

HEALTH, BEAUTY & FITNESS

JANUARY 2020

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GREEN POINT WELLNESS Page 8

The Green Point Wellness staff provides helpful guidance to patients with a variety of needs and comfort levels.

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PROUDLY SERVING THE COMMUNITY

EYE CARE Page 3

Get answers to the most commonly asked questions about cataract surgery.

HEALTH TIPS Page 4

Learn about the tools that can help you quit smoking or vaping today.

DANCE Page 10

Dance can help reduce stress and anxiety, while subsequently boosting confidence and self-esteem.

*Our patients
say it best:*



*“ First impressions are the most important, and my first impression — from scheduling my appointment, to coming in the office and meeting the staff, and being examined by the doctor — was **excellent** from the time I came in until my appointment was completed. I would recommend [Rutzen Eye Specialists] to friends and family. ”*

- George R.





Ten Most Commonly Asked Questions About Cataract Surgery

Jacey Hanna, M.D.
Rutzen Eye
Specialists &
Laser Center



aract surgery is low, but complications can occur, so you should choose your surgeon carefully.

In my five years at Rutzen Eye Specialists in Severna Park, I have helped cataract patients who have relatively straightforward surgery to those who have complicated eye conditions that require specialized techniques to achieve the best possible results. Here are answers to some of the frequently asked questions that patients ask me about cataract surgery.

How do I know when I'm ready for cataract surgery?

You may consider surgery when your inability to see clearly affects your daily activities, such as driving, reading, watching television, or anything else that is important to you.

How long does surgery take?

The surgery usually takes less than 20 minutes, but you may spend one to two hours at a surgery center to get ready for surgery and to receive postoperative instructions.

Is a laser used for cataract surgery?

You can choose between standard cataract surgery that is done using a scalpel and laser cataract surgery. The laser can be used to correct astigmatism and improve vision after surgery. Both standard and laser cataract surgery have an excellent success rate, but laser cataract surgery results in less trauma and less risk of corneal swelling following surgery. This is especially useful if the

cataract is dense or if you have a more complicated condition. There is an out-of-pocket expense for laser cataract surgery. Talk to your ophthalmologist about the best option for you.

Are there different kinds of lenses to choose from?

Intraocular lenses come in different focusing powers, just like your prescription eyeglasses or contact lenses. Your ophthalmologist will perform measurements of your eyes to determine the best lens for you. There are generally two types of lenses to choose from — monofocal (standard) lenses and premium lenses. Premium lenses have an additional out-of-pocket expense and include multifocal, accom-

A cataract is a clouding of the normally clear lens inside the eye. For people who have significant cataracts, looking through a cloudy lens is like looking through a dirty windshield.

Most cataracts develop slowly, and many do not affect vision early on, but they eventually progress to a point where they impair vision. Globally, cataracts cause more vision impairment than any other eye condition, and the number of cataracts is increasing as the population ages. Fortunately, cataract surgery has a high success rate. For most patients, the risk of cat-

New Year, New Goals: **Quit Smoking Or Vaping Today!**

Mariah Fortman

Anne Arundel County Department of Health



“The Department of Health, in partnership with community health care providers, sponsors free quit-smoking classes ... The classes include counseling and may offer patches, gum or other FDA-approved nicotine replacement therapy.”

Are you thinking about quitting smoking or vaping? Have you tried to quit before? The Anne Arundel County Department of Health has free tools to help you quit in 2020!

Quit Smoking Kit

The Anne Arundel County Department of Health offers free self-help information to assist adults 18 and older in quitting smok-

ing. The Quit Smoking Kit provides steps for quitting and staying smoke-free. To request a kit, call the Learn To Live line at 410-222-7979. Kits can also be ordered or downloaded at www.myquitkit.org.

Cessation Classes

The Department of Health, in partnership with community health care providers, sponsors **free** quit-smoking classes for adults who live, work or attend school in the county. The classes include counseling and may offer patches, gum or other FDA-approved

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Palliative Care Is Supportive Care

Eric Bush

M.D., RPh, MBA
Chief Medical
Officer
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Somewhere along the way, the term “palliative care” picked up a scary reputation. When offered as a treatment option, many people think it means death is near.

Nothing could be further from the truth. Palliative care is all about living.

Palliative care professionals offer a support system to help patients live actively with advanced, complex or chronic illnesses. As a team, that can include, but is not limited to, a physician or a nurse practitioner and a social

worker. We employ a biopsychosocial approach, addressing not just the physical but also the emotional, social and spiritual needs of patients and families, ensuring they have access to all the information and choices ahead.

We like to call it supportive care, because it is patient-centered care. A consultation typically lasts from an hour to an hour and a half because we need time to ensure the patient and family have the information they need

to make decisions about their care plan. Some of the goals of a consultation include:

- Build rapport and relationships with patients and family caregivers.

Continued on page 15



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Quit Smoking Or Vaping Today!

Continued from page 4

nicotine replacement therapy. Preregistration is required. Call for dates and more details.

The following local health care providers offer the quit smoking classes:

Anne Arundel Community College

Health and Wellness Center, 101 College Parkway, Arnold
Call 410-777-2480 or visit

www.aacc.edu
(search "tobacco cessation")

Bay Community Health

134 Owensville Road, West River
Call 410-867-4700 or

443-607-1432, or visit www.baycommunity-health.org

University of Maryland Baltimore Washington Medical Center

301 Hospital Drive, Glen Burnie
Call 410-553-8103 or visit www.umbwmc.org/healthyliving

Don't wait, quit today! Learn To Live encourages county residents to reduce their risk of cancer and other serious illnesses by making healthy lifestyle choices. For more information, visit www.learn-tolivehealthy.org or call 410-222-7979.

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Tech Talk With Dr. Cranska

Jeffrey Cranska
Family Laser
Dentistry



cranska.com or email me at *familylaserdentistry@outlook.com*.

Essential Technology For The Dental Office

I'm amazed with the evolution I have experi-

enced in dentistry. I've seen unbelievable changes in my dental office and equipment in the time since I opened my first office in Cape St. Claire in 1980.

These are my top eight indispensable changes I've seen in my dental office

since the 1980s began.

1. Computers with practice management software networked through the office have interconnected the business office and all treatment areas. The results are improved patient services and better patient care.
2. Digital sensors have eliminated the need for film. X-ray images appear immediately and are stored in the office computer system. The advantages of digital radiographs are less radiation exposure to produce the image, immediate graphics, and images can be printed or emailed to specialists or insurance carriers.

Continued on page 15

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 this column, I will answer questions on high-technology dentistry. Please direct inquiries to my website at *www.*

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Green Point Wellness Dispels Cannabis

By Zach Sparks

When he discovered cannabis, Green Point Wellness owner Tony Toskov was looking for an alternative to Ambien and its well-documented side effects like drowsiness, memory loss and vomiting. “I had never been able to sleep more than four or five hours,” Toskov said. “Now, I get a full night’s sleep and wake up feeling good and ready to start my day.”

While Toskov’s health issue was sleep-related, his wife dealt with migraines and lack of sleep. Others have discovered the life-changing properties of cannabis when dealing with anxiety, depression, arthritis, glaucoma, post-traumatic stress disorder, and a multitude of other ailments.

As Toskov began using cannabis and subsequently getting more sleep, his misconceptions about the substance began to fade.

“My original idea of cannabis was that it impairs you,” Toskov said. “But I learned that’s not true; there are many types of cannabis products that you can use that are not psychoactive.”

Cannabinoids: What Are They & How Do They Work?

Cannabis produces more than 100 chemical compounds known as cannabinoids, with each having its own health benefits. Two of the most common cannabinoids are tetrahydrocannabinol (THC) and cannabidiol (CBD). Cannabis with THC is known for its pain-relieving properties and for producing the



Photos by Chris Fincham

Myths To Help Patients Find Peace

“high” some users seek. CBD, however, is non-intoxicating and also offers peace to many people seeking freedom from debilitating health issues.

CBD helps control blood sugar levels, decreases small intestine contractions, suppresses muscle spasms, stimulates bone growth and — in some cases — has impeded cell growth in tumors and cancer cells.

Cannabinol (CBN) is another cannabinoid that can be used as an alternative to pharmaceuticals when treating pain relief, muscle spasms, and insomnia.

Cannabigerol (CBG) has antioxidant properties and serves as an antifungal and antibacterial agent. CBG also reduces inflammation and has been used to treat gastrointestinal disorders.

How Does It Work?

As Toskov emphasized, patients can choose from a



range of cannabis products that suit their needs and preferences. For example, many of the patients at Green Point Wellness like cannabis products that do not give them a high or that they do not need to smoke.

“A lot of people, especially our elderly clientele, don’t want to use products



that they would have to vape or smoke,” explained Katie Roussey, an assistant manager at Green Point Wellness. “In that case, one of the many product options we have to offer are tinctures. It’s a liquid that can be used by placing a drop under the tongue. A lot of the tinctures we carry are oil-based, not alcohol-based, because the alcohol-based ones can cause a burning sensation when used. The best part is that it’s not impairing. A lot of people want a product they can use and still be clear-headed.”

Toskov added, “Edibles are coming, and that will give people more attractive options. There are different ways you can take cannabis. Two popular options are lozenges and mints.”

Whether a person is using tinctures, lozenges or inhaling cannabis, there is no threat of overdose like there is with the use of opioid-based medications, Roussey said.

Many patients are surprised to learn of the wide-ranging benefits of cannabis.

“Hospice patients use it because it eliminates morphine,” Toskov said. “By pushing toward a heavy

dose of THC, the patient can still interact with the family during their final weeks, whereas morphine puts you in a world where you can’t communicate at all.”

How To Learn More

To learn more about medical cannabis options, visit Green Point Wellness. There, the staff will help people register as a patient to receive an ID number from the Maryland Medical Cannabis Commission (MMCC) free of charge (the state charges \$50 for the MMCC ID).

Once they are approved by the Maryland Medical Cannabis Commission, patients must obtain a written certification from a certifying provider that is registered with the MMCC. After the written certification is received, patients are able to consult dispensary agents to find a product that helps their condition and can be administered in a way that’s comfortable to them.

Why go to a dispensary instead of getting CBD over the counter?

“CBD over the counter is not regulated by anyone,” Toskov said. “Our medicinal CBD products are regu-

lated by the state, tested in labs, and are purchased from only licensed Maryland growers and processors. The dosage you see on the over-the-counter CBD, no one is regulating, so you can’t be sure what’s in the bottle.”

At Green Point Wellness, the experience is highly personalized to give each patient the best level of care.

“We can’t tell you, ‘This is what you need.’ We can tell you that several other patients with this [illness or injury] took this type of cannabis and it helped them,” Toskov said. “Cannabis affects people in different ways.”

Toskov has spent decades giving back to the community by supporting University of Maryland Baltimore Washington Medical Center, Hospice of the Chesapeake, Curtis Bay Athletic Association, Take Back Our Streets, Chesapeake Arts Center, The Complete Player (TCP) and other philanthropic organizations. As of the owner of Green Point Wellness, he said it’s rewarding to pay it forward in a different way.

“It is very satisfying to be a part of watching people find an alternative to pharmaceuticals, and it is very satisfying to be able to make a difference,” Toskov said. “I wish more people would.”

To learn more about cannabis options and how they can help you, call Green Point Wellness at 410-553-7171 or find the business online at www.gpwellness.com. The dispensary is located at 823A Elkridge Landing Road in Linthicum Heights. ■

The Universal Language Of Dance

Jennifer Cook

Office Manager
and Instructor
*Creative
Force
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Center*



The art of dance has been with us long before the arrival of the written language. Our earliest cultures evolved using performance methods for social interactions and to pass stories from one generation to the next.

While it is not possible to identify exactly when dance became part of the human culture, archeologists have found 9,000-year-old cave paintings in India that depict dancing figures

in ancient cultures. Many historians believe that social, celebratory and ceremonial dances are

a few of the essential factors to the development of early human civilizations. This commu-

nication tool among early humans may have been

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Department Of Health Announcements

Birth And Death Certificates

The Department of Health can provide certified copies of Maryland birth and death certificates. Visit www.ahealth.org/birth-certificates or call 410-222-4462 for office hours and fees.

Breast And Cervical Cancer Screening Referrals Year-Round

The Department of Health provides referrals for free breast exams, mammograms and Pap tests to eligible county residents. For details, call 410-222-6180 or visit www.learnlivehealthy.org.

Reach Program Has Open Enrollment

The REACH health care program for uninsured adults has open enrollment for new qualifying applicants. Applicants will need to make an appointment to submit an application. To make an appointment or for more information, call 410-222-7020. REACH offers county residents low-cost doctor visits, checkups, prescription medicine, lab work and tests, radiology services and dental services.

Dental Health Services

The Department of Health provides dental services by appointment to income-eligible children, young adults, expectant mothers and to adult participants in the county REACH program. Dental clinic locations are in Annapolis (3 Harry S. Truman Parkway, 410-222-7138) and in Glen Burnie (North County Health Building, 791 Aquahart Road, 410-222-6861). Services include



cleaning, fluoride treatment, periodontal treatment, sealants, fillings, root canals, extractions, crowns, bridges, oral health education and dental health referrals.

Substance Misuse Treatment Services

Substance misuse assessment, referrals and treatment services are available through the Department of Health. For details, call 410-222-0117. Methadone and Suboxone maintenance services (for opiate-addicted adults) are available. For information, call 410-222-0100.

Substance Misuse Treatment And Recovery Resources

Visit www.denialisdeadly.org for facts and county data on heroin and prescription opioids. The website includes information about free Narcan response training and kits; the new wellmobile for county residents with substance use disorders; crisis stabilization, treatment and recovery programs; and local prescription drug disposal sites.

Safe Stations Initiative

Anne Arundel County and Annapolis City fire and police stations are desig-

nated safe environments for individuals seeking assistance from heroin/opioid addiction. Those seeking help can visit any fire or police station 24/7 to be linked with a substance use disorder treatment program.

STAR (Screening Teens to Access Recovery)

The Anne Arundel County STAR Program allows school health nurses to utilize technology to connect public high school students in a video tele-session with a Department of Health licensed therapist. High school students can go to their health room during the school day for help with substance use issues.

Behavioral Health Services For Children And Teens

The Department of Health provides outpatient mental health and substance use disorder treatment for 4- to 18-year-old children and their families without private medical insurance. For more information, call 410-222-6785.

Drug And Alcohol Use Prevention And Education For County Youth

The Prevention and Education Services Office

helps to increase awareness of the risks associated with drug and alcohol use among young people in Anne Arundel County. The program provides information, training, presentations and exhibits to county schools, after-school programs, community groups, faith-based programs and parent groups. For information, call 410-222-6724.

Medical Assistance Transportation

The Department of Health provides medical transportation services for eligible Medical Assistance (MA)/HealthChoice clients. Individuals with a valid Maryland MA/HealthChoice card and no means of public or private transportation may be eligible. For information, call 410-222-7152.

Administrative Care Coordination Program (ACC)

ACC provides services to clients who are enrolled in (or eligible for) Medical Assistance and HealthChoice to help them access health care.

Short-term care coordination may be provided for certain groups. The ombudsman investigates issues with managed care organizations. For more information, call ACC at 410-222-7541 or the ombudsman at 410-222-4380.

Children's Immunizations

Babies need immunizations at 2 months, 4 months, 6 months, and between 12 and 18 months. Boosters are given prior to entering kindergarten. Call your health care provid-

Commonly Asked Questions About Cataract Surgery

Continued from page 3

moderate and astigmatism correcting lenses. The best intraocular lens for you depends on many factors, including your lifestyle and your specific visual needs.

Do I have to stop blood thinners prior to surgery?

There is usually no need to stop blood thinners because the risk of bleeding is very low.

Is the surgery painful?

You will be awake during the procedure, but you won't feel any pain. You will receive sedating medications so you are comfortable

and free from anxiety during surgery.

Can I drive myself to and from surgery?

Because you will receive sedation during surgery, someone else should drive you home from surgery. You may be able to drive the next day after surgery.

Are there any restrictions after surgery?

After surgery, walking and light exercise are fine. You should refrain from heavy lifting or high-impact exercise, such as running, for the first week after surgery.

When can I expect to see better after surgery?

Most people see better the day after surgery. Vision may gradually improve over the days and weeks after surgery.

Can cataracts grow back?

During cataract surgery, the cloudy lens of your eye is removed and replaced with an artificial lens. Cataracts cannot grow back. The lens that is implanted during cataract surgery is durable and will last a lifetime.

Cataract surgery is elective surgery, and with the

help of your eye doctor, you can decide if you are ready. If you have a cataract or know someone who does, your ophthalmologist can discuss the risks and benefits of the procedure with you.

Dr. Jacey Hanna is an ophthalmologist who specializes in medical and surgical conditions that affect the front of the eye. She has particular expertise in laser cataract surgery. If you have questions or if you would like an eye examination, call Rutzen Eye Specialists & Laser Center at 410-975-0090 for an appointment. Her office is located at 489 Ritchie Highway in Severna Park. Visit www.rutzeneye.com for more information. ■

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Department Of Health Announcements

Continued from page 11

er or the Department of Health at 410-222-4896 for details. Information on immunizations at area health centers for eligible children can be found at www.aa-health.org/immunizations.

Food Facility Inspection Reports

The Department of Health conducts more than 4,600 food facility inspections in Anne Arundel County yearly. Monthly inspection summaries and individual reports are at www.aahealth.org. Enter "food facility" in the search bar.

Women, Infants And Children (WIC)

The WIC supplemental nutrition program

provides free nutritious foods, nutrition education, breastfeeding support and resource referrals for pregnant, breastfeeding and postpartum women and to infants and children up to age 5. To qualify, county residents must meet income guidelines. Call 410-222-6797 or 410-222-0139 (Spanish), or visit www.aahealth.org/wic for more information.

Healthy Moms And Babies

The department's Healthy Moms and Babies website, www.aahealthybabies.org, has free pregnancy and child care resources.

Healthy Start

Healthy Start nurses

and social workers meet with pregnant women and the parents of children up to age 2 to discuss pregnancy, child care, child safety and community resources. For a Healthy Start nurse home visit, call 410-222-7177.

Infant Safe Sleep — ABCs

The Department of Health urges all parents, grandparents and caregivers to put babies to sleep by following the safe sleep ABCs — **A**lone, on their **B**acks, in a safe **C**rib. For details, visit www.aahealthybabies.org.

Medical Coverage For Families

Does your family need health insurance?

Medical Assistance for Families/MCHP has comprehensive medical coverage for income-eligible families, children and pregnant women through managed care organizations (MCOs). For application information, call 410-222-4792 or visit www.aahealth.org/mchp.

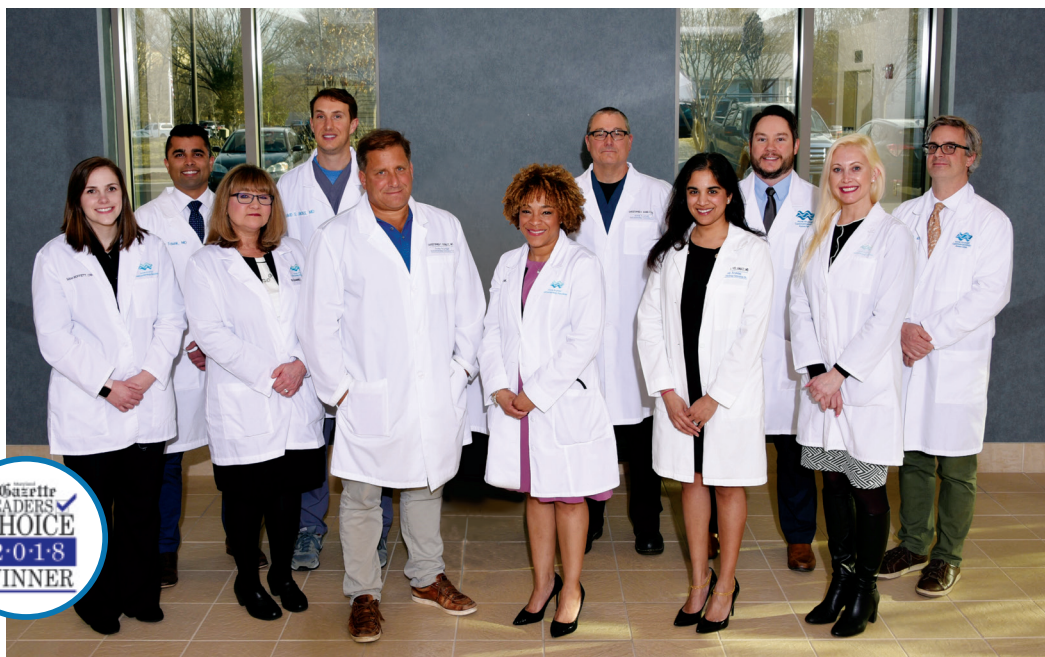
Prescription Savings Program

The Prescription Savings Program is for residents of any age and income. There is no cost to obtain the savings card. For more information, call 410-222-4531 or go to www.scriptsave.com and log in with group number 586. ■



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The Universal Language Of Dance

Continued from page 10

paramount to promoting the bonding and cooperation that was essential for survival, and the stories passed on provided priceless knowledge.

Forms of communication have evolved drastically over millennia. From the earliest gestures, symbols, paintings and carvings, the spoken and written word emerged. So, too, has the art of dance evolved. From the early dance used for communication and ceremonies grew the many forms and styles of theatrical and social dance that captivate us today.

After thousands of years, dancing has become completely

infused into our way of life, and the professional and non-professional alike have discovered the countless rewards. We have discovered that dancers not only reap the many physical benefits (including improved cardiovascular conditioning, increased muscular strength, flexibility, and enhanced coordination); they also find that the rewards extend well beyond mastering a certain step, trick or style.

Extensive research has been invested into the benefits dancing has on mental and emotional health. According to the *New England Journal of Medicine*, studies have found that dancing improves cognitive activity

by requiring students to make split-second, rapid-fire decisions. These kinds of exercises have been shown to increase and maintain brain function in people of all ages.

Dance also provides an opportunity for creative self-expression and exploration, which can help reduce stress and anxiety, while subsequently boosting confidence and self-esteem. Dance classes help us feel more connected socially and can encourage bonds and friendships, which are key factors in improving our mood and mental health through their inclusive nature. Students of all ages and abilities can grow, create, and express

themselves through dance in a warm, nurturing and encouraging environment.

Students come from all walks of life to speak the same language, the language of movement, and in turn find commonality, acceptance and community. Today, just as in ancient times, we speak through the art of dance to celebrate, to entertain, to relay stories, to pass on traditions, and to heal the body and soul through expressive performance.

Creative Force Dance Center is located in Severna Park. The staff can be reached at 410-431-7018 or info@creativeforcedance.com. ■

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Palliative Care Is Supportive Care

Continued from page 5

- Manage symptoms, distress and functional status (for example, pain, breathing problems, fatigue, sleep disturbance, mood and nausea).
- Explore, understand, and educate about illness and prognosis.
- Clarify treatment goals.
- Assess and support coping needs.
- Assist with medical decision making.
- Coordinate with other care providers.

Consider palliative care as an additional specialty that is part of your larger health care plan. For example, someone with congestive heart failure (CHF) might have a prima-

ry care physician, cardiologist and pulmonologist on their team. As there is no cure for CHF, and there is a high probability for frequent hospital visits, it would be wise to have a palliative care provider on their team, too. With all the medications, therapies and other treatments that come with managing CHF, the palliative team works with the other providers to anticipate, prevent and treat suffering, including pain and other symptoms of illness. The goal would be to avoid hospitalizations for fluid buildup or difficulty breathing. It is supportive care that is focused on quality of life for those living with complex illness.

As a specialty, palliative care is covered by most

insurance plans. Patients can be seen on an outpatient basis, such as at a medical office, or wherever they call home.

Most importantly, being referred to palliative care does not necessarily mean you are near death. People with complex advanced illnesses such as chronic obstructive pulmonary disease, kidney failure and sickle cell disease can often live longer because the focus isn't only on the disease but the wellbeing of the whole person.

With palliative care, you can still receive curative treatment: You do not have to have a life-limiting diagnosis. Cancer patients turn to palliative teams who often work with oncologists to make their

journey for a cure with a focus on quality of life.

If someone suggests palliative care, do not panic and assume the worst. It can be the first step to better days.

Chesapeake Supportive Care is a group of physicians and nurse practitioners that specializes in palliative care — the care of people with advanced illness. Many doctors consult with Chesapeake Supportive Care to help patients and their families navigate the health care system, reduce unnecessary suffering and define patient-centered goals of care. For details, call 877-920-5472 or visit www.chesapeake supportive-care.org. ■

Tech Talk With Dr. Cranska

Continued from page 7

- Lasers. Dentists use hard and soft tissue lasers to precisely and effectively treat gum disease, utilize alternative methods of oral surgery, and remove tooth decay and restorations. Numerous dental procedures from surgical to cosmetic are performed using lasers.
- The use of light-cured, tooth-colored composite or filled resin material. These materials require less tooth structure to be removed in preparation, resulting in a smaller filling. It is light-cured in seconds and adhered to the tooth cavity to prevent future leakage or new decay.
- Loupes. Dentists need

to work in a dark area (your mouth), so lighting is essential for treatment in the oral cavity. The use of magnifying loupes with rechargeable mini LED headlamps attached increase illumination of the magnified treatment area.

- Intra-oral cameras. Dentists now use intra-oral cameras to capture photographs of the mouth. These pictures can be captured and shown on a monitor, allowing blown-up views for diagnosis. Connecting these cameras to computers, we get pictures that can be labeled and stored in the patient's permanent electronic record.

- Implants. A dental implant is a titanium metal post, surgically placed into your jawbone. The implant replaces the root of the missing tooth. A prosthesis is anchored to the implant. This can be a single implant crown (cap), multiple implants and crowns bridged together, or a multiple implant-borne denture.
- The revolution in mechanical instruments used in the mouth to deliver dentistry include air hand-pieces, electric hand-pieces and ultrasonic tooth scalers.

How will innovative technology bring about even better dentistry? ■



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