

HEALTH, BEAUTY & FITNESS

Pasadena Voice

August 2019

RUTZEN EYE CENTER Page 6

Dr. Allan Rutzen and his team at Rutzen Eye Specialists & Laser Center ensure patients feel at ease and confident in their journey toward better eyesight.



HEALTH CARE Page 2

Learn what you can do to improve your health and wellness after suffering from a heart attack.

HOSPICE Page 4

When a loved one is dying, there are simple ways to provide a comforting presence.

DENTISTRY Page 9

Laser dentistry has changed over the years. How do the lasers work? Are they safe?

Three Things You Must Do When You Are Recovering From A Heart Attack

Dr. Vasundhara Muthu
UM BWMC



Recovering from a heart attack can be a difficult journey. Here are some things you can do to improve your health and wellness after suffering from a cardiac event.

For many, a heart attack is a scary wakeup call that prompts smarter lifestyle choices. It may mean it's time to quit smoking, start exercising or make better decisions about what to eat. Take your time, and work with your doctor on the best plan for you.

Below are some tips to help you lead a healthy lifestyle after

a heart attack.

Take Your Medication

Heart attack survivors are often prescribed medications that reduce stress on the heart. These include beta blockers, aspirin, ticagrelor (or clopidogrel or prasugrel) and ACE inhibitors. Though they decrease the risk of having another heart attack, they can sometimes have negative side effects. If you don't feel right after taking your medications, contact your doctor. Sometimes, a simple adjustment will improve the way you feel and maintain the protection for your heart. It is important not to stop any medication without first checking with your doctor, even if you think it is causing side effects.



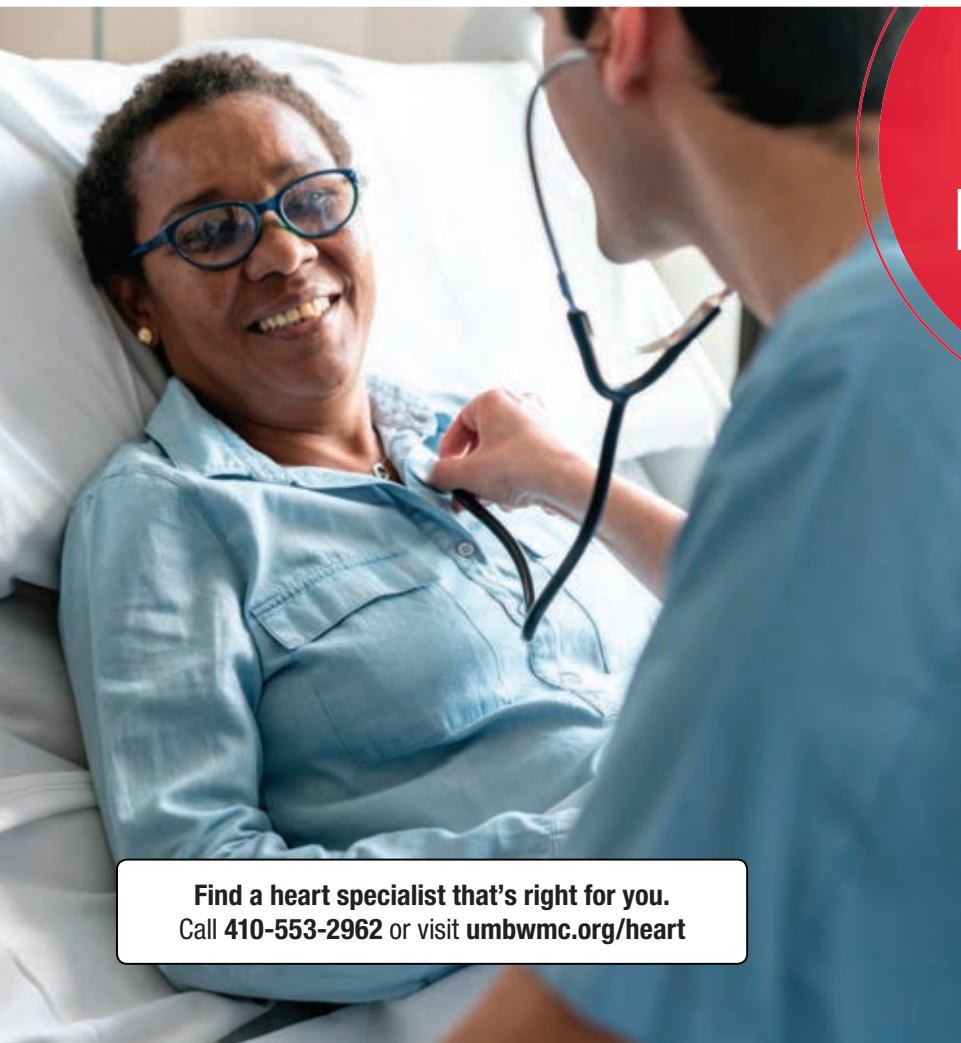
Watch Out For Depression

According to the American Heart Association, one in five people hospitalized for a heart attack or chest pain develop major depression following the event. If you feel helpless, isolated or simply down for more than a few weeks, talk with your doctor. Depression deters people from

taking care of themselves properly after a heart attack, which can have real implications on their physical health. Luckily, the condition is usually easily treatable with counseling and medications.

See Your Doctor Regularly

Partner with your doctor to
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Providing A Comforting Presence At The End Of A Patient's Life

**Eric Bush,
M.D., RPh, MBA**

Chief Medical Officer
Hospice of the
Chesapeake



There comes a time in everyone's life when he or she faces death — if not his or her own death, then that of someone close. Though the process can vary from person to person, many common indicators can signal to medical experts that a patient is dying.

One to three months before death, the knowledge that “yes, I am dying” becomes real. This can lead a person to withdraw from the world, including from loved ones. While entering a journey of introspection, the person may begin to evaluate one's self and



the life he or she has lived. The person begins to spend more time sleeping and stops communicating with friends and family.

This disconnect can cause loved ones to reflexively withdraw from those who are dying.

Resist this urge. Continue to talk to your loved one, even if you get no response. Your voice and the voices of others are soothing and keep the person connected to family and loved ones. Most end-of-life experts agree that

the auditory sense is the primary sense used before death.

There are simple ways to provide a comforting presence, to let someone know he or she is loved and still a part of your world. Place photographs of family where the person can see them. Add something new to his or her room every few days for variety — for example, a child's drawing or a vase of flowers. If possible, open a window so the person can hear the sounds of nature. Open the curtains to let in natural light and situate the bed so the person can see outside. Also, put a calendar and clock within view.

Move some family activities to the person's room to avoid a feeling of isolation. Even if the person is unresponsive, knowing he or she is part of the
» Continued on page 8

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Orthodontic Treatment For Patients Of All Ages

Dr. Robert Yoon
Chesterfield
Orthodontics



How can orthodontic treatment help?

Orthodontics (also referred to as dentofacial orthopedics) is a specialized branch of dentistry that focuses on the diagnosis, prevention and treatment of dental and facial abnormalities.

An orthodontist specializes in making the teeth straight, correcting misaligned jaw structure and improving the function of your smile. Treatment by an orthodontist can be cosmetic, to improve a person's appearance, but it often aims to improve oral function, too.

Who should see an orthodontist?

An estimated 4.5 million Americans, most of them children and teenagers, wear braces on their teeth. According to the American Association of Orthodontics (AAO), 80% of those undergoing orthodontics range from 6 to 18 years of age. However, more adults than ever are getting treatment, as measured by the AAO, which found a 40% increase in adult orthodontics between 1989 and 2012.

What treatment options are available to patients?

An orthodontist aims to achieve a better bite relationship, better chewing and speech function, and protection from damage or decay. Types of treatment could include closing wide gaps between the teeth, aligning the tips of the teeth, straightening crooked teeth and fixing improper bites.

Braces are used by your orthodontist to help you im-

prove the look and feel of your smile. There are several types of devices to choose from: ceramic braces, lingual braces, self-ligating braces, invisible braces and traditional metal braces.

Additional fixed or removable appliances help with the guidance for tooth eruption, space maintenance, and control of tongue-thrusting or thumb-sucking.

What should I expect at my first visit to the orthodontist?

During your initial visit, the specialized team and the orthodontist will spend time to help you learn more about the benefits of modern orthodontic therapy and the status of your present dentition. Your examination can include clinical diagnosis, review of full medical and dental health history, taking X-rays of the teeth and jaw, and intraoral photographs of the teeth. Next, the orthodontist will

decide on a personalized treatment plan for you.

Starting Treatment

Good oral hygiene is essential before any orthodontic work can begin. When devices are placed on the teeth, food particles are more likely to become stuck. The individual will need to brush more carefully and more often to prevent tooth decay during treatment. Try to avoid foods with a lot of sugar, which increases the amount of bacteria that grows in your mouth, causing more plaque and possible cavities. Avoid sticky and chewy foods (caramel, chewing gum, gummy bears), hard foods (hard candy, nuts, ice cubes), or any foods that could possibly get stuck in your braces. Most importantly, be sure to schedule your routine checkups with your fam-

» **Continued on page 10**



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LASIK Surgery Is A Stress-Free Experience

By Dylan Roche

If the thought of laser surgery on your eyes makes you a little nervous, you're not alone. But Dr. Allan Rutzen and his team at Rutzen Eye Specialists & Laser Center are committed to ensuring patients feel at ease and confident in their journey toward better eyesight, beginning at the very first appointment – and their quality of care makes a big difference for their patients.

“Dr. Rutzen is there with you the whole time, and he explains every little thing he’s doing,” said David Polsinelli, who recently underwent LASIK surgery. “Any surgery makes you a little nervous, but he just makes you feel at ease.”

LASIK is one of several surgeries Rutzen specializes in, along with cataract surgery, corneal transplant and other surgeries in the front of the eye. As Rutzen himself explained, “LASIK surgery is surgery using a laser to correct people’s focusing, and it’s different from other lasers we use in ophthalmology, like lasers we use for cataract surgery, retinal surgery or other things. With this surgery, it’s intended to replace people’s need for glasses, and we use it for correcting focusing problems like nearsightedness, farsightedness and astigmatism.”

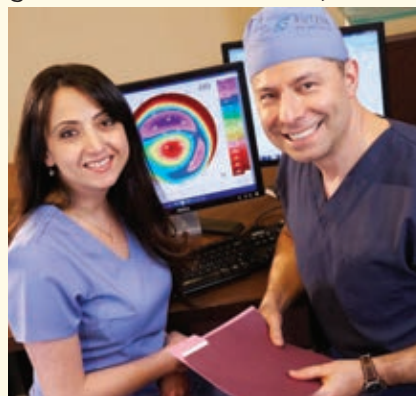
Candidates for LASIK surgery should be 20 or 21 years old or older because those who are still growing could have eyes that are still changing.

Candidates should also be without other eye problems and have eyes that are healthy and with adequate moisture. Rutzen will perform an evaluation ahead of time to ensure there are no other medical conditions that would preclude someone from LASIK, and to ensure their eye prescription is suitable for treatment.

Amy Levitt, a patient who recently underwent LASIK surgery with Rutzen, explained how the

process began with a detailed evaluation. “Dr. Rutzen and his team carefully evaluated my case, fully explained the process and risks, and answered questions,” she said. “Their attention to every detail, along with respect for my privacy and dignity, put me at ease.”

Rutzen’s pre-surgery evaluation looks at how patients use their eyes and what their vision goals are. In Levitt’s case, she



uses a computer for both her professional and volunteer work, and she enjoys kayaking, reading, and painting watercolors. As she put it, “Eyesight is vital to my quality of life.”

Rutzen is unique in that he is with his patients every step of the way. “Before surgery, I personally examine their eyes and help them make a determination of whether they want to proceed with surgery and how they want their eyes to focus afterward,” he said. “I do the surgery, and I see them at each of their post-operative visits.”

Both Rutzen and his associate, Dr. Jacey Hanna, have undergone LASIK surgery themselves, so they can relate to what their patients are experiencing. “I spend a lot of time talking with them, reassuring them and guiding them through the surgery,” Rutzen said.

Polsinelli recalled how he didn’t really feel nervous until he was in surgery and had the laser in front of his eye, but Rutzen put him instantly at ease by taking the time to answer questions

and explaining every minor step of the surgery as he was doing it.

“He’s always ready and available with questions – you never feel rushed, and he’s very genuine and sincere,” Polsinelli said.

It was also a much faster procedure than Polsinelli expected. He said he walked into the laser center around 8:00am and was headed home no later than 8:40am. The procedure itself took about 10 minutes.

The day of surgery entails a patient’s visit to the laser suite, where they are treated with numbing drops and lie down under the laser. Rutzen uses an eyelid holder to gently hold the patient’s eye open during the procedure, and although there is some pressure, there is no pain. Afterward, the patient leaves with eyes open, though vision is a bit cloudy. The first day will also have some discomfort and tearing that improves with time. “Their vision is usually pretty good the next day, and they can drive themselves to their post-visit the day after surgery,” Rutzen said.

Levitt recalled of her experience that every staff member was professional, knowledgeable, friendly and extremely compassionate; the equipment was state-of-the-art; and Rutzen was super communicative from pre-op to post-op. She added that the surgery has improved



her life very much. “Waking up each day and being able to see clearly – without glasses – is a gift,” she said.



Both Levitt and Polsinelli agreed that it meant a lot to them to receive a call personally from Rutzen the evening of their surgery to check in on them and see how they were doing. “He eases your mind, and he’s very positive,” Polsinelli said.

Rutzen first came to Maryland in 1996 to join the staff at University of Maryland, where he was the co-director of the LASIK program until 2007, when he opened his own practice in Severna Park. He has treated thousands of patients, and among those who have turned to him for LASIK are doctors, nurses, other health professionals, first-responders, police and firefighters.

Rutzen Eye Specialists & Laser Center is located at 489 Ritchie Highway, Suite 200, in Severna Park. Those who are interested in making an appointment for LASIK surgery or another procedure can learn more by calling 410-975-0090 or visiting www.rutzeneye.com.

As Polsinelli put it, his eyesight was at stake. He wanted the assurance of knowing it was being done by someone who knew what he was doing and would make him feel confident in those specialized skills.

“There are a lot of places you could get LASIK done,” he said. “But if you really want it done well and you want to walk out of there very confident, go to Dr. Rutzen.” ■

At Rutzen Eye Specialists & Laser Center



Three Things You Must Do When You Are Recovering From A Heart Attack

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maintain healthy lifestyle changes, make new medications work for you and monitor mental health. These appointments have huge benefits for your health, and provide the perfect opportunity to ask questions. Everyone should be visiting their doctor regularly, but it is especially critical for heart attack survivors.

Enroll in a Cardiac Rehabilitation Program

Cardiac rehabilitation is a comprehensive exercise and education program prescribed for people who have experienced one or more of the following:

- Recent heart attack
- Bypass surgery

- Angioplasty or stents
- Valve replacement or repair
- Heart transplant
- Angina

Cardiac rehab has been shown to help heart patients reduce cardiac symptoms, increase physical fitness, improve mental and physical health and well-being, and reduce the risk of future heart problems.

Dr. Vasundhara Muthu is a cardiologist with the University of Maryland Baltimore Washington Medical Center's cardiology practice University of Maryland Baltimore Washington Heart Associates. She can be reached at 410-768-0919.

Providing A Comforting Presence At The End Of Life

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family can be soothing. For example, watch a movie, play a game, or eat a meal in the room. Be sensitive to signs that the person is tired or would prefer to be alone, and respond accordingly.

Take advantage of services offered through a hospice healing arts program, such as pet therapy, music therapy, aroma therapy, Reiki and Comfort Touch. These services can also benefit the family members caring for or visiting the patient.

It can be difficult for family and friends to accept that their loved one is transitioning to death. If the patient is under hospice care, reach out to a member of the interdisciplinary team caring for the patient —

the doctor, nurse, aide, chaplain or social worker — and ask for guidance and resources to help you understand the dying process.

Hospice of the Chesapeake is a nonprofit organization that is caring for life throughout the journey with illness and loss in Anne Arundel and Prince George's counties. It provides physical, psycho-social and spiritual support services to individuals living with and affected by advanced illness. These services are provided wherever the patient calls home. Hospice of the Chesapeake is committed to providing the best possible care for all regardless of their inability to pay. For details, visit www.hospicechesapeake.org or call 410-987-2003.

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Tech Talk With Dr. Cranska

Dr. Jeffrey Cranska

Family Laser
Dentistry



Modern dentistry is dynamic. Changes to improve patient comfort and quality of care are always being developed. The use of improved dental materials, modern delivery systems, lasers, computer-generated imaging and computer management software systems are just some of the changes.

In upcoming months, I will answer questions on high-technology dentistry. Please direct inquiries to my website at www.cranska.com or email me at familylaserdentistry@outlook.com.

20 Years Of Laser Gum Surgery

Where is laser dentistry today? Dental lasers and their uses have evolved in their years of existence and are here to stay. Recent advances in technology have made lasers highly successful in doing new dental procedures and improving existing ones.

Q: What are the dental procedures you depend on your lasers for the most?

A: Since 1999, I have used lasers to treat periodontal (gum) disease using LANAP in a minimally invasive way. Other lasers remove decay and prepare cavities for tooth-colored, bonded restorations. Numerous procedures for surgical, restorative and cosmetic care are performed using lasers.

Q: What is a laser and how does it work?

A: Dental lasers utilize a beam of

light. The beam is amplified light energy. Energy is produced in the resonator, directed through the fiber optic system, and moves to the tip of the laser handpiece, then precisely onto biologic tissue. All this is done at the speed of light. This contact creates a thermal

interaction. Different lasers operate at specific wavelengths of light and have different effects on gum tissue, tooth enamel and decay.

Q: For what procedures could dentists utilize a laser?

A: I don't do any soft tissue
» **Continued on page 10**

LANAP=Laser Assisted Regeneration (LAR)

An FDA-cleared laser treatment called the LANAP protocol offers a less painful, more successful treatment alternative to conventional surgery. LANAP=LAR is the only scientifically, research-proven methodology that results in true periodontal regeneration, new bone growth and gum tissue reattachment. LANAP and LAR are accomplished with the PerioLase MVP-7. It is a free-running, variable pulsed Nd: YAG laser. The seven variable pulse durations can be thought of as "different lasers" in one device as they have discrete and discriminating tissue interactions. The LANAP=LAR treatment is one of the most successful protocols in treating gum disease because it can target the source of the inflammation without hurting or removing any healthy gum tissue, slow or stop attachment loss and decrease pocket depth, and allowing the body to recover from the chronic infection without the need for scalpel or sutures. ■

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Opioid Overdose Response Training

The Anne Arundel County Department of Health's Adult Addiction Program is offering free training to community members on the use of intranasal naloxone to reverse an opioid overdose and prevent death. Trainees will receive a free naloxone nasal kit to administer to victims of opioid overdose. To sign up, call 410-222-1937. The next event will be on September 12 from 10:00am to 11:00am at 3 Harry S. Truman Parkway in Annapolis.

Who Should Attend?

At-risk individuals, family members, friends and associates of someone who is using and at risk for overdosing on heroin or prescription pain medications. Teens under 18 may take the training if accompanied by a parent or guardian.

What Will I Learn?

Training will incorporate the following information:

- What an opioid is.
- How to recognize, respond to and prevent an opioid overdose.
- How to administer the naloxone intranasally.
- Information about the Good Samaritan Law, treatment and recovery services, and family support.

What Is Naloxone?

Naloxone is a prescription medication that is used to reverse an opioid overdose. It cannot be used to get "high" and is not addictive.

To register, call the naloxone training line at 410-222-1937 Monday through Friday between 8:00am and 4:30pm. ■

Tech Talk With Dr. Cranska

» Continued from page 9

procedures without the use of a dental laser. A soft tissue laser (for example, Nd: YAG) uses a no cut, non-bleeding, no stitches laser technique to remove diseased tissues, stop infection and allow the body to heal itself. Soft tissue lasers are used to treat gum disease (periodontitis/gingivitis/peri-implantitis).

Here is a statement from Millennium Dental Technologies to patients on the state of laser periodontal (gum) surgery in 2019.

Q: Are lasers safe?

A: In the hands of trained clinicians, lasers are as safe as any other dental instrument. The FDA has approved laser use for children and adults. As a precaution, you will be required to wear specially treated eye glasses during



treatment to protect your eyes from inadvertent laser light beam exposure.

The laser's use in treatment allows for comparable end results to more traditional and conventional therapies. Successful results in dentistry are possible using different methods. Laser periodontal therapy and laser cavity preparation are two types of alternative less invasive treatments. ■

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Orthodontic Treatment

» Continued from page 5

ily dentist. Your relationship with your orthodontist should be a comfortable one. Treatment can be a long process, so you want to make sure you feel comfortable with your doctor, the staff and the practice itself. This will ensure excellent oral health care and a beautiful smile.

For more information, contact Chesterfield Orthodontics and Dr. Robert Yoon, who has been creating beautiful, healthy smiles for patients of all ages since 1988. Chesterfield Orthodontics is located at 8092 Edwin Raynor Boulevard, Suite C, in Pasadena. Call 410-255-0200 or visit www.cforthodontics.com. ■

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Understanding CBD: How It Can Help You

Matt Bragg

CBD Live More



Cannabidiol (CBD) is becoming a more popular alternative for patients seeking help with a range of issues, from anxiety to pain management. Let's discuss what it is and how it can help you.

How It Works: Your body has a biological system that was discovered in 1988. In medical terms, it's fairly new. This is called the endocannabinoid system. It has receptors that are triggered when introduced to CBD. The system is broken down into two receptors, neck up (CB1) neck down (CB2). As I say to customers, a more technical CB1 also includes the liver, kidney and lungs while CB2 includes mainly the immune system.



What Dose Does That Mean For You? To put it simply, CBD provides calm and relaxing antioxidant properties, which contribute to reducing inflammation and relieving pain. It has a therapeutic effect on the body, helping with sleep, stress, moods, the nervous system, inflammation, pain, anxiety, panic attacks, arthritis, epilepsy, seizures and many more ailments that stem from the receptor system. Studies

are showing promising hope for people with skin conditions, autoimmune diseases, irritable bowel syndrome, Parkinson's disease and some forms of cancer.

Can I Drink Alcohol On CBD?

CBD may reduce blood alcohol concentration (BAC), which helps with motor control. Another study states that CBD helps against fatty liver disease by promoting the turnover of new cells. These studies are too small for me to

buy into. The bottom line, in my opinion, is that it's OK to consume alcohol while taking CBD.

Side Effects: Of course, there are side effects. Let's be honest, if anyone says there are none, run! The side effects are mostly attributed to large dosages of CBD, like hundreds of milligrams per day. Side effects include dry mouth, diarrhea and nausea, which are all rare but possible. These side effects are unlikely for the vast majority of users.

Bottom Line: The health aspects surrounding CBD are enormous in promoting a great alternative to chemically dependent drugs you may be taking.

CBD Live More in Pasadena sells products that are pharmaceutical-grade CBD with third-party testing. For more information about how CBD can be used or to learn more about dosage, visit CBD Live More/American Shaman at 2608 Mountain Road in Pasadena. ■



Your Neighborhood Store

You have many choices of where to buy CBD.

It's on every corner and in every drug store, vape shop and even gas station. And if that's not enough competition, just Google different products. So why us? First, we are part of your community. We are here to help you answer your concerns about CBD. Any and all questions will be answered. For example, how much do you need? What are the differences between full-spectrum, broad-spectrum and isolate?

Can you take it on a plane? Do you need a prescription? What are the different ways to take it? Are there any side effects? How about drug interactions? Will you test positive on a blood test for work? And that's just the start. And then you ask, "Why your products?" Because I spend endless hours searching out only the finest, highest-rated, independently tested products for you. All of our products are pharmaceutical grade and third-party tested. Many even have a bar code

to scan to let you know exactly what you're buying.

Our products range from gummies to pet supplies, tinctures to hair care. We offer individual one-on-one attention and samples of our products. We go over recommended dosage, knowing everyone reacts differently.

Last thing, does CBD work? Yes. I am a liver transplant and cancer survivor. I suffer from neuropathy to high blood pressure. It has changed my life.

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Cataract Treatment And Flexible Spending Accounts

Dr. Samuel Boles

Anne Arundel Eye Center



At the end of the year, some patients have funds left in their flexible spending accounts (FSAs) and learn that money is “use it or lose it.” Instead of writing it off as a loss, why not make an appointment before then and see if you are a candidate for LenSx laser-assisted cataract surgery and/or a multifocal lens?

When a cataract has progressed to the point that it is interfering with normal everyday functions, such as driving or reading, surgery is often the recommended course of action. Cataract surgery involves moving the lens of the eye



and replacing it with an artificial lens. Approximately 90% of cataract surgery patients report better vision following the surgery.

The LenSx laser-assisted surgery is a blade-free procedure that allows the extra benefit of not just removing the cataract

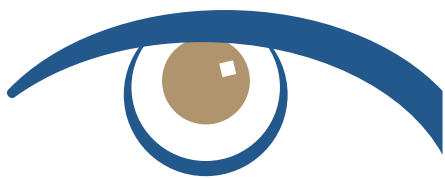
but also addressing astigmatism in the same procedure. It is the most technologically advanced option for cataract patients today, allowing your ophthalmologist to create a cataract surgery that’s 100% unique to you.

Multifocal lens implants offer an expanded view over the

standard lens implant, and many patients find that their dependence on glasses is decreased significantly after surgery with LenSx laser-assisted cataract surgery and/or a multifocal lens implant.

Both the laser and the up-graded lens implant are elective additions that are not covered by insurance carriers and are out-of-pocket expenses that are added onto surgery. They are a great way to ensure that FSA funds do not get lost while also providing yourself or a loved one with the best possible options for superior vision.

For more on this topic or other questions, contact Anne Arundel Eye Center. The staff is dedicated to making the best eye care accessible to everyone. Visit www.annearundeleynecenter.com or call 410-224-2010.



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