of Nevada.

**Professional Memberships:** Dr. Reddy is an active member of many organizations, including the American Association of Orthodontists, American Dental Association, Northern Virginia Dental Society, Southern Association of Orthodontics, and Virginia Dental Association.

**Best Health Advice:** It is recommended by the AAO (American Association of Orthodontics) that all children get a check-up with an orthodontist no later than age 7. An orthodontist can identify any problems with emerging teeth and jaw growth, even while some baby teeth are still present.

**Services:** All Smiles Orthodontics offers complimentary consultations with convenient office hours and flexible payment plans with interest free financing.

**Practice Philosophy:** "My philosophy is to provide the best orthodontic treatment at the most appropriate age. I feel it is important to analyze each patient's specific needs, because in-depth planning leads to superior results and higher patient satisfaction. I strive to maintain a balanced and harmonious facial appearance with a functional bite, in addition to providing a long-lasting beautiful smile." – Dr. Swathi M. Reddy

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9010 Lorton Station Boulevard, Suite #260, Lorton, VA  
[www.AllSmilesBraces.com](http://www.AllSmilesBraces.com)



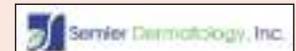
**Shannon Whitlock**  
**PA-C**

~ ~  
*Physicians Assistant*

Shannon was raised in western United States, but has resided in Northern VA for over three decades calling the region home. She received her Masters of Health Science degree from George Washington University with high honors. She is certified by the National Commission on Certification of Physician Assistants and is a member of the Society of Dermatology Physician Assistants. Shannon has practiced with Semler Dermatology since 2005 and enjoys the pleasure and respect of many long-term patient/provider relationships while at the same time readily welcomes new patients to the practice with her warm bedside manner and extensive knowledge. She possesses a vast range of medical and surgical skills along with advanced training and experience in cosmetic dermatology as well. Shannon is very active and spends her free time kayaking, paddle-boarding, cycling and relaxing with her family including her three adult children and their spouses. She especially enjoys spoiling her four adorable grandchildren.

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# NEW TEETH

FROM PAGE 23

can help people who feel like they are stuck with dentures for the rest of their lives – to get rid of those dentures and have all new teeth in as little as one day.

The treatment time is much shorter than with conventional dental implant treatment and there are fewer appointments. This treatment improves one's health by being able to efficiently and painlessly chew food, therefore improving digestion and nutrition and maintaining proper oral hygiene.

It can also make some people look younger by opening the bite and filling out the face. Speech, appearance, and self-esteem are improved. One can interact socially and eat food with confidence. People can definitely live better than they were without teeth and perhaps live longer. With this procedure, age is usually not an issue.

It may be time to look into dentures, but with implants and the All-on-4 technique, patients may find this to be a better choice. Most patients are healthy enough to have new teeth through dental implants so there is no reason for them to wear dentures.

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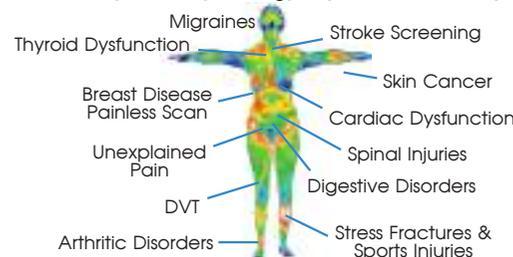
We use a whole body approach by using cold laser therapy to help you detox from Lyme Disease. All individuals with Lyme Disease should detox their body no matter which protocol they choose to use. Let us show you how we strip the biofilm and how we deal with the bacterial, viral, fungal, emotional and toxic components to healing from Lyme.

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- CO2 Poisoning
- Chronic Fatigue
- Fibromyalgia
- Cerebral Palsy
- Immune Dysfunction
- Migraines
- Macular Degeneration
- Diabetes/Foot Ulcers
- Chron's disease
- PTSD
- Heart Disease
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**Holistic Family Health**

# Fat Cells Are Essential To Your Body's Health



By Doris Piccariello, LME  
Director of Aesthetics  
Vita Nova Medical Spa

What if we told you that fat cells (or adipocytes) were essential in maintaining good health within your body's day-to-day functioning? Those stubborn fat cells that you struggle to lose even with hours at the gym and days of sugar-free, low-carb dieting.

Most of us think of our fat cells as the enemy, that solely form saddlebags and love handles, robbing us of our self-confidence. For this reason, many turn to elective procedures that focus on the elimination of fat cells – procedures like liposuction or fat-freezing techniques. As intuitive as this might seem, recent medical research into how fat cells function now tells us that this approach, in the long run, is not only ineffective, it could actually be counter productive.

Statistics show that killing or surgically removing fat cells can, at best, provide temporary improvement in your appearance. Within the first year, fat cells will then regenerate in new areas of the body to compensate for what was taken.

## What Is ZERONA?

ZERONA is a non-invasive, body slimming, low-level laser proven to remove fat and reduce inches. It is the only treatment FDA approved for overall body circumference reduction of the hips, waist, and thighs.

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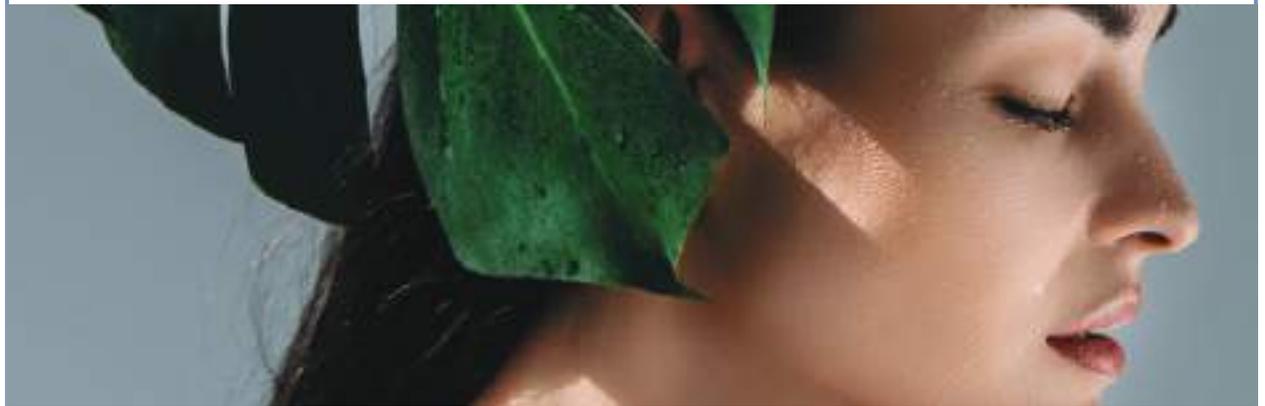
*"I went from a size 12 to a size 6 in just two weeks. I'm on top of the world!"*  
-L.W., Jacksonville, FL

## How It Works?

ZERONA disrupts the adipocyte cells within the fat layer for the release of fat and lipids into the interstitial space where they are broken down

*Statistics show that surgically removing fat cells can, at best, provide temporary improvement in your appearance.*

into free fatty acids by the lymphatic system. The excess fat is then passed through the body during its normal course of detoxification. The ZERONA procedure is proven through a double-blind, randomized, multi-site, and placebo-controlled study in which patients, on average, lost 3.64 inches from their waist, hips, and thighs.



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Doris Piccariello, LME  
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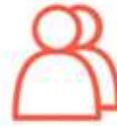
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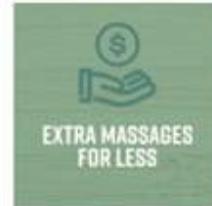
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# Stressed? Why Not Try Something New?



By Rose Buono, C. Ht.  
Rose Buono Hypnotherapy

you reduce stress. Here are just a few ideas.

## 1. Massage Therapy

Regular massage therapy is widely used to manage anxiety and chronic stress. Massage decreases cortisol levels and increases activity of the parasympathetic nervous system, which helps the body and the mind respond better during times of stress.

## 2. Hypnotherapy

There are numerous studies that suggest hypnotherapy is highly effective for anxiety and stress, particularly for anxiety associated with exams, test anxiety, or performance anxiety.

A 2006 study out of Yale University School of Medicine found that hypnosis significantly alleviates preoperative anxiety. Some people are more familiar with relaxation techniques such as therapeutic imagery or

If you're experiencing chronic stress, you may be experiencing irritability, anxiety, depression, or insomnia. Stress produces physical and emotional symptoms. Over time, chronic stress can cause a weakened immune system, weight gain, and heart disease.

There are many methods to help

*Please see "Stressed?," page 47*



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# Treating the Most Common Fungal Problems



By Edward S. Pozarny, DPM  
Arlington Podiatry Center

Athletes foot is a chronic infection caused by various types of fungi. It is often spread in places where people go barefoot, such as public showers or swimming pools. The condition ranges from mild scaling and itching to painful inflammation and blisters. It usually starts between the toes or on the arch and may spread to the bottom and sides of the foot.

Athletes foot can often spread and cause fungal nails. Artificial nails, nail polish or injury to the nail can also lead to fungal nails. Fungal nails may become thickened, inflamed or sensitive, and turn unnatural colors.

## Treatment Options

The first step in treating a recurring fungal problem is to have an evaluation by a podiatrist. During the foot exam, your podiatrist will check for breaks in the skin, growths and odor (which can be a sign of bacteria). Your skin is also checked for flaking or scaling and your nails are checked for color, thickness and inflammation.

A fungus is a common mold that thrives in dark, warm, moist areas. On the feet, it can grow on and between toes, as well as on soles and toenails. Fungal problems can be a result of environment (socks, shoes, heat and humidity) or weakened immunity (diseases such as diabetes). If fungal infections are untreated, they can develop into serious secondary bacterial infections, which may require antibiotics to treat. The fungal problems seen most often are athletes foot and fungal nails.

*Please see "Fungal," page 46*



## Face the Future

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**ARCADIA**



By Swathi Reddy, DMD  
All Smiles Orthodontics

Many people seek orthodontic treatment for an attractive smile. However, the benefits of orthodontic treatment go beyond the obvious physical changes of straight teeth.

Malocclusion is the technical term used by orthodontists for crooked, crowded and protruded teeth.

# How Orthotic Treatment Benefits Adult Patients

Literally the word means “bad bite.” Untreated malocclusions or bad bites can lead to speech problems, uneven tooth wear, chewing and periodontal problems.

A bad bite often distributes pressure unevenly across the mouth and puts unhealthy forces on the bones that support the teeth and chewing muscles. If left untreated, years of uneven chewing and grinding in this pattern can lead to problems, such as headaches, TMJ syndrome, and face and neck pain.

Crowded teeth are often difficult

to brush and floss, while spacing between teeth leads to food impaction. Both conditions make it harder to keep the teeth clean. Over a period of time these problems can lead to tooth decay, gum diseases, bone loss and possible loss of teeth.

Orthodontic treatment not only aligns the teeth, but it also ensures proper alignment of both the upper

and lower jaws. When both jaws fit together in the right way, they eliminate occlusal trauma, function better and improve the patients’ long-term oral health.

The benefits of orthodontic treatment not only include an attractive smile, but also a healthier mouth and teeth that are more likely to last a lifetime.

## Tips For Back-To-School Anxiety



By Jessica L. Cardwell, PsyD  
Licensed Clinical Psychologist

Discuss simple coping strategies they can use if feeling anxious like taking a deep breath or asking an adult for help. Many children find the smell of lavender lotion to be soothing or are calmed by having something small to fidget with like a bead on a bracelet.

**Find Excitement.** Though it is important to discuss back-to-school fears, it is also important to help your child focus on things they are excited about with going to school. Help your child find three things they are looking forward such as making new friends, playing at recess, and art class.

**Make a Plan.** Discuss the new structure/routines your child will experience and develop a plan for helping them adjust. Taking children to visit their new school and play at the playground can help.

Ask about meeting the teacher and touring the school. Take practice walks to the bus stop. Discuss the routines of before, during, and after-school. Plan small daily rewards your child can earn for facing their back-to-school fears.

If your child is fearful of meeting new people help them practice. Play pretend games at home where you are a new peer your child meets at school and take them to the playground and encourage them to practice meeting new kids.

If your child has sensory sensitivities try to practice building up tolerance for wearing a mask, lighting, and

The beginning of the school year is often a period of major transition for children and their parents. The COVID-19 pandemic led to many children not having attended in-person school for nearly two school years. There are also many children beginning kindergarten who did not have recent preschool. This along with the rise in mental health concerns during the pandemic has led to an increase in social and school anxiety.

Here are some tips to help decrease your child’s back-to-school anxiety to help them transition as smoothly as possible.

**Discuss Fears.** Spend time discussing your child’s thoughts and feelings about beginning the school year. If there are areas that trigger anxiety, such as taking the bus or meeting new people, let your child know that these are normal things to feel anxious about and then help teach them how to cope with that anxiety.

Please see “Anxiety,” page 47

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# Korean Acupuncture and Earth Yang Body Type (Pancreotonia)



Che Bong Cho, LAc

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

Korean acupuncture has very specific techniques such as Sa Ahm acupuncture. This technique places emphasis on eight body types or con-

stitutions. These include Metal Yang (pulmotonia), Metal Yin (colonotonia), Wood Yang (hepattonia) Wood Yin (cholecystonia), Earth Yang (pancreotonia), Earth Yin (gastrotonia), Water Yang (renotonia), and Water Yin (vesicotonia).

The theory is that one should know one's own unique constitutional physiology as well as general physiology, in order to lead a healthy life.

This article will focus on the Earth Yang body type, or pancreotonia. Earth Yang means that the stomach is the strongest organ Qi among the organ Qi. The term Qi in traditional Chinese medicine is best described as vital energy or the inner vitality that determines our ability to resist, and also recover from various diseases. The theory is that each of our organs has a "partner organ" and that they

work together as if they are a couple.

In the Earth Yang body type (pancreotonia), organ strength is in the following order: the stomach is paired with the spleen> the heart is paired to the small intestine> the liver is paired to the gall bladder> lung is paired to the large intestine> kidney is paired to the bladder. Kidney has the weakest organ Qi.

The nature of the stomach is that stomach heat creates more body heat. However, the kidney has cold water

Please see "Acupuncture," page 46

## An Ounce Of Prevention



By Tontra Lowe, DDS  
Awesome Smiles Dental Care

with your oral health. Regular cleanings, x-rays, periodic exams, fluoride treatments at the dental office, and even tooth whitening are all tools to help keep your pearly whites clean and healthy. When you don't regularly take your car to have the oil changed, what happens? Do the repairs to the engine cost more than the \$42 oil change? Absolutely! Do you wish you had paid attention to the "check engine" light on the dash? Absolutely!

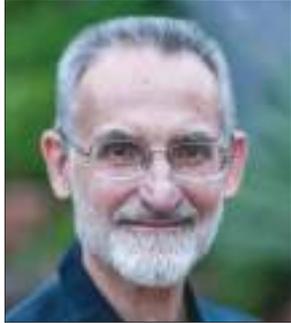
Tons of research has proven that seeing a dentist at least twice per year can substantially reduce the need for more invasive dental treatment that takes longer and costs more. A small cavity is so much easier to repair than a larger one; however, most people have no clue that they have a rotten spot on their tooth because it doesn't hurt. Remember, pain is only one symptom that something may be wrong. In-office fluoride treatments, prescription tooth-paste, and reducing staining by bleaching the teeth can prevent cavities, tooth sensitivity, and make your Granny smile and your dentist know that preventing something is better than trying to cure something. When you see her or your dental professional next, just ask for an ounce and not the pound. She will be tickled pink and so will your dentist.

Do you remember your grandmother saying to someone an ounce of prevention is worth a pound of cure? Ever wondered what in the world she was talking about?

As you may have already figured out, your grandmother was a pretty smart cookie. All of the stories she used to tell about how they did things when she was a little girl seemed so far-fetched. That is, until you became a mother, or a wife, or a sibling and realized some things just don't change. Taking care of your teeth is one such example.

Preventative dental care is any treatment rendered to help reduce the likelihood of developing major issues

# Accessing Spirituality For Mental and Emotional Well-Being



By David Trautmann, LCSW  
NewSpiritTherapy

greatly facilitate the healing of many problems of life, such as anxiety and depression, relationship problems, and the challenges and struggles of living.

Many of the practices, techniques and skills taught and counsels given by therapists and mental health providers are based in spiritual principles and draw upon strengths and potentialities of the human spirit. In either case, conscious awareness of these realities and of spiritual principles can be a great assist to those who are striving to cope with life in a mentally and emotionally healthy and effective way.

By spirituality is meant the abilities and faculties of the human spirit – of the human soul – that are so often ignored and underdeveloped, but which are nevertheless present in everyone but are typically utilized unconsciously and often in counterproductive and harmful ways. Among these are the faculties of mind, imagination, reason, perception, feeling, heart and spirit – the capacities

*Please see "Spirituality," page 47*

Spirituality – correctly applied and understood – is the basis of mental and emotional health and of much psychological healing. Most people do not know this, as many people today have little or no knowledge of spirituality or religious training or training in spiritual practice. But for those who do, religious faith and spiritual awareness can be tapped and developed in counseling and psychotherapy to

# Esketamine Offers Relief For Your Depression



By Colleen Blanchfield, MD  
Full Circle Neuropsychiatric Wellness Center

mental health disorders and how to treat them.

In the United States, Major Depressive Disorder (MDD) is one of the most common mental health disorders. In any given year 16.2 million Americans suffer from depression. Patients dealing with depression may need several trials of antidepressant medications before they have a positive response. Of those who seek treatment for depression only 60% will respond to an antidepressant medication and this may not occur until after several medication trials.

The 40% who do not respond are considered to have treatment resistant depression (TRD) and continue to experience symptoms of sadness, decreased motivation and energy

*Please see "Depression," page 47*

Although we have come far in our understanding of the brain, much remains unknown. Through research and development, significant strides have been made to better understand



## Don't Stay Stuck In an Unsatisfying, Unfulfilling Life

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## How To Overcome Treatment Resistant Depression

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# Teeth Whitening Look Ten Years Younger



By Zahra Kavianpour, DDS  
Brighter Smile Family  
Dentistry & Orthodontics

Your smile is one of the first things a person will notice when you meet. If you would like to improve your smile with a simple procedure, teeth whitening may be a great option for you, especially if you have stained, dull or discolored teeth. Most dental offices provide teeth whitening

services to new and existing patients.

Regardless of how well you care for your teeth, over time, discoloration will occur. The main causes of stained teeth are genetics, antibiotics, tobacco and certain foods. As we age, our teeth darken as well. While preventing tooth discoloration is nearly impossible, our experienced team can help reverse the effects of discoloration by helping to create a whiter and brighter smile.

Whether it's an in-office treatment or at-home treatment, the principles of teeth whitening are the same. A special whitening agent is applied to the teeth in order to bleach the stains

and brighten your smile. Your expert dentist will discuss your whitening needs and goals with you to determine which option is best for you.

If in-office professional whitening isn't an option for you, at-home treatment may provide the whitening you need. While you will find a vast variety of at-home teeth whitening products on the market, including whitening toothpastes, over-the-counter gels, rinses, strips, trays and more, your dentists can fit you with custom-made whitening trays that will more accurately fit to your teeth for a more even whitening result. At-home teeth whitening results are less dramatic compared to those achieved at the dentist. While at-home teeth whitening is easy to use, it is not recommended if your teeth or gums are sensitive.

During a professional teeth-

whitening treatment, we will first clean the teeth. They will apply a whitening agent to your teeth, carefully avoiding your gums and soft tissue. Once applied, a laser light will be directed at the teeth to expedite the process. For maximum results, the process may be repeated more than once.

In-office tooth whitening is the quickest method to a brighter, whiter smile. With the supervision of an experienced dental professional, a stronger bleaching solution can be used than with at-home kits. Optimal results are achieved much faster with the professional whitening treatment, and in many ways the results are much better given the nature of the bleaching agents that are used. On average, patients find they appear up to ten years younger just by restoring the bright, white smile of their youth.

## Common Sense Guide To Sunscreen



By Leah Hardin  
Licensed Master Esthetician  
Alya Salon & Spa

UV exposure is not only the main cause of skin cancer, but it is also the #1 cause of aging for all skin types and colors. Even if you don't burn in the sun, you should still apply sunscreen daily to protect your skin from the damaging effects of the sun.

It is important to look for a broad-band sunscreen that offers protection against both UVA and UVB rays from the sun. This should be a minimum of SPF 30. There are two types – mineral and chemical sunscreen.

Mineral sunscreens sit on top of the skin to act as a physical barrier to UV rays, which makes them effective immediately. They offer full protection from both UVA and UVB rays, while also being a great option for anyone with sensitive or acneic skin, as they do not clog pores. However, they can sometimes leave a white cast on skin.

Chemical sunscreens are absorbed by your skin and sit in the deeper layers. They absorb UV rays and turn them into non-damaging wavelengths or heat. These are ideal for everyday use as they apply easily and invisibly, but should be done so 20-minutes prior to sun exposure. Since UV rays must be absorbed to reach these chemicals, chemical sunscreens may not protect

Given the recent news of Johnson & Johnson recalling several sunscreens after they were found to contain small amounts of benzene, a known carcinogen, it's understandable to feel a bit uneasy slathering yourself in sunscreen this summer. However, skincare professionals advise you to continue using your sunscreen daily, as the benefits far outweigh the low-level risks.

Applying SPF is the most effective method for reducing your risk of skin cancer. Over three million new cases of skin cancer are diagnosed each year. 90% of those cancers will be the result of exposure to UV radiation from the sun and from tanning beds.

Please see "Sunscreen," page 46

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# The Science Of Skin



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

Everyone should know the science behind their skin before trusting it to just anyone. Your skin is affected by age and environmental factors. Specific solutions are available for the various changes that occur as your skin ages. A healthy skin fitness regimen (daily skin care products), as well as corrective skin care treatments can help slow or reverse your skin's natural aging process.

In addition to a daily skin fitness program, non-invasive medical treatments are available to combat and reverse the signs of aging. Using multiple lasers creates the ability to diminish fine lines and wrinkles, remove age spots and other types of pigmented lesions, and eliminate spider veins and facial redness.

Prescription skin care can be combined with laser therapy to treat some of the most stubborn skin conditions, such as acne and melasma. Laser resurfacing and fillers such as Juvederm, Restylane, Perlane and Radiesse can redevelop collagen in the skin.

## Laser Resurfacing

Laser resurfacing, also known as laser peel, removes the top layers so that smoother skin that looks younger and more vibrant forms with existing wrinkles and scars are greatly minimized. Laser resurfacing can be performed over the entire face or in targeted areas where wrinkles amass such as the eyes and mouth. Laser resurfacing results are more dramatic and last longer than more superficial treatments.

Treatment duration depends on the size of the treatment area, but most treatments last between 30-90 minutes. Mild sedation and topical anesthesia are used before the laser treatment begins. The laser is used to remove skin layers and targets

the water in your skin cells which minimizes bleeding. The depth of the treatment is very controlled.

The healing process after the treatment can be as important as the procedure itself. Your treated skin will be bandaged and will require special antibiotic ointments to heal properly.

## Wrinkle Fillers

Types of wrinkle fillers include Juvederm, Restylane, Perlane, Radiesse and Bellotero. Fillers were created to smooth out deeper wrinkles, especially ones created by sun damage and the aging process.

Wrinkle fillers add support and padding to the face for a younger more youthful appearance.

Wrinkle fillers are injected underneath the skin – right underneath the wrinkle itself – and act as a physical support system for the skin. Wrinkle fillers add foundation to the skin and collagen and hold up areas that have become indented.

Wrinkle fillers are injected into your skin to push the wrinkle outward, making the skin fuller and the wrinkle less noticeable. The skin is supported and padded. Skin is

smoother, creating a more youthful appearance.

Good skin is so important to your physical and emotional well-being. Your skin is the largest and one of the most important organs in your body. It regulates your body temperature, responds to painful and pleasurable stimuli, prevents harmful substances from entering, and provides a shield from the sun's harmful rays.

Always take good care of your skin, and you will always look your best at any age.



**T**hrough extensive research Reflections Image Center & Skincare Institute has created the number one clinically proven Reflections Clear Free Acne program. The Janee'Rx system has received notoriety in its ability to clear acne breakouts, minimize future breakouts and eliminate acne scarring.

## SAY IT AIN'T SO: Things they WON'T tell you about Acne

### Did you know?

All acne is not just bacterial, the majority of acne in young adults and athletes are fungal or a combination of fungal, bacterial and hormonal.

### What does that mean?

Antibacterial products made specifically for acne can actually cause fungal overgrowth and therefore, worsens the acne condition.

### How does the Janee'Rx ClearFree Acne System work?

The Janee'Rx ClearFree Acne system combines proprietary ingredients to brighten, moisturize and condition the skin while destroying and preventing all forms of acne.

- CLEANSE: Gentle Antioxidant Cleanser
- PREPARE: 5%/2% GlycoClear Pads
- PREVENT: BenzaFree Gel
- PROTECT: Sheer Physical Sunscreen SPF50+
- REPAIR: Retinol Smoothing Serum
- HYDRATE: Ultra Lite Hydrating Moisturizer



Before

After



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# FEEL YOUR BEST

FROM PAGE 4

achieves dramatic re-contouring of your face, jawline, arms, abdomen, legs including knees, buttocks, and any other areas where restoration of the skin's youthful resilience and removal of undesirable fatty deposits is needed. Treatment is completely painless and feels like a hot stone massage. The combination of Exilis Ultra with lasers for cellulite, stretch marks and skin tightening, or with liposuction can give significant improvement and drop clothing sizes in areas such as your abdomen, waistline and thighs.

Ulthera is another revolutionary laser, which harnesses the power of ultrasound for non-surgical lifting of your face, chin, chest, buttocks, arms and other regions. Ultherapy specifically targets the muscles as well as the deep layers of the skin, stimulating new collagen, tightening and lifting. Results are typically achieved after only one treatment session. Customized combinations of these treatments offer advanced body sculpting.

The CO2RE laser is a unique fractional resurfacing laser that can be specifically customized for all face and body types to treat wrinkles, sunspots and other pigmentation, scars including acne scars, prominent pores and stretch marks. The Syneron Triniti and Elos systems rejuvenate all three layers of your skin on your face, neck, chest, arms and other areas during the same session by targeting wrinkles, loose skin, skin discolorations and broken blood vessels. These systems combine intense pulsed light (IPL) and infrared energy with radiofrequency. The advantage of combining those treatments is faster and much more precise than with older lasers – and it is more comfortable, often not even requiring numbing cream. The combination also allows all skin types, from lighter to darker skin, to be treated without risk of burning or scarring. You can usually return to regular activities immediately, including social events. The eMatrix, the world's first radiofrequency fractional laser, is used to treat deeper wrinkles and scars. It is precisely individualized to address your own unique pattern of aging more efficiently and at a lower cost than with older fractional lasers. The GentleMax is a versatile laser that offers quick, painless hair removal for all skin types and can be set to also tighten skin and improve its tone and texture.

These treatments are designed to look completely natural, prevent deepening of wrinkles and stimulate long-term collagen production. They are effective, long lasting and cost-efficient. Patients are often amazed at how young they look after these treat-

ments. Their skin is not only lifted, smoother and tighter, but also has a beautiful glow.

A new and important area of wellness is feminine rejuvenation. Today's woman in her 40s, 50s, 60s or beyond has every expectation that the second half of her life will be as vibrant, active and productive as the first. Childbirth, the years leading up to menopause or menopause itself can cause concerns that impact quality of life, such as leaking of urine when coughing or sneezing, vaginal dryness or less satisfying sexual function. These concerns were rarely discussed previously, but now can be addressed in many women by non-surgical treatment with the CO2RE Intima laser. There is no recovery time, and patients typically report dramatic improvements in their sense of wellbeing and quality of life. The difference between the CO2RE Intima and radiofrequency treatments that are advertised for feminine rejuvenation is that the CO2RE Intima is a quicker, longer-lasting treatment with fuller results due to its being a true laser. The first step is to have a consultation with an expert in feminine rejuvenation with lasers, who will then devise the most appropriate treatment plan in collaboration with your gynecologist.

The American Board of Medical Specialties recognizes four core aesthetic specialties that are properly qualified to safely perform cosmetic surgery procedures such as these, and also fillers and Botox. These core four specialties are dermatology, plastic surgery, facial plastic surgery, and oculoplastic surgery. Some core aesthetic specialists evolve to the point of serving as researchers, international trainers and teachers for these technologies. They may also be selected to serve as principal investigators for FDA studies of new technologies, and to create educational programs for other doctors.

For the best results, select a board certified dermatologist or plastic surgeon who has specific training in these procedures and with whom you feel comfortable. A board certified dermatologist or plastic surgeon understands how to use the most modern technologies to lift your face and how to combine your face and body laser treatments with other treatments, including skin-lifting fillers like Juvederm, Restylane and Sculptra – or even your own natural fat.

# ACUPUNCTURE

FROM PAGE 42

nature. Excess body heat is extinguished by the cold water nature from the kidney, but in Earth Yang body type there is not enough cold water to extinguish the excess stomach heat to create balance.

Pancreotonia is characterized by a magnificent physique, more developed upper body than lower body, the glitter of the eyes, small hips, and inverted triangular face. The personality is external, active, impatient, sociable nature, uncompleted work, even though helping others.

Sometimes they have a tendency to overstate themselves, have a lot of curiosity for new things, are emo-

tional, have talent for painting, and remembering what they see.

Physiological characteristics include more infertility, easily get diabetes, cold hands and feet, more constipation, lower sexual desire, easily get lower back pain, get more white hair, generally low blood pressure. They can easily get stomach ulcers, fibroids, prostatitis, arthritis, and heart diseases.

Korean acupuncture theory believes that pancreotonia people should eat more fish and vegetables. Finally, specific oriental medicine and acupuncture can help certain health issues in people with pancreotonia body type.

# ALZHEIMER'S

FROM PAGE 22

tes and cardiovascular disease can be revealed in the eyes. Conditions such as glaucoma, optic neuritis or vision loss are often associated with systemic health problems. It is this interconnection between your eyes and your health that acupuncture and oriental medicine

can tap into and utilize to treat eye and vision problems.

Common eye problems treated with acupuncture include glaucoma, cataracts, chronic dry eyes, macular degeneration, optic neuritis, and optic atrophy.

# SUNSCREEN

FROM PAGE 44

against all UVA rays. They are safe for most skin types but may exacerbate certain skin conditions such as acne, rosacea, and hyperpigmentation.

Whichever sunscreen you use, it is important to remember to apply every 90-120 minutes and immedi-

ately after swimming or any activity that causes heavy perspiration. UVA comes through clouds and windows and is even stronger through glass, so don't forget your sunscreen on any road trips you're taking this summer. Stay protected and have fun.

# FUNGAL

FROM PAGE 40

Your podiatrist may take a culture from the infected area. This test is helpful in determining the type of fungus you have and can also determine the cause of your fungal problem.

Depending on the type of infection you have, various kinds of medication may be used in treating your fungal problem. Successful treatment usually involves a combination of medication and self-care.

If your athlete's foot is not serious, over-the-counter and prescription powders, lotions or ointments can often help treat scaling, itching and inflammation. Foot soaks may help dry excessive perspiration, but talk with your podiatrist first. If your athlete's foot doesn't improve, your podiatrist may prescribe stronger medication.

Since fungal nails are usually more resistant and more difficult to treat than athlete's foot, topical or

oral antifungal medications may be prescribed. Secondary bacterial infections may require antibiotic treatment. Debridement may be suggested and involves trimming, filing or grinding away the diseased part of the nail. Permanent nail removal is another form of treatment.

## Prevention

Your daily habits play a big part in helping to prevent fungal problems. Follow these suggestions to help avoid fungal problems:

- Always dry your feet carefully after you bathe or shower.
- Avoid fungus-causing perspiration, alternate your shoes regularly.
- Try to wear shoes made of breathable materials like leather or canvas.
- Change your socks often.
- Wear sandals or thongs in public areas such as pools, showers or locker rooms.

# DEPRESSION

FROM PAGE 43

levels, or persistent thoughts of death or suicide. TRD can often affect core aspects of life and give a person little desire to live. TRD can worsen the outcomes of other medical conditions and is known to reduce life expectancy. It is one of the leading causes of disability in the United States, as well as worldwide, and for years psychiatrists have struggled to help these patients.

In March 2019 the FDA approved Esketamine (Spravato) for patients with TRD. Most important, Esketamine has a novel mechanism of action offering patients relief from their depression. Esketamine is used for TRD and allows intranasal dosing that is noninvasive and self-administered in a doctor's office under the direct

supervision of clinical staff and is to be used concomitantly with a patient's current antidepressant.

To be considered for this medication, you must have tried and failed at least two anti-depressant medications.

Many of those who have decided to try Esketamine report that they feel as though they are themselves again. They are participating in more activities with friends and family, report that they are more focused and energized, and that their moods have significantly improved.

If you feel that you may have treatment resistant depression and would like to know more about esketamine treatments, reach out to a health professional today.

# CELLULITE

FROM PAGE 14

## How Do I Know If Qwo Is Right For Me?

Your doctor will determine if you are an appropriate candidate for QWO.

## Are There Side Effects of Qwo?

Some side effects of Qwo include: allergic (hypersensitivity) reactions, including anaphylaxis, and injection site bruising.

# SEXUALLY

FROM PAGE 14

face, and looking him (or her) in the face and telling them they are having problems obtaining an erection. Asking for a Viagra prescription can be embarrassing, right?

The good news is that online options are available, so you can order Viagra from the privacy of your own home without having to see a doctor face-to-face. It is now possible to prescribe, diagnose and dispense men's healthcare products 100% online. Licensed physicians who are

experienced in diagnosing ED and prescribing the right medication to treat it will review your information on a case-by-case basis to ensure you are a qualified candidate.

**Men** – no more excuses. You are not the only one suffering from ED, and discreet, private help is available so you can satisfy your partner, now.

**Women** – your man may be too embarrassed to talk about these things with a doctor. Let him know online help is available to him (and you)!

# ANXIETY

FROM PAGE 41

a noisy lunchroom.

**Communication and Support.** Communicating with your child's teacher can be very useful in helping your child overcome back-to-school anxiety. Work with your child's teacher on how to help

your child feel more comfortable at school. Seek additional support if needed through school counselors and mental health providers who have specialized training and experience helping children work through anxiety at school.

# FACELIFT

FROM PAGE 4

treating larger body areas with no downtime.

It uses RF energy for complete facial (periorbital area, nasolabial folds/cheeks/chin) and full body (arms/abdomen/thighs/buttocks) contouring.

During your consultation, your practitioner will recommend the op-

timal number of treatments that will be performed, based on your personal objectives. Treatment times and frequency will be specifically tailored to obtain the optimal results.

Find out if Embrace RF/FaceTite or Morpheus 8 are right for you, so you can look as young as you feel.

# STRESSED?

FROM PAGE 40

progressive relaxation.

Guided therapeutic imagery helps create relaxing images in the mind that help bring a more peaceful, balanced state. This is also highly effective for enhancing your coping skills, making dealing with high-tension situations easier.

## 3. Floatation Therapy

Floatation therapy, sometimes called Reduced Environmental Stimulation Therapy (REST) involves limiting external stimuli while floating in skin-temperature, magnesium rich water. Floatation therapy is considered to be highly beneficial for stress reduction as well as stress-related conditions, such as chronic tension headaches.

## 4. Emotional Freedom Techniques (EFT)

EFT tapping is a technique based on the same energy meridians used in acupuncture – but without the needles. It uses tapping with your fingertips while speaking about the issue. EFT is

extremely effective, easy to learn, and yields rapid results. It's particularly effective for post traumatic stress disorder.

## 5. Infrared Sauna

Unlike a traditional sauna, infrared saunas provide dry, gentle heat. They provide a wonderful opportunity for focusing on your breathing and quieting your mind. Regular use of the sauna can help lower cortisol in your body.

## 6. Reiki

Reiki is an energy healing modality which has gained in popularity as a complementary therapy. People seek reiki out as a non-invasive, non-pharmaceutical method of complementary medicine. Many people find reiki effective for reducing anxiety, as well as mild depression and stress.

Stress can affect your body, mind, and emotions. Finding the right stress management tool for you is critical to maintaining your mental, emotional, and physical health.

# SPIRITUALITY

FROM PAGE 43

for love, volition, choice, drive, motivation, goal-directedness, intentionality, purpose, and for moral and ethical behavior, etc.

All of these are faculties and potentialities of the inner metaphysical self, the eternally existent soul, can be consciously developed and utilized for purposes of self-monitoring, enabling us to make choices and discoveries that can free us from the constraints of circumstances, from control by others, from habits and vices, and from physical and temporal difficulties and limitations, and are fostered by effective psychotherapy. Currently, the mindfulness practices promoted by many therapists are very helpful in this – especially in managing moods, anxiety, stress and depression, in overcoming personality problems and character defects, in helping people

manage panic, access serenity and clearer thinking, make better choices and decisions, and take better actions.

Application in one's own life of the universal moral truths, principles and values promoted by the great religious teachers of the world is also a spiritual practice conducive to the discovery of greater purpose, meaning, empathy, connection, service and satisfaction in life – all of which are supported and promoted by wise and effective advisors, counselors, coaches and therapists, and are among the concepts they access to facilitate and promote mental and emotional, psychological and social health and healing and increased fullness of life.

Anyone seeking mental and emotional health and healing would do well, therefore, in seeking a helping professional who supports these awarenesses.

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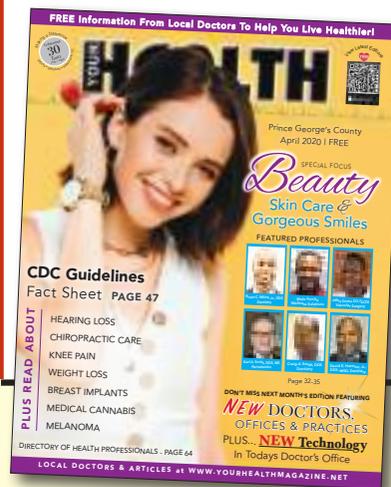
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My mission in my North American and global research is to elucidate the scientific basis of new and emerging technologies, and how this science can be applied to achieve the best and safest procedural outcomes. As a Principal Investigator for studies 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**  
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- Premier medical training at Cambridge University (England), University of Chicago and NIH.
- Internationally recognized physician teacher, researcher and author.
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