

# Health, Beauty & Fitness

AUGUST 2022

## LEVIN EYE CARE

## SEVERNA PARK VOICE

SERVING OUR COMMUNITY SINCE 1981

Customers at Levin Eyecare are treated like family, a practice that is important to founders Richard and Howard Levin.

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### REVERSE THE EFFECTS OF AGING

These methods help people achieve a natural and more youthful appearance.

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### BEGIN YOUR HEALING JOURNEY

It's important to restore, relax, and nurture the spirit and body.

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### DANCE OFFERS LIFELONG SKILLS

Benefits include improved confidence, friendships and fitness.



LEVIN  eyecare

*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.



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“Even if you don’t personally need it right now, chances are someone you care about does.”

**SENIOR CITIZENS ARE TURNING TO MEDICAL CANNABIS TO FIND RELIEF**

**5 THINGS YOU SHOULD KNOW...**

- **MEDICAL CANNABIS HELPS ALLIEVIATE MANY SYMPTOMS WITHOUT SIDE EFFECTS**, like those experienced with conventional pharmaceutical medications.
- **MEDICAL CANNABIS IS NOT PHYSICALLY ADDICTIVE**, like many conventional pharmaceutical drugs such as opioid based pain medication.
- **MEDICAL CANNABIS DOES NOT NEED TO BE SMOKED**. There are various forms of delivery for medical cannabis such as patches, tinctures, lozenges, oils and lotions.
- **MEDICAL CANNABIS INFUSED TOPICALS AND OINTMENTS HELP WITH PAIN**, as is experienced with arthritis, neuropathy, and muscular issues.
- **THE STIGMA SURROUNDING USING CANNABIS AS MEDICINE IS FADING FAST**.

Medical Cannabis Products Are For Use Only By Certified Patients

**Green Point Wellness is committed to helping the community find an alternative way to relieve their pain.**

**How does Green Point Wellness aim to be different?**

We take a lot of pride in being more than just your average dispensary. Being one of the first in the area, we have an opportunity to set the bar and we want to set it high. In doing so, we truly want to make a difference for the members of our community who are suffering.

**How does medical cannabis help to alleviate pain?**

Medical cannabis has analgesic effects similar to opioid based pain medications. Medical cannabis contains cannabinoids, the two most common being THC and CBD. THC binds to receptors in the brain and essentially block pain signals in the nervous system. THC is known to produce psychoactive effects, however, those effects are lessened when used in combination with medical cannabis products that contain CBD. CBD binds to other receptors in the brain and can lessen the pain signals as they travel to the brain. Everyone is different and so is their pain. However, once a person finds the right balance of THC and CBD that works for them, the use of medical cannabis can be very effective in alleviating pain.

**Who can benefit from medical cannabis?**

This is something that can make a real difference for people seeking help with pain management, anxiety, depression, epilepsy, post-traumatic stress disorder, muscle spasms, appetite disorders, autism, substance-abuse problems, glaucoma, blood pressure, and a myriad of other conditions. It’s natural, non-addictive, and has minimal side effects. A large percentage of our patients are actually 65 and older.

**How can this be helpful to opioid users specifically?**

Studies are showing that CBD is non-addictive and can reduce drug cravings. It can also be used to treat withdrawal by reducing pain, anxiety, and mood symptoms. It can help break the cycle of addiction by preventing relapse and treating withdrawal symptoms. In addition to that medical cannabis can be a good substitute for prescription opioids because it has similar symptom-relieving effects, especially for chronic pain. Patients can take smaller doses of the opioid to avoid addiction and relapse, since the addition of THC provides comparable pain relief.

**Why are you so passionate about educating the community?**

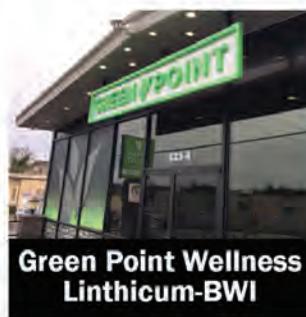
We don’t want there to be anyone who could benefit from medical cannabis but not know about it. Even if you don’t feel like it’s something you personally need right now, chances are it could help someone you love. Because of this, we believe in educating everyone we can and then letting them decide. Maybe you end up using it yourself or maybe you suggest it to someone you care about. We just want to help you get the information you need, so you can make an informed decision.

**What is the next step if people want to explore this option?**

I would suggest they call the help line, and talk to one of our trained dispensary agents. They will walk you through the options and go over what exactly medical cannabis can do for you. If you decide this is something you would like to take advantage of, you can come in and we’ll provide you with help completing your registration, free of charge.

**Let Us Help You Feel Better**

visit [gpwellness.com](http://gpwellness.com) for more informatioun



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Linthicum-BWI**



**Green Point Wellness  
Laurel**

# So You Have A Cataract – Now What?

**Allan Rutzen**

MD, FACS

Rutzen Eye  
Specialists &  
Laser  
Center



**H**ave you or someone you know been told that you have a cataract? A cataract is the clouding of the natural lens of the eye that occurs as we get older. After about 40 or 50 years of age, everyone has at least a mild degree of clouding of the lens.

This process may not interfere with your vision at first but can progress over the years to the point where it causes blurry vision and glare. When a cataract first starts to develop, it can cause your eyeglass prescription to change. Updating your glasses can help, but eventually your vision gets blurry to a point where changing your eyeglass prescription won't help. When a cataract is moderate or severe, it's a lot like looking through a dirty window, and no change in glasses will make it clearer.

When a cataract reaches a point that it interferes with your vision, cataract surgery is the only option to improve your vision. There is no medicine or eye drops that can help. In cataract surgery, your surgeon removes the cloudy cataract lens and inserts a clear,

artificial lens.

One of the most common questions that I get asked is, "How do I know my cataract is ready for surgery?" This is a decision that you will make with advice from your eye doctor. Your decision is mainly based on your symptoms. You should consider how much the blurry vision and glare from the cataract is interfering with your lifestyle and activities. These symptoms may make it difficult to drive, use computers, see your phone, or do activities like reading, watching television, or sports.

Like any surgery, cataract surgery should involve careful consideration of the risks and benefits. The main benefit is improved vision. Cataract surgery is a highly successful procedure with rare complications, but like any surgery, there are some risks. There is a small risk of infection, swelling, retinal detachment, implant lens dislocation, and other problems that may potentially cause discomfort, redness and vision loss.

For most people, the risk of complications from cataract surgery is low. There are certain

things that can lead to increased risk of surgery, such as other pre-existing eye conditions like glaucoma, retinal problems or previous trauma. In your pre-operative evaluation, your eye surgeon should discuss any other concerns with you so that you understand the potential risks of surgery.

If you and your cataract surgeon decide to proceed with cataract surgery, recent advances in technology have resulted in improved safety and more options for vision correction than ever before. You should discuss these options with your doctor so you understand the pros and cons of each option and how the potential benefits may affect your vision and your need for glasses after surgery.

*Dr. Allan Rutzen is an ophthalmologist who has particular expertise in laser-assisted cataract surgery. For more information or to schedule an appointment, call Rutzen Eye Specialists & Laser Center at 410-975-0090. His office is located at 489 Ritchie Highway in Severna Park. Visit online at [www.rutzeneye.com](http://www.rutzeneye.com) for more information. ■*

# Reversing The Effects Of Aging

**Namita Murthy, MD**  
Murthy Facial Plastic Surgery



As we age, our faces undergo gradual changes that affect the ways in which we interact with the world. One common area in which this occurs is within the structures surrounding the eyes.

With age, the muscles supporting the eyelid weaken. This, combined with increased laxity in the skin, leads to an accumulation of excess fatty tissue and skin above and below the eye. The skin of the upper eyelid can start to rest on the lash line or droop even further, completely obscuring the upper lid shape while the lower eyelid area can begin to appear puffy and dark. This combination can create an appearance of “tired-looking” or “disinter-

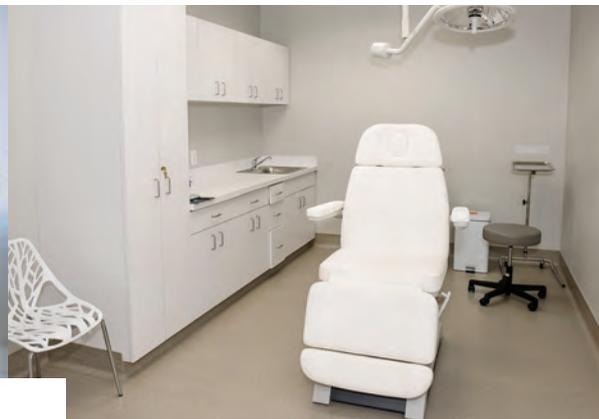
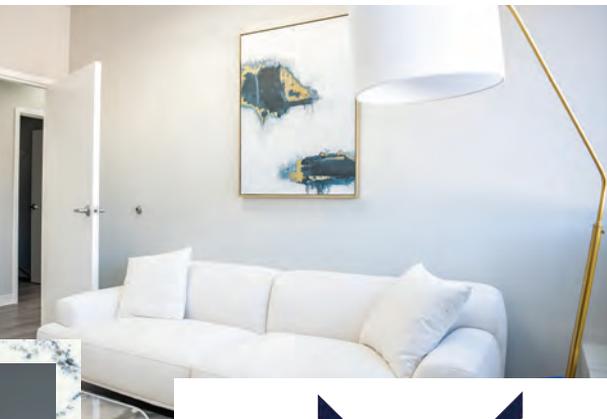
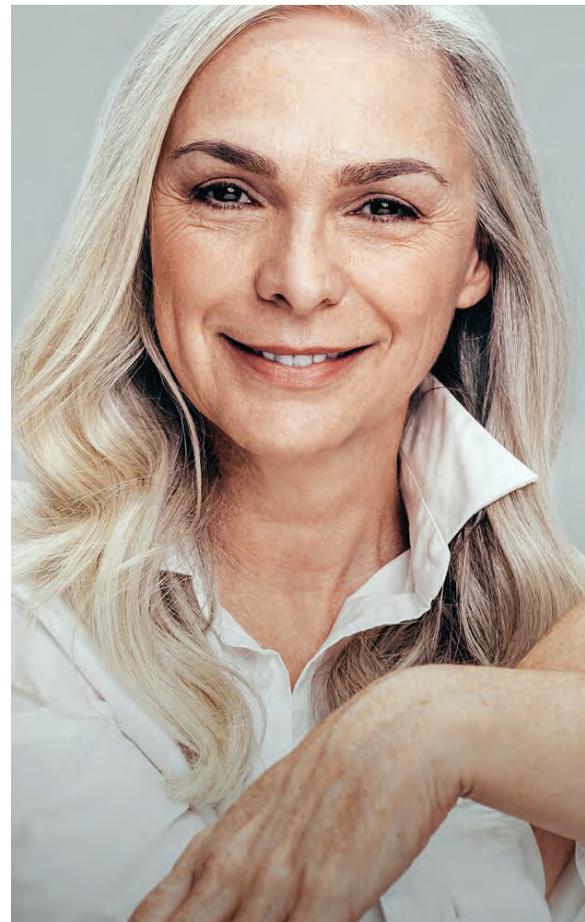
ested” eyes.

In a time of masks covering the lower half of our faces, these changes can have an outsized significance and betray the true emotions you are trying to convey in pivotal nonverbal communications usually provided by the whole face.

Eyelid rejuvenation can be achieved several ways through both non-surgical and surgical methods. The quickest method with zero downtime involves injecting a bioactive agent such as botulinum toxin, known as Botox, into the muscles and skin around the eye, effectively raising the drooping skin around the eye. The puffy and dark appearance of the lower eyelid can be balanced with the use of dermal fillers, offering a non-surgical and reversible treatment option.

Finally, a surgical procedure with minimal recovery time, known as blepharoplasty or eyelid lift, can be combined

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# Cognitive Decline And Hearing Loss: What's The Connection?

**Robin Robinson**  
Hearing Solutions  
Audiology  
Center



**D**id you know there's a relationship between untreated hearing loss and accelerated cognitive decline? It's true. Keeping up with your hearing health is just as important as keeping up with your physical health,

your vision, your dental health – really, your overall health. Here's why good hearing is tied to good thinking.

A Johns Hopkins study uncovered the connection between hearing loss and cognitive decline after following nearly 640 adults over 12 years. What researchers found was startling:

- Mild hearing loss doubled the risk of dementia.
- Moderate hearing loss tripled that risk.
- Severe hearing loss quintupled it.

*Continued on page 20*



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Dr. Robinson



Dr. Kostkowski



Dr. Lilly



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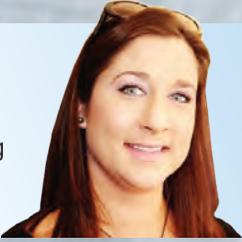
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# Has The COVID-19 Pandemic Impacted Your Child's Development?

**Tiffany Erler**  
Budding  
Voices



Speech-Language Hearing Association (ASHA), between birth and 5 years of age is a critical period for communication development. This includes speech, language, play and social skills. During this time, parents and pediatricians are tasked with monitoring achievement of developmental milestones and identifying when intervention is warranted. The pandemic forced us all to change our routines.

*Continued on page 24*

**O**dds are you've heard the term "pandemic baby." But what exactly does that mean? Could your child be considered a "pandemic baby?" Should you be concerned? The short answer is maybe. Let's take a more in-depth look at how isolation has impacted early childhood development.

According to the American



## Immediate Openings - No Wait List!



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# Mortgage CHECKUP

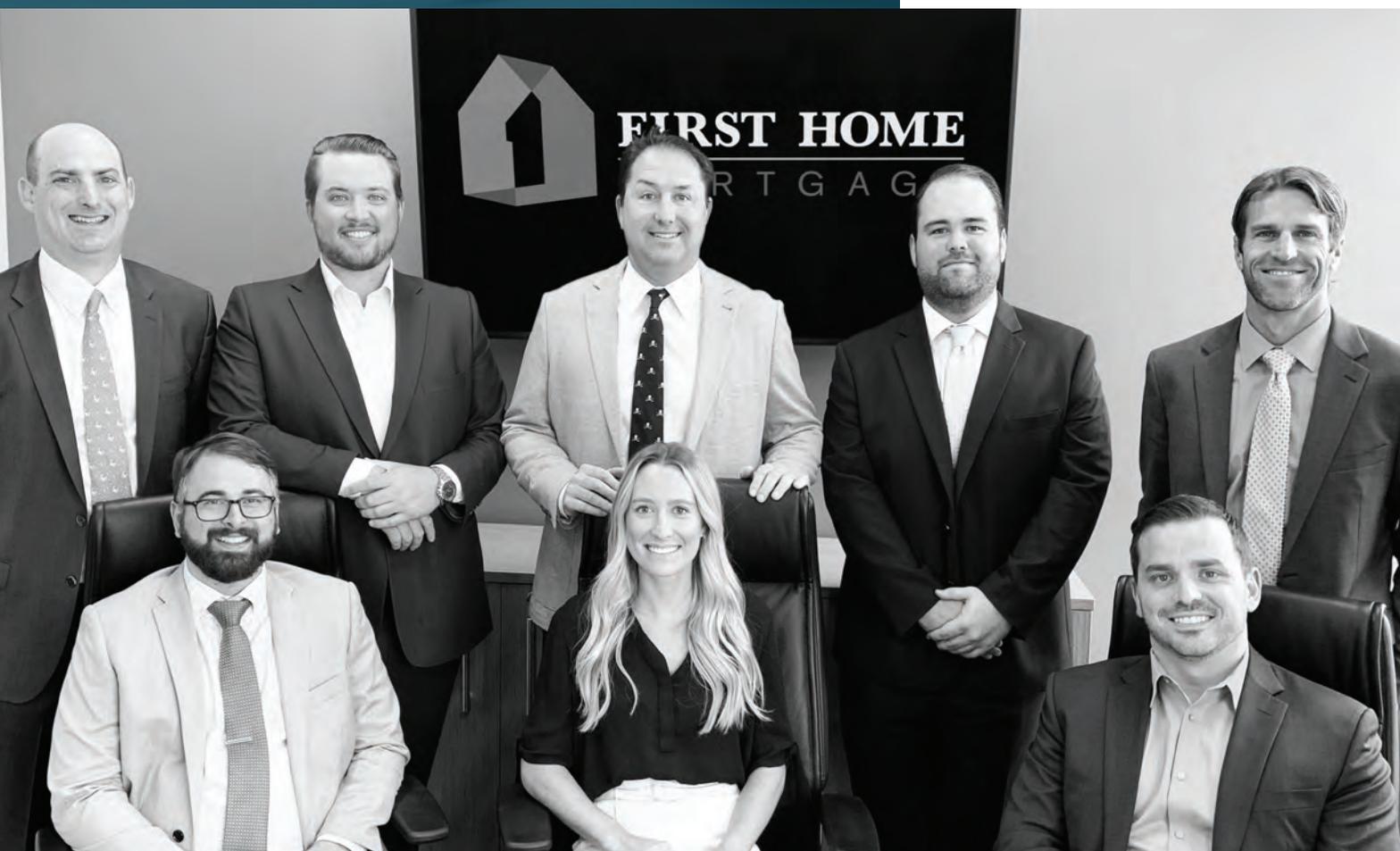
It's important to consider your current mortgage when evaluating your financial goals. We can provide an analysis of your mortgage based on how well it aligns with your financial goal compared to other options available in the market today.



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410.279.3529

**Corey Martino**  
Licensed LO Assistant  
NMLS ID# 1254887  
443.261.2132

**Pat Hunter**  
Loan Officer  
NMLS ID# 2070811  
443.974.3817

**Brad Fowler**  
Branch Sales Manager  
NMLS ID# 455859  
703.254.6658

**Jackie Northrop**  
Loan Officer  
NMLS ID# 2002359  
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**Brendan Fowler**  
Licensed LO Assistant  
NMLS ID# 2093882  
443.683.3444

**Tony Leighty**  
Mortgage Consultant  
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# Financial Fitness – Is It Time For A Mortgage Checkup?

**Jackie Northrop**  
Loan Officer  
First Home Mortgage



our physician, have them check our vitals and make sure we are healthy for the year to come.

Isn't it time to check in on your financial health as well? Scheduling an annual review with your local mortgage advisor will ensure the anatomy of your finances is in check and on track to meet the needs of your short-term and long-term goals.

**Y**ou schedule an annual doctor's appointment every year, right? Even when we believe we are in perfect health, we still visit

**Mortgage Payment and Interest Rate** – A mortgage advisor may be able to provide you with some monthly savings and/or a lower interest rate. Even in a rising rate environment, there may be opportunities for lower payments. With several options such as adjustable interest rates, interest only, and many local area or income incentives, you won't know what you could be

saving without checking with your local loan officer.

**Credit Score** – For many people, checking a credit score is like checking blood pressure. Maybe it's up one day, down the next, and you're not sure why it's fluctuating or even what is a "healthy" or "good" number. As a mortgage advisor, I go through my clients' credit reports with them and ensure



they understand all the factors that are impacting their score. Maybe you're using more than 30% of your credit limit and we can bring your score up a few points by paying the balances down on some credit cards. Or perhaps there is a derogatory item or a dispute that you had no idea was there that we can help you remove! Checking your credit score doesn't have to be scary or overwhelming, and a mortgage advisor will stick with you and get your score where you need it to be.

**Plans and Goals** – Lastly, a good mortgage expert will review your plans and goals. Are you planning on staying in your home for the next five years or 10 years? Or maybe this is your forever home, and you would like some cash for updates and renovations.

An advisor can run various scenarios to see if a cash-out refinance or a home equity line of credit could be right for you. Or perhaps retirement is on the horizon, or your household income

is expected to change. An advisor can help you plan and strategize a house payment that fits not only your current needs, but plan for what lies ahead as well.

**The Bottom Line** – Our lives change in ways we don't anticipate or plan for, which is why it is so important to work with a trusted mortgage advisor who can adapt your mortgage program to be well-suited for you and your family. From the initial

purchase of your property, throughout your entire journey of homeownership, your mortgage advisor is here to offer guidance, support, and creative and unique solutions that fit your unique life! This year when you schedule your annual physical, reach out to your loan officer for a mortgage consultation as well.

*For a one-on-one mortgage consultation, contact Jackie Northrop at [jnorthrop@firsthome.com](mailto:jnorthrop@firsthome.com) or 443-261-2124.* ■

# Continuum Of Care Offers Dementia Patients A Better Quality Of Life

**Eric Bush**  
Hospice  
of the  
Chesapeake



According to some estimates, around 5.8 million people in the United States suffer from dementia-related diseases. An additional 5.6 million people age 65 and older are at risk. This is what medical professionals call the “silver tsunami.” A growing elderly population living longer combined with the ability to diagnose dementia earlier is leading to a tremendous need for more and

*Continued on page 25*



*there.*  
*when the options aren't so easy.*

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Advanced illness care decisions are overwhelming,  
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- *When* you receive care
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We are your hometown advanced illness care team that has served our community and your families and friends for over 40 years.

*We are there when you need us.*



# Begin Your Healing Journey With These Methods



**Kate  
Langston  
SassWell**

**A**ffected emotionally, physically and spiritually every day, our bodies are subjected to a lot of stimuli and stressors. That's why it's important to ease the nervous system — aiding in restoration, relaxation, and nurturing the spirit and body. Combining body movement with meditation increases health and aids in recovery and transformation at a quicker rate.

Another way to achieve total health and wellness is through IV hydration. Why IV hydration? To function properly, your body needs a certain number of vitamins and minerals. It is common to face challenges in meeting those daily requirements for various reasons, like stress

or illness, resulting in less-than-optimal health and well-being. In such cases, oral supplementation may not be sufficient (nutrients lost during the metabolic process, issues with impaired absorption, etc.). An IV infusion is the administration of vitamins, minerals and medications directly into the bloodstream, bypassing the gastrointestinal system, offering superior absorption.

For these reasons, IV infusions have been used for many years to successfully address many conditions including dehydration, fatigue, hangovers, migraines and vitamin deficiencies. These infusions also offer many benefits such as optimizing hydration, improving mood/energy levels, supporting athletic performance, boosting your immunity and skin health/rejuvenation, and so much more.

For those who are dealing with medical conditions, a doctor can help them find a path to wellness. You should seek the help of a doctor if you have abdominal and pelvic pain, bowel and bladder

*Continued on page 20*



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## Severna Park's new healing arts venue — all under one roof

**Erica Adams  
Blue Sky Wellness**

**Kate Langston and Laura MacKay  
SassWell**

**Nalynn Bellegarde  
Invigorate Wellness**

# How Compassionate Home Care Can Help Your Loved One Live Their Best Life



Most people want to grow older in the comfort of their homes, but many need extra support to be able to do so. "They want to be at home around their things, in their castle," said Lori Yount, vice president of operations for CareBuilders at Home. "The benefit of home health care is that we enable people to stay at home and age in place independently for as long as they want."

In fact, research suggests nearly



*Continued on page 23*

## Honoring your CHOICES, your INDEPENDENCE, and your DIGNITY



**Trusted Care** | Because we are guests in your home, your comfort and trust are paramount to us. Caregivers are bonded, insured, and subjected to a rigorous screening process, including background and reference checks and verification of credentials. Ongoing supervisory visits by management help ensure that our care continues to meet your expectations.

**Benefits & Services** | Home care preserves independence. You maintain control of your schedule, your routine, and your activities. Maybe you've recently had surgery or suffered an injury, or you're adapting to a new challenge, such as life after a stroke. Perhaps you need assistance caring for a loved one with Alzheimer's, or you live apart and aren't able to help your loved one as much as you would like.

**Personal Care** | Our personal care attendants provide hands on support to help with a greater quality of life:

- Medication reminders
- Skin care
- Toileting and incontinence care
- Bathing, dressing, shaving, grooming, oral care
- Feeding
- Turning and transfers

**Homekeeping** | Our homekeepers assist with keeping the home clean, safe, and comfortable. These services include, but are not limited to:

- Meal planning, preparation, and cleanup
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# Understanding Cataracts: Symptoms And Treatment

**Dr. Samuel Boles**  
Anne Arundel Eye Center



and you move through your surroundings slower. You stop enjoying activities that require precision: crossword puzzles, bird watching, and sewing. You have cataracts.

Cataracts, unlike other conditions, are usually a gradual decline in vision. This means that you will not notice how much you are not seeing until the cataracts become advanced. As you gradually get used to seeing less, you begin to lose interest in activities that once brought you joy.

How did you get them? Well, they are as natural as gray hair; eventually, we all get them. As you age, proteins begin to build up and clump together in the



eye's lens, preventing light from passing clearly through the lens and obscuring vision. These protein deposits are known as cataracts. Currently, more than half of all Americans over the age of 80 are affected by cataracts, according to the National Eye Institute (NEI).

Cataracts do not mean that you are unhealthy; they are a natural event that is not preventable. Thankfully, they are easily treatable. When a cataract has progressed to the point that it is interfering with normal, everyday

*Continued on page 20*



## ANNE ARUNDEL Eye Center

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Kathryn Turner, OD

Samuel Boles, MD

Nicole Regis, OD





*Optometrist Sarice Lui hopes to build relationships while helping patients enhance their vision and overall health.*



# LEVIN eyecare



“A lot of businesses in Severna Park are family oriented, with an emphasis on family values, which is the core of our company. We knew we would fit in quickly.”  
— *DR. RICHARD LEVIN*

*Dr. Richard Levin, CEO of Levin Eyecare, is happy to expand his company into a community that has strong family values.*



# Levin Eyecare Brings Family-Oriented Care To Severna Park

By Zach Sparks

**W**hen Levin Eyecare opened in the Robinson Crossing shopping center in April, Severna Park residents may have recognized the Levin name, known for its reputation for helping patients see better.

But beyond its comprehensive medical, surgical and routine vision services, Levin Eyecare is known for something else that makes it an ideal addition to Severna Park.

“A lot of businesses in Severna Park are family oriented, with an emphasis on family values, which is the core of our company,” said Dr. Richard Levin, CEO of Levin Eyecare. “We knew we would fit in quickly.”

Customers at Levin Eyecare are treated like family, a practice that has been important to Richard and his father, Howard Levin, since they formed Levin Eyecare in 2006. Richard remembers growing up and learning about patients who became friends with his father, who began practicing optometry in 1972.

“A big thing I remember in middle school and high school was sitting around the kitchen table and hearing stories about patients and the events

in their lives — the weddings, the anniversaries, the milestones,” Richard said. “We were ingrained in that.”

At Levin Eyecare’s newest location in Severna Park, optometrist Sarice Lui hopes to build relationships while helping patients enhance their vision and overall health. It’s important to her to provide the best patient experience in an environment that is warm and welcoming.

“Going to the doctor’s office is a scary thing and you have to put your trust in your doctor, so it’s important that you feel comfortable and that we have a clean space,” Lui said. “My big thing is not only examining someone’s eyes but making sure they’re comfortable with the care they got with each exam.”

Lui focuses on glasses, contact lenses, and the management of dry eye and other problems. If patients have glaucoma or retinal issues, she can refer them to specialists.

A Rockville native, Lui previously worked at the United States Department of Veterans Affairs, where she was able to help veterans struggling with a variety of eye issues.

She studied history at the University of Maryland, Bal-

timore County, and worked as an optometric technician, and went back to school for science classes. Lui was part of the Accelerated Scholars program at Salus University, Pennsylvania College of Optometry and received her Doctorate of Optometry degree in 2021.

“It gave me a different perspective, so I knew how the front of the office works,” she said when asked about being a technician. “I knew this is what I wanted to do. You have to communicate very well.”

Richard Levin said that positive communication starts with the Levin culture, treating employees well internally so they are passionate about providing the best care. As long as Levin keeps that as a focus, the team will never lose its personal touch.

“It’s about the small details: saying hi to every patient, being nice and friendly, and knowing their names,” said David Lloyd, marketing coordinator for Levin Eyecare. “We don’t allow ourselves to get too big.”

The team also stays humble through its philanthropic work.

“We help people who have no access to care. It’s almost like visiting a third-world coun-

try where people have no access,” Richard said. “It keeps you grounded as a provider. You think your day sucks? No, it doesn’t seem so bad when you see the challenges these people are facing.”

Through that work and by helping each patient, Levin Eyecare strives to make a difference.

“You can always beat the big brands when you’re in the community and you have that support,” Richard said of his approach.

For eyeglasses, Levin has more than 500 brands and styles from Nike to Michael Kors. Levin Eyecare offers the latest in lens technology including aspheric lenses, ultralight polycarbonate, and progressive no-line bifocals.

Levin also offers Under Armour eyewear and a variety of sunglasses from Oakley, Maui Jim, Ray-Ban and others.

“We meet your price point and your fashion,” Richard Levin said. “Regardless of who you are, you will be treated like \$1 million.”

*Levin Eyecare is located at 454-A Ritchie Highway in Severna Park. To make an appointment, call 410-432-2332 or visit [www.levineye.com](http://www.levineye.com).*

# How To Protect Your Child From Drowning

## Esther Liu

MD, FAAP

University of Maryland  
Baltimore Washington  
Medical Center



**W**hile summer brings plenty of opportunities for fun in the water, it is also high season for children drowning.

Tragically, drowning affects children of all ages. It is the No. 1 cause of death (after birth defects) for children ages 1 to 4, contributing to almost 1,000 deaths in children and teens ages 19 and younger in 2020.

But drowning is also one of the world's most preventable issues. As you enjoy these final days of summer, here are some tips to help keep your children safe around water.

## Attend Swim/Water Safety Lessons

It is critical that every child know how to swim and learn water safety. Start swimming lessons as soon as possible. Many swim schools have programs for parents and infants up through teens or older. Find these

programs at local swim schools, recreation centers, park districts or summer camps. Another important tool is to get Infant Swimming Resource (ISR) instruction. This program gives children the ability to be “aquatic problem solvers,” teaching them safety and the ability to avoid or survive an aquatic accident. ISR is a program that can benefit children of all ages.

## Build Barriers

Surround swimming pools, whether in-ground or above-ground, on all four sides by a four-foot-tall fence that cannot be climbed with a self-latching lock that opens outward. Use safety gates or lock the door to the yard to prevent children from wandering out of the house unnoticed. If a child goes missing, always check areas of water first.

## Wear Life Jackets

Lakes and rivers are a common site of teen drowning. Children and teens should always wear a life jacket and not rely on an inflatable raft or life preserver. In swimming pools, keep small children in a U.S. Coast Guard-approved life jacket until they are old enough to swim on their own.

Floaties will not save a child from drowning. Popular flotation devices that

put children in a vertical position in the water can inadvertently teach them to assume a position that makes drowning faster. Small children should always be within arms-length or held even with flotation devices. If an older child does not know how to swim well, they should also wear a life jacket when in or near water.

## Supervise Closely

Children of all ages must be supervised when in or near water. Assign a “water watcher” and take turns with other adults to prevent fatigue. This person must pay constant attention to all children near or in the water. Water watchers should put down their cellphones, avoid other activities and supervise even if lifeguards are present. It is also beneficial to know CPR in case of emergency. For children unable to swim, assign an adult who is always at touch distance in the water with them and not easily distracted.

*Dr. Liu is chair of the Department of Pediatrics at University of Maryland Baltimore Washington Medical Center. Connect with UM BWMC's pediatric specialists by calling 410-553-8540 or visit [www.umbwmc.org/pediatrics](http://www.umbwmc.org/pediatrics).* ■





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We owe this recognition to our team members and physicians' relentless dedication to providing the highest quality health care to all patients in the communities we serve.



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Diabetes  
Heart attack  
Heart failure  
Kidney failure  
Stroke



# Your Health Is Your Wealth

of their health and life to enjoy it.

And that's one way to look at the health/wealth relationship for sure. But let's consider other ways one might view this relationship.

One way is to see how many ultra-successful people not only manage their day well from a business standpoint but also manage their wellness too. Now, I'm not saying you have to hire a personal chef and in-home trainer to work you out six days a week – although that would certainly make it easy.

Simply prioritizing your time to be active and building it into your routine is enough.

The book "Atomic Habits" by James Clear discusses the power of habits and routines.

Routines do not have to be fancy or complex. But if you want to emulate some of your favorite success heroes in this way, feel free to do so.

You can simply start your day with a few things you are grateful for, some exercise and a pre-planned healthy breakfast so there is one less thing to do in the morning.

*Continued on page 24*



I was finishing up a workout session with our gym members the other day and we started discussing health and wealth and how so many people do not prioritize both.

You have probably heard countless times about those who spend and sacrifice most of their lives and most of their health to achieve financial freedom, only to be left without much

## 5 Years In A Row!

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# PARK FITNESS



# What Is AAC?

**A**AC stands for augmentative and alternative communication, which includes all the different ways to communicate besides using verbal speech. This ranges from no-tech options, such as gestures and facial expressions, to high-tech options, like using a speech generating device or an application on an iPad. AAC encompasses various ways to communicate (writing/typing, sign language, drawing, pointing to pictures, to name a few more). Now that you understand what AAC is, let's talk more about verbal speech and how your speech-language pathologist (SLP) uses both.

As SLPs, we want your child to talk

*Continued on page 26*



## Reaching Meaningful Connections Through Communication

**We are a pediatric speech therapy practice specializing in:**

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# Cognitive Decline And Hearing Loss: What's The Connection?

Continued from page 6

There is currently no cure for dementia, nor any way to reverse the disease. It's important to note, though, that hearing loss doesn't cause a person to develop dementia – but it does increase the risk.

The Johns Hopkins report also mentioned, "Although nearly 27 million Americans age 50 and older have hearing loss, only one in seven uses a hearing aid." So, if you haven't had a hearing test recently, it's time to consider one.

Better hearing health equals better quality of life. Undiagnosed or untreated hearing loss doesn't just affect a person in a physical manner. It can affect one's entire well-being. Studies show that people with untreated hearing loss experience an increased risk of depression, anxiety, and a decreased quality of life. They may also isolate themselves from others, as they can find it difficult to engage in conversations or hear in noisy surroundings. This is also

true for children – undiagnosed hearing loss can cause problems with language development, academic achievement and social skills. Remember, hearing health is for every person at every age.

Studies also show that hearing aids contribute to and improve health-related quality of life. And, with the incredible variety of hearing aids available to consumers today, there is help for all types of hearing loss, so don't delay in taking care of your hearing health!

*We like to say that "hearing care is health care," because we truly believe it. That's why Hearing Solutions Audiology Center offers Oticon BrainHearing technology. BrainHearing technology is designed to support the brain's critical role in making sense of sound. What does this mean for you? When sound goes into your ears and into your brain, if you can't really understand those sounds, you have trouble focusing. You get tired. You start forgetting things. Any of this sound familiar? If it does, we have solutions.*

*With hearing devices featuring BrainHearing technology, you get the sound information your brain needs. Oticon's hearing aid solutions help your brain work the way it's intended – with access to speech and sound.*

*Discover how Oticon More can improve your hearing and your life. Call Hearing Solutions for an appointment today at 410-672-1244 or go online at [www.hearsolutions.com](http://www.hearsolutions.com). ■*

## Understanding Cataracts: Symptoms And Treatment

Continued from page 13

functions, such as driving or reading, surgery is often the recommended course of action. Cataract surgery involves removing the lens of the eye and replacing it with an artificial lens. Approximately 90 percent 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 completely unique to you. You may also be a candidate for multifocal lens implants, which offer an expanded view over the standard lens implant.

Many patients find that their dependence on glasses has decreased significantly after surgery with LenSx laser-assisted cataract surgery and/or a multifocal lens implant. Both the laser and the advanced

technology lens implant are elective additions that are not covered by insurance carriers and are out-of-pocket expenses that are added onto surgery. These are a great option if you find yourself with additional flexible savings account (FSA) funds to spend.

After your cataract surgery, you will notice a difference mere hours or days after the surgery has been completed. Whites are whiter, the world is brighter, and you cannot believe how much your vision has changed for the better. The day after your surgery, you will likely return to your eye care center for a follow-up appointment to ensure that you are well and your vision is improving. In most cases, you will eventually only return to your eye care center every six months, and then once a year for a routine checkup.

*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](http://www.annearundeleynecenter.com) or call 410-224-2010. ■*

## Begin Your Healing Journey With These Methods

Continued from page 11

impairments, sexual dysfunction, or prenatal and postpartum rehab, among other problems. How do you know if you are a pelvic physical therapy candidate? Running to the bathroom too frequently with urgency and sometimes urine leakage is a common reason. Fecal leakage or quite the opposite, constipation, can involve uncomfortable symptoms that can be treated!

Men and women who may experience chronic hip, back and pelvic pain (internal or external), sometimes related to scars and adhesions, are often referred for pelvic physical therapy. Pelvic organ prolapse is another commonly treated impairment. Oftentimes therapists will teach strengthening exercises, but there are many cases where kegels are not recommended and relaxation training is more beneficial. Look for treatment in

a peaceful and compassionate environment.

*SassWell, co-owned by Kate Bethel Langston and Laura Mackay, is a healing arts venue offering therapeutic massage, Thai bodywork, Reiki, fertility support, integrative health, and breathwork, paired with yoga, movement and sound bath immersion.*

*Healthier individuals lead to healthier families, and in turn create a healthy community. Come when you're happy. Come when you're sad. Come as you are! For more information on SassWell, email [wellness@sasswell.com](mailto:wellness@sasswell.com) or go to [www.sasswell.com](http://www.sasswell.com). To learn about Invigorate Wellness, email [info@invigoratewellness-md.com](mailto:info@invigoratewellness-md.com) or visit [www.invigoratewellnessmd.com](http://www.invigoratewellnessmd.com). For more information about Blue Sky Wellness, contact [erica@blueskywellnesspt.com](mailto:erica@blueskywellnesspt.com) or go to [www.blueskywellnesspt.com](http://www.blueskywellnesspt.com). ■*

# Dance Offers Lifelong Skills

**Kellie Greer**  
 Director  
 The Dance  
 Center of  
 Severna  
 Park



**D**ance is not just an art, beautiful movement, and fun. Dance is confidence, life lessons, friendships and fitness. From a 3-year-old twirling in a pink tutu to adults who always wanted to learn to dance, it is in the studio that we learn more than ballet, tap, jazz, modern, hip hop, and lyrical.

Dance teaches us accountability. Dancers learn from their mistakes and to make changes in themselves to become better dancers. They learn to accept “corrections” from others, and that by receiving those corrections, they are bettering themselves. With this, dancers also gain confidence by knowing they can be successful and accomplish their goals.

Dancers learn time management. Between school, family and social time, dancers learn to manage it all. If you ask a dancer how they are doing in school, more times than not, they have good grades and are thriving.

Dancers learn to work well with others. Dance is collaborative. Dancers work in groups to make movements cohesive. They learn to trust others and know they support each other both physically and emotionally.

Dance is friendship. Friends made in the studio will last a lifetime. These friends have sat together doing homework in the lobby, grabbing a snack

between classes, spending hours in auditoriums rehearsing, perfecting, and being there for each other because they know the life of a dancer. Just as young dancers have these bonds, adult dancers find camaraderie in the studio. They often make

*Continued on page 24*



## REGISTRATION FOR YEAR-LONG CLASSES

Classes start 8/31 for ages 3-18

**Registration for monthly session classes ages 2 and up, AND adults is available on our website (all the fun without the commitment)**

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**FREE TRIAL CLASS TO NEW STUDENTS!**

Email [kgreer@spcommunitycenter.org](mailto:kgreer@spcommunitycenter.org) to schedule a class.



Check out the amazing **BENEFITS** of dance mentioned in this edition, as told by our Director, Kellie Greer!

# Reversing The Effects Of Aging

*Continued from page 5*

with laser or radiofrequency technology to improve eyelid drooping and puffiness, permanently resulting in more awake and engaged eyes. These procedures can be performed separately, or concurrently, to rejuvenate the eyes and create a more youthful and natural appearance.

Neuromodulators such as botulinum toxin can be precisely placed into the muscles around the eyes, achieving a chemical brow lift. The chemical brow lift stabilizes the descending eyebrows and lifts the drooping skin around the eye. The procedure takes minutes while awake and revitalizes heavy and tired-looking eyes. The results can last three to four months until the medication wears off. Neuromodulator therapy is a great, temporary way to get a sneak peek into the permanent effect of surgical intervention.

Dermal fillers are composed of hyaluronic acid and combine with water molecules in the tissues underneath the skin layer to create fullness. The face is analyzed to determine which areas require contouring. The dermal filler is then strategically utilized to smooth out areas of skin laxity and ease the transitions from one area of the face to the other, thereby shaping a younger appearance.

This procedure is generally performed while the person is awake, with topical numbing cream allowing for minimal, if any,

recovery time required. The effects can last up to two years and can be safely repeated as necessary.

Surgical restoration of the eyelids is through a procedure known as blepharoplasty. This can be performed on both the upper and lower eyelid. During this procedure, a small incision is made on the eyelid and excess skin is removed. Precise measurements are taken to determine the amount of skin removal required, and the incision is positioned so it is hidden and essentially invisible after it has healed. This procedure can be performed under local or general anesthesia. There is minimal post-procedural pain and recovery time required. The incision heals and swelling subsides over the weeks following the procedure. The final results restore more youthful appearing eyes and are much longer lasting than dermal fillers.

We are constantly sending nonverbal communication to the people we interact with through our facial expressions. The changes that occur with age can have a significant impact on the way these messages are conveyed. Neuromodulators, dermal fillers and blepharoplasty are methods in which the structures surrounding the eyes can return to a natural and more youthful appearance. In the right hands, both are highly effective in reversing the effects of aging in subtle yet meaningful ways. This can not only have a profound impact on how others perceive us but also on how we perceive ourselves. ■



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# How Compassionate Home Care Can Help Your Loved One Live Their Best Life

*Continued from page 12*

90% of people over 65 want to age in place or live at home for as long as possible. But to make it happen, additional care is often necessary, which is why some families turn to home health care services. If you'd like to know more about the benefits of home care, the following information will help you and your family make the right choice.

## How To Determine If Your Loved One Needs Additional Support

If your parent is struggling to live independently or needs a companion to keep them engaged, home care can be a lifeline for your family. You may notice that they are having difficulties with activities of daily living (ADL). Activities of daily living include the ability to move around, feeding themselves, dressing, personal hygiene, and toileting.

The instrumental ADLs are those that require more complex thinking skills, including organizational skills. Read the checklist below and make note of how your loved one is handling these the following tasks:

- Transportation and shopping: Ability to procure groceries and attend events.
- Managing transportation, either via driving or by organizing other means of transport.
- Managing finances: This includes the ability to pay bills and manage financial assets.
- Shopping and meal preparation, such as

everything required to get a meal on the table. It also covers shopping for clothing and other items required for daily life.

- House-cleaning and home maintenance. Cleaning kitchens after eating, maintaining living areas reasonably clean and tidy, and keeping up with home maintenance.
- Managing communication with others: The ability to manage a telephone and mail.
- Managing medications: Ability to obtain medications and take them as directed.

If you're still not sure whether your parent needs additional care, we suggest you ask the following questions:

- If the phone rings, does the senior hear it and answer in a timely fashion?
- Do they store food safely and toss it when it's no longer edible?
- Do they clean up after meals, including washing dishes and putting them away?
- Is your family member attending social and family activities?
- Are they able to do their own laundry?

## Benefits Of Home Care For Seniors

There are two types of home health care services: skilled nursing care, and personal or companionship care. Skilled care is designed to assist your loved ones with their most advanced medical needs, including recovery from illness, injury

or surgery. Companionship care focuses on helping your loved one with the activities of daily living. Experienced caregivers will work with you and your loved one's physician to create and implement a safe, supportive care plan in the comfort of your loved one's home.

Here are some of the main benefits of obtaining home health care for your senior family member or loved one. Home care decreases medical costs, helps to improve health outcomes, and reduces hospital stays.

It also helps your loved one to:

- Regain their independence to become as self-sufficient as possible
- Maintain a current condition or level of function
- Slow physical decline with physical and occupational therapy
- Manage their medication
- Help reduce hospital readmissions (especially from falls)
- Have respite care (a break for your usual caregiver)

## How Personal And Companion Care Help Your Loved One Live Their Best Life

As a caregiver of an aging person who needs extra help, you want the best for your loved one. You want them to be able to age in place and enjoy all aspects of their daily life. Personal and companion care help keep your loved ones safe as they complete their daily tasks. Having a companion caregiver can also help retain cognitive abilities through regular interaction and activity. Home health care also

reduces loneliness among seniors, which can improve their mental and physical health. But that's not all. Companionship care also helps with the following:

- Relieves your stress and worry as a caregiver
- Ensures your loved one's safety and emotional well-being
- Protects your loved one's dignity
- Gives you and your loved one a trusted partner to help you through sensitive challenges

## How To Provide Your Loved One With The Best Care

As you research the many options for home care services, you first want to determine what types of care your senior needs. Do they need more advanced medical care or do they need help with their activities of daily living? You also want to look for an experienced team of nurses and care management specialists that focuses on providing quality care and support to patients and their families.

*Lean on Dee Senior Home Care Services is a residential service agency that focuses on providing your loved one with friendly and compassionate care services. Lean on Dee builds strong relationships and a consistent, comforting routine with your loved ones, which helps to improve function and create a trusting bond. If you have any questions about how Lean on Dee Senior Home Care Services can help you, reach out today at [www.leanondee.com/contact](http://www.leanondee.com/contact). ■*

## Has The COVID-19 Pandemic Impacted Your Child's Development?

*Continued from page 7*

We met with family, friends and health care providers virtually. We spent significant amounts of time inside our own homes or physically distant from other people. Adults and children alike missed out on opportunities to interact with and learn from others.

Parents and caregivers are rightly worried about the little ones in their lives. Some common concerns include:

- My child isn't talking like his or her older sibling did at this age.
- My child doesn't play like the other kids his or her age in the neighborhood.
- My child doesn't seem to understand how to interact in new situations.
- My child seems anxious around people outside our immediate family.

The Centers for Disease Control (CDC) has begun examining the developmental impacts through the Act Early Response to COVID-19 project (Act Early/COVID-19), which is a federal, nationwide initiative to support families with young children and early childhood systems with early identification of developmental delays and disabilities. Initial findings show that a vast majority of early intervention programs transitioned to hybrid or virtual services. Additionally, early identification and intervention services have decreased more than 50% since the beginning of the pandemic.

As a parent, you can

and should be familiar with developmental milestones and when they are likely to be achieved by most children. The CDC offers an online Milestone Tracker app ([www.cdc.gov/ncbddd/actearly/milestones-app.html](http://www.cdc.gov/ncbddd/actearly/milestones-app.html)). Additionally, ASHA provides a collective resource of norms and milestones for speech and language development ([www.asha.org/slp/schools/prof-consult/norms](http://www.asha.org/slp/schools/prof-consult/norms)). If after reviewing this information you have any concerns about your child's development, you should act immediately. Consider speaking to your pediatrician or reaching out to Anne Arundel County Public Schools, which offers family-centered assessment and intervention services ([www.aacps.org/Page/1396](http://www.aacps.org/Page/1396)).

The COVID pandemic has changed our lives in so many ways. As we emerge from isolation, it is essential to be mindful of how our children may have been affected. Remember: birth to 5 years is a critical developmental period for all areas, including speech, language, play, emotional, social, and motor skills. Know the signs of developmental delays. Seek support. Don't wait and see. Now is the time.

*The team at Budding Voices is available to answer any questions you may have about your child's development. Call 844-410-2878 or visit [www.buddingvoices.com](http://www.buddingvoices.com) for more information.* ■

## Your Health Is Your Wealth

*Continued from page 18*

You can also go nuts and add a five-minute cold shower, 20 minutes of meditation, and 30 minutes of reading capped off with a journaling session. But let's start small and keep this new habit manageable.

Having a morning routine that you follow every day, just like brushing your teeth, has the potential to impact your health in far greater ways than many of us can ever imagine.

Another way to view the "health is wealth" idea is that our health may truly be the only wealth we will ever own.

Something we say often at Park Fitness is that a main objective we have for all our members is to keep you in the game. Largely that means that everything we do is with the intent of keeping you safe and minimizing risk of injury.

But the notion of "keeping you in the game" could also mean the game of life.

A colleague of ours once said that the greatest function we can have as fitness professionals is to add to life.

For example, imagine a special older relative in your family; next, envision your favorite artist; and lastly, think about the person you would most love a hug from.

Now what if that special relative can see a few more birthdays and be a part of a few more important family moments? I don't know if you can put a price tag on something this special.

And how great would it be if that favorite artist was able to live longer and produce a few more beautiful pieces that make your heart sing?

And is there anything greater than to be with the person we treasure most and have them around to offer us more hugs? This could be one of life's greatest rewards.

The best part of all this is that it doesn't have to be all or nothing. Something is greater than nothing and 1% better each day is 37 times better after one year.

So what are you doing today to be closer to your goal of health?

I don't know about you, but I'm going to pass on the ice-cold baths. However, a morning workout is definitely in my future. ■

## Dance Offers Lifelong Skills

*Continued from page 21*

friends in a class in a similar place in life.

Dance is fitness. Physical and cognitive fitness are integral in dance. Physical fitness is obvious as dancers are leaping and jumping throughout hour-long classes. But cognitive fitness is a big part of a dancer's training as well.

Dancers must memorize short pieces of choreography that may change weekly while at the same time learning a three-minute dance to perform at the end of the year. They must learn patterns of steps as

well as spatial patterns as they move. Adults may find this to be another reason to start dancing later in life!

Dance is a way of life and an art. All that dance teaches translates to everyday life outside of the studio. Dancers are accountable, confident, productive and cooperative. Try a class and lose yourself in an hour of movement and fun!

*Email [kgreer@spcommunitycenter.org](mailto:kgreer@spcommunitycenter.org) or call 410-647-5843 to try a free class today. For more information, visit [www.spcommunitycenter.org/dance](http://www.spcommunitycenter.org/dance).* ■

## Continuum Of Care Offers Dementia Patients A Better Quality Of Life

*Continued from page 10*

enhanced memory care services.

Hospice and palliative care nonprofits are working to get ahead of that wave by building up their palliative care programs, also known as supportive care. The goal is to improve quality of life for both the patient and his or her family. Care is provided by a team of physicians, nurses, social workers and other specialists who work with the patient's primary care physicians, the patient and the family to develop a plan of care.

### **Continuum of care provides consistency**

We know dementia patients crave consistency. This not only applies to the daily routine and surroundings, but also to who is caring for them — the same family members, the same professional caregivers and the same medical team. We strive for a continuum of care where the provider who visits the patient and family in the beginning is the same in the end.

### **Supportive care from the start**

For someone who has been diagnosed with a disease like Alzheimer's, the continuum of care starts from diagnosis. Both patient and family can benefit from interventions supportive care can provide, like symptom and medication management

from a physician and guidance and resources from a social worker. Over time, getting the patient 10 minutes across town to a doctor's appointment can take two hours just to prepare for the trip. With supportive care, the medical team can go to the patient's home or wherever they call home.

### **When it's time for hospice care**

As the disease progresses, patients begin to have difficulties swallowing, which can lead to pneumonia and frequent hospitalizations. This would be a time to consider hospice, or end-of-life care. A supportive care patient can easily transition to hospice care when it is with the same provider or organization. With the continuum of care, you have a provider who starts out seeing the patient early in the diagnosis and helps them plan for the final days. Hospice organizations are even there after the patient has died to provide grief support for the family.

For a dementia patient and their family, the continuum of care can be an anchor in a sea of uncertainty.

*Eric Bush, MD, RPh, MBA, is chief medical officer for Hospice of the Chesapeake and Chesapeake Supportive Care. To learn more about supportive, hospice and grief care services, call 410-987-2003 or visit [www.hospicechesapeake.org](http://www.hospicechesapeake.org).* ■

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- Priority Care Clinics
- Severn River Dental Health Center
- Split Ends
- Sports Clips
- Stretch Zone
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*Park Plaza*

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# What Is AAC?

*Continued from page 19*

just as much as you do! Let's think about how verbal speakers communicate. Sometimes you communicate using a gesture, a device like your phone or computer, or maybe the look on your face is enough to send a clear message. Just as you use various modes of communication, SLPs want the same for your child. The use of AAC empowers individuals to communicate and express themselves if they are unable to communicate verbally or if their speech is severely unintelligible. This can reduce frustration for you as a parent and help your child to communicate better with family, friends and teachers. Better communication leads to better relationships and a better quality of life for your child. Additionally, research tells us that AAC can have positive effects on speech and language and increase speech production in some children.

## Why Isn't My Child Using AAC Yet?

Let's think about how a verbal child learns language. A young child learning how to talk has verbal models to learn language from the adults, siblings and peers who speak to him. It takes years before that young child begins to use words and starts speaking in complete sentences. Unfortunately, for children with complex communication needs, learning language in this way is not enough for them to start speaking.

This is a reason why SLPs introduce AAC, to encourage more communication. Similar to verbal speakers who learn language through verbal models (listening to those around him speak), an individual learning how to use his AAC system requires modeling too. This is called aided language stimulation

(ALS). ALS is an approach where the communication partner points out picture symbols on the same device the child is using while speaking. This means that you, as the communication partner, are also using the language system to communicate. This not only helps your child learn how to use their device (for example, where certain words are, the meanings of those words, etc.), but this also helps you become familiar with the device too!

Collaboration with a speech therapist and team of related professionals is beneficial in supporting your child's communication needs.

*If you have additional questions or want to explore alternative communication methods, call 410-274-0041 to book a speech-language evaluation for your child. And stay tuned for more AAC strategies and tips!* ■



# Dancing!

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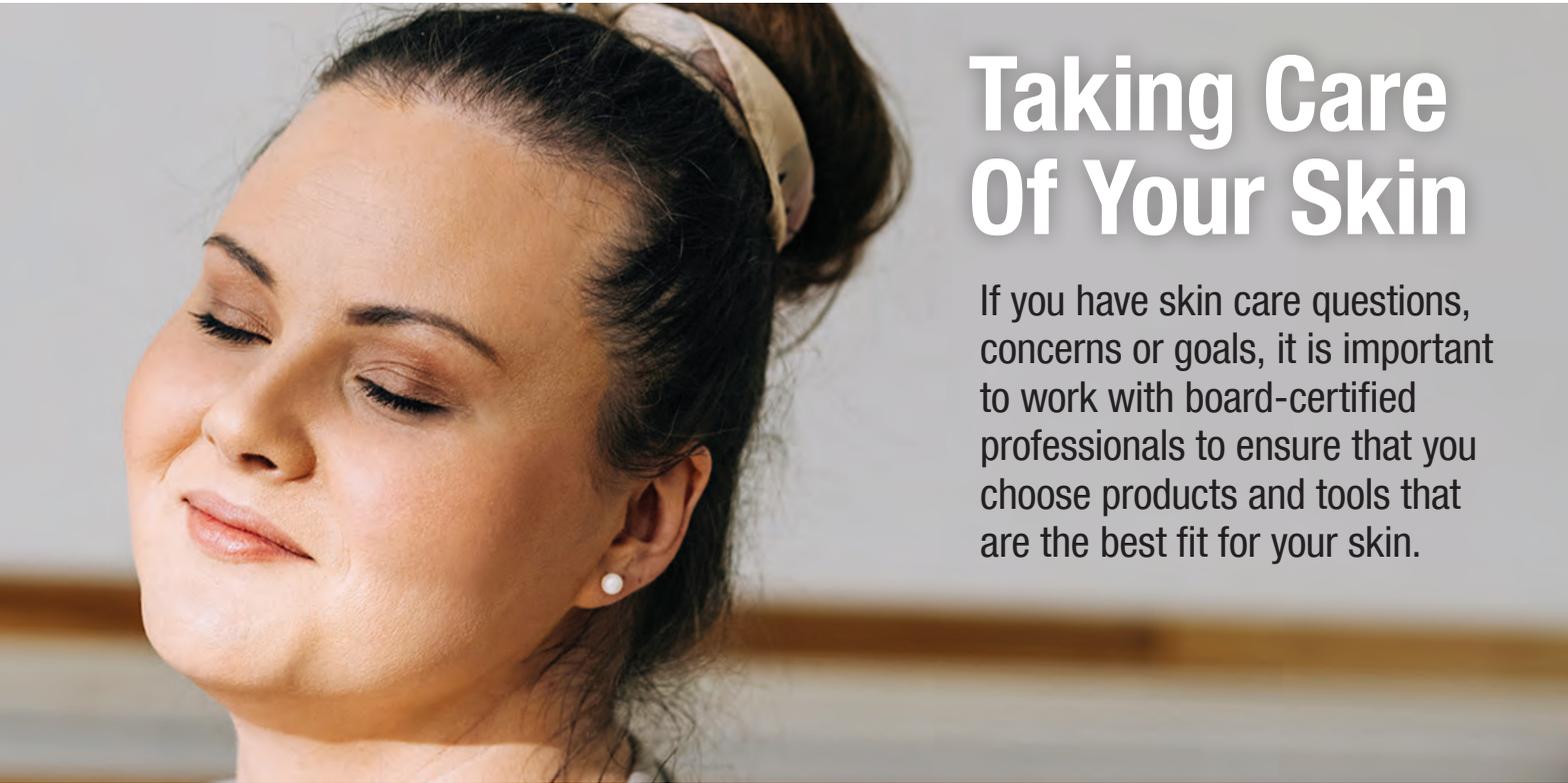
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# Taking Care Of Your Skin

If you have skin care questions, concerns or goals, it is important to work with board-certified professionals to ensure that you choose products and tools that are the best fit for your skin.



**Derek L. Masden**  
Luminis Health

There is a variety of skin care products on the market, and many of us have several products at home for everything from acne to dark circles. Our goal is to have healthy skin, but what does that really mean?

**Healthy skin is smooth, firm/tight, even in color, hydrated, tolerant and free from disease.**

- **Smooth skin** has a soft and compact outer layer that has unbroken cell renewal and a regulated skin repair cycle
- **Firm/tight skin** is full and has an abundance of optimally functioning collagen and elastin
- **Even-in-color skin** has properly functioning pigment with even production and distribution

- **Hydrated skin** has a barrier function that produces natural moisturizing factors that are formed within the structural proteins of the skin
- **Tolerant skin** has a functional barrier that is tolerant to the surrounding environment
- **Free-from-disease skin** is not sensitive, nor does it have pre-cancer or cancerous lesions

It doesn't take dozens of products to address skin concerns. The board-certified experts at Luminis Health Plastic Surgery recommend these four products:

- **Cleansers** remove oils, dirt and makeup without damaging the skin
- **Exfoliators** are necessary to remove dead skin cells and increase new cell regeneration — this helps produce more even skin, helping to ensure better distribution of your other skin care products
- **Toners** help to balance the pH of your skin, remove impurities, reduce pores, and

keep your skin feeling fresh and hydrated

- Finally, daily use of **sun-screen** (30 SPF or higher) will decrease the risk of sunspots, skin cancers and wrinkled skin

These core products will build a solid foundation of basic skin care.

If you have skin care questions, concerns or goals, it is important to work with board-certified professionals to ensure that you choose products and tools that are the best fit for your skin.

If your goals include smoother or plumper skin, some patients find that Botox and fillers are the best tools.

For those looking for smoother skin, Botox can help. A provider injects it into muscles to smooth the look of moderate to severe forehead lines, crow's feet lines, or frown lines between the eyebrows. Botox works by temporarily weakening or paralyzing certain muscles to smooth facial wrinkles. Botox typically lasts between three and 12 months.

For those looking to plump certain features, such as lips or cheeks, filler can be helpful. Filler is a general term for hyaluronic acid or similar substances used to "fill in" areas that have lost volume. Compared to Botox, which freezes muscles to stop creases and wrinkles, filler helps to add volume for a smoother look.

*The Luminis Health Plastic Surgery team offers a variety of skin care products to help patients create a smoother, clearer and more refined appearance. Skin care can be personalized to your goals including overall skin health, texture repair, skin brightening, complexion clearing, or anti-aging. No two patients are the same, so Luminis always recommends an in-depth discussion with one of its doctors or specialists to determine your goals. This helps them customize a skin care plan for you.*

*Derek L. Masden, MD, is the chief of plastic surgery at Luminis Health. Visit [www.luminis.health/plasticsurgery](http://www.luminis.health/plasticsurgery) or call 443-481-3400 to make an appointment.* ■



# Luminis Health Plastic Surgery

*Build your confidence with the team you trust*

At Luminis Health Plastic Surgery, you can meet with experienced, board-certified providers including Dr. Derek Masden and Dr. Tripp Holton, who can help you meet your goals through a variety of surgical and non-surgical services, including:

- Reconstructive and cosmetic breast surgery, including 3D nipple tattooing
- Body contouring after weight loss
- Minimally invasive cosmetic procedures

Please visit [Luminis.Health/PlasticSurgery](https://luminis.health/plasticsurgery) or call **443-481-3400** to make an appointment.

Choose from two convenient locations:

- Luminis Health Doctors Community Medical Center
- Luminis Health Anne Arundel Medical Center