

# Health, Beauty & Fitness



SEVERNA PARK  
VOICE

**AUGUST  
2023**



## **DOCKSIDE DERMATOLOGY**

**PAGE 12** Dr. Lesley Sutherland and Dr. Stephanie Clements provide a smaller, more personal option for dermatological services in the area.

### **Living Even Better With PAGE 6 Bioidentical Hormones**

For some women, the benefits of hormone therapy outweigh the risks.

### **Dress Well To Boost Your PAGE 14 Overall Wellness**

The way you look at yourself is connected to your mental health.

### **Hybrid Training For PAGE 19 Everyday Fitness**

This training combines endurance exercises with weightlifting.

# BEAUTY WITHOUT THE HASSLE!



Tired of wasting precious minutes in front of the mirror each morning? Get up and go with lash extensions.

**BECOME A FOUNDING MEMBER + RECEIVE A \$50 CREDIT!**

**CALL OR TEXT 410.352.7477**

*the* LASH  
LOUNGE®

THE LASH LOUNGE ANNAPOLIS - WEST STREET

410.352.7477

1907 West St., Suite 101, Annapolis, MD 21401

THELASHLOUNGE.COM

**NOW  
OPEN!**



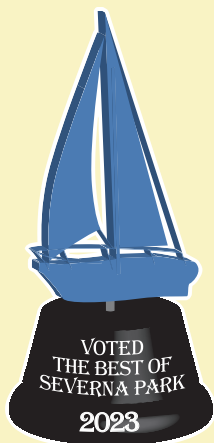
# Celebrating 30 years



In 2023, Dr. Allan Rutzen is celebrating 30 years of providing exceptional ophthalmology eye care to his patients. Eye care you can trust! Call us today!



Conveniently located in the Severna Park Market Center



**Winner** 2014, 2019

**Runner Up** 2013, 2015, 2017, 2018, 2020, 2021, 2022, 2023

**Thank you to those who voted for us for Best Eye Care Ophthalmologist**



**RUTZEN**  
EYE SPECIALISTS  
& LASER CENTER

[www.RutzenEye.com](http://www.RutzenEye.com) 410-975-0090

# How To Care For Hair Loss

## It Applies To Brows And Lashes Too

**Fayth Ribeiro**

Owner

The Lash Lounge



### What is the cause of hair and eyelash loss?

There are a variety of reasons your brows and lashes may be thinning or falling out, just like you may experience with the rest of your hair. In fact, most people will experience hair loss of some form in their lifetime. Factors that impact your hair growth include diet, age, stress hormonal changes (such as pregnancy or menopause), medications and chemotherapy. What you may not have known is that even the seasons can impact your lash and brow growth.

It's important to talk about hair loss because it is so common and affects so many of us. No matter where you are in your hair loss journey, it's important to know there are many tools out there to help you look and feel the way you want. This includes your eyebrows and eyelashes. Whether you're looking to strengthen hair follicles or just enhance the appearance of your natural lashes and brows, here are some ways to help you achieve the lash and brow look you desire, even if you are experiencing thinning hair issues.

### How to care for your hair follicles

Although lash and brow hair loss are inevitable, incorporating some simple changes in your day-to-day routine and mindset can slow the process and protect your follicles:

- **Diet** — food plays a huge part in the health of your hair follicles. Eat anti-inflammatory foods. Green tea, garlic, spinach, cherries and olive oil are just a few of the anti-inflammatory foods that can help stimulate hair growth.
- **Avoiding excess sugar** could help prevent high blood sugar levels that can be damaging to hair follicles.
- **Remove your makeup.** Failing to remove your makeup at the end of a long day can cause clogged pores and can make it hard for new hair to grow. This is why cleaning your face and lashes every day is essential for keeping your pores and skin clean. This enables lash and brow hairs to remain strong and leaves room for new hairs to grow.
- **Exfoliate and moisturize daily.** When your skin is dry and starts cracking, germs and bacteria can enter your skin more easily and affect the ability for your brows to grow. Keep your skin healthy by exfoliating your eyebrows, followed by applying moisturizer to restore the area. This is especially important in the cold months, when the air tends to be drier.
- **Keep your stress levels low.** Stress can affect us in so many ways. One major way is that it influences our hormone levels. When this happens, there is an imbalance in the hormone levels, and this can cause hairs to fall out prematurely. We know it's impossible to avoid all stress in life, but it's OK to say no to things that you know may add undue stress to your life. Put yourself first and prioritize the moments, people, and events in life that bring your health and joy.



### How to fill in thinning eyebrows and eyelashes

Once you've implemented ways to further strengthen and support your brows and lashes by improving the health of your follicles, you can take steps to achieve the look you've always dreamed of by either getting lash extensions, a lash lift, tinting your eyebrows and eyelashes, or using makeup. Lash extensions that are applied to natural healthy lashes, in a healthy and clean manner, will allow you to skip or at least reduce the amount of makeup you apply to your face each day.

A lash lift is another great, lower-maintenance option for enhancing the appearance of your natural lashes, even with a less than full lash line, by giving them a lift that will last up to

eight weeks. This will also steer you away from having to use tools such as lash curlers that can tug at your follicles and cause damage and more lash loss.

Tinting your eyebrows and eyelashes is a good option as you are waiting for your hair to return to a pre-loss condition, to restore some color to your lash or brows and make them appear fuller and look more robust. This can also last four to eight weeks and is low maintenance.

Finally, you can always use makeup, such as brow pencil or gel, to fill in your brows during hair loss. Just choose a color that matches your natural shade and



*Continued on page 10*



# Momentum

**Joe Bocek**  
Park  
Fitness



ting anything?

The lack of traveling creates a sort of momentum of being used to regular day-to-day life, while making the idea of taking a trip seem foreign and maybe even stressful or uncomfortable.

Contrast that to someone who travels often for work or fun, and they might feel rather comfortable with travel. Possibly even getting the itch to go somewhere if they stay put too long.

The momentum of our life and habits is quite powerful. The more we do something, the easier it is to continue to do it again and the more comfortable we become with that habit or action.

We see this happen all

*Continued on page 22*



**PARK  
FITNESS**

## Fun Workouts. Customized Fitness.



**LOCATED  
IN PARK  
PLAZA**

**Voted  
Best Fitness Club  
in Severna Park  
6 years in a row**







# Living Even Better With Bioidentical Hormones

**Molly  
McKinney**

*FNP-BC*

New Day  
Vitality  
Hormone  
Center



**W**hen it comes to hormone replacement therapy (HRT) for menopause, there are many questions: is it safe? Will it work? Is it just a pill? What are bioidentical hormones?

Searching for answers can be daunting. And it's not because there's a shortage of information; it's because there are so many reports,

and they can seem to contradict each other.

The bottom line: "... experts do agree that the benefits of hormone therapy outweigh the risks for healthy women younger than age 60 or within 10 years of their last period," according to "Mayo Clinic: The Menopause Solution," published in 2016. Women over 60 can be treated with HRT, wrote author Stephanie Faubion, director of the Mayo Clinic's Office of Women's Health, but they must carefully weigh the severity of their symptoms against any increased risks of health issues.

*Continued on page 20*



## How's *your* sex life?

If things just aren't working like they used to, there may be a simple solution.

**Call  
410-793-5212**

For your **FREE, NO OBLIGATION** consultation with a bioidentical hormone replacement therapy specialist.

**You're not alone.  
Let us help.**

**[newdayvitality.com](http://newdayvitality.com)**



# Volunteers Are Vital Members Of The Hospice Clinical Team

**Monica Hastings**  
Clinical Manager  
Hospice of the Chesapeake



Volunteers are a meaningful part of hospice's holistic support and care.

There once was a hospice patient who had a difficult past. It's reflected in how she treated her family. When she wasn't harsh toward them, she would shut down, locking them out from her world. As she grew closer to her end, she shared that she wanted to open up to her family, especially her grandchildren. She wanted them to remember her. But she didn't know where to begin.

There once was a volunteer assigned to this patient. The intention was to provide this lonely woman company and support. Soon they built a beautiful rapport. One day, the patient

shared with the volunteer that she had so much she wanted to say to her family. It turned out the volunteer was a professional writer. Together, the two women wrote beautiful letters to her

family. The letters answered nagging questions like, "Does she care? Does she even like me? Does she see me?" The answer was a resounding "yes."

*Continued on page 10*

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

410-987-2003 | [HospiceChesapeake.org](http://HospiceChesapeake.org)  
443-837-3376 | [ChesapeakeSupportiveCare.org](http://ChesapeakeSupportiveCare.org)



Advanced illness care decisions are overwhelming,  
*but you have a choice.*

You and your family can choose...

- *Who* provides your care
- *What* type of care you receive
- *When* you receive care
- *Where* you receive care.

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.*



# Advanced brain care within reach.

Innovative neurological care is right in your own backyard. The specialists at the Spine and Neuroscience Center at **University of Maryland Baltimore Washington Medical Center** provide comprehensive care, from expert diagnosis to recovery. Our specialists utilize breakthrough technology, including the latest in minimally invasive techniques.

Schedule an appointment with a specialist today at one of our two convenient locations. Call **410-553-8160** or visit [umbwmc.org/neurosciences](http://umbwmc.org/neurosciences).

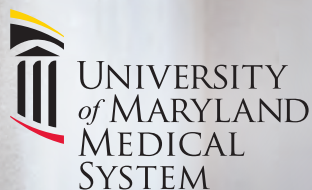


## TWO CONVENIENT LOCATIONS:

UM Baltimore Washington  
Medical Group  
Spine and Neuroscience Center  
255 Hospital Drive, Suite 208  
Glen Burnie, MD 21061

**NEW:** UM Baltimore  
Washington Medical Group  
122 Defense Highway, Suite 222  
Annapolis, MD 21401

UM BALTIMORE  
WASHINGTON  
MEDICAL CENTER



A better state of care.



# Stroke 101:

## How To Identify And Prevent Stroke

**Gurdeep Singh Ahluwalia**  
UM Baltimore Washington Medical Center



**S**trokes come in two major forms: ischemic, which is the most common, and hemorrhagic.

With an ischemic stroke, a blood clot or other blockage impairs

blood flow to a portion of the brain. This can result in a lot of neurologic symptoms, depending on where in the brain it impacts.

Hemorrhagic strokes occur when a blood vessel opens up and bleeding extends to the brain tissue. Symptoms are similar to ischemic strokes, but the outcome can be much more severe if not addressed in a timely manner.

### **BE FAST: Why Immediate Intervention Is So Critical**

The best way to lessen potential brain damage and long-term disability is to intervene as quickly as possible. The medical community utilized the acronym BE FAST to spread awareness.

- **B-Balance:** trouble walking, loss of coordination, dizziness
- **E-Eyes:** loss of vision, double vision, eyes fixed to one side of the body
- **F-Face:** asymmetry, drooping, twisting
- **A-Arm:** weakness or inability to hold one's arm up
- **S-Speech:** slurred speech, confusion, not being able to put words together
- **T-Time:** the need to act immediately is of utmost importance

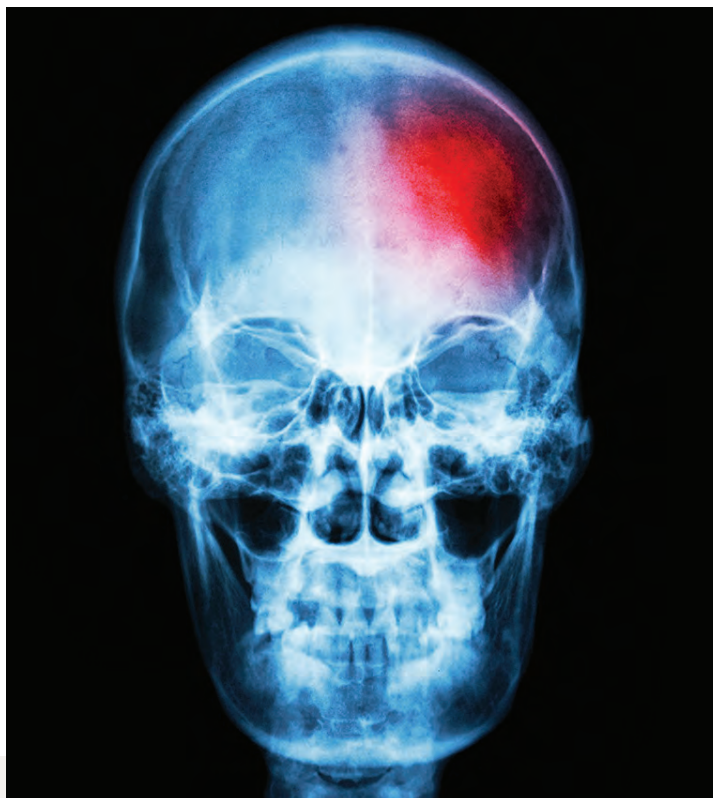
The most important predictor of someone's recovery and survival from a stroke is how quickly you can get to emergency medical attention. It's important not to wait if you or a loved one are experiencing any of the signs and symptoms of a stroke. Call 911 and get emergency medical care.

### **Stroke Is Preventable**

Up to 80% of strokes are preventable. The most common modifiable risk factor is blood pressure. Other risk factors include high cholesterol, diabetes, atrial fibrillation and tobacco use. Living a sedentary lifestyle, eating an unhealthy diet, and sleep apnea are also associated with stroke and increase one's risk.

Regular checks with a primary care provider are important. They will assess your overall health and counsel you on how you can modify your lifestyle choices and what medications you may or may not need in order to lower stroke risk.

*For more information on stroke and other neurological care services offered at UM BWMC, visit [www.umbwmc.org/neurosciences](http://www.umbwmc.org/neurosciences). To schedule an appointment with a UM BWMC brain specialist at the Glen Burnie or Annapolis locations, call 410-553-8160. ■*



**The most important predictor of someone's recovery and survival from a stroke is how quickly they can get to emergency medical attention.**

## Volunteers Are Vital Members

*Continued from page 7*

### The gift of time

With the help of that volunteer, her family got to see her in a different way. It helped them resolve a lot of the grief and anguish. They got to know her a little better and know their importance to her before she died. For me, it was one of the more profound experiences that I've had in my hospice career.

Hospice nurses, certified nursing assistants, social workers and chaplains spend more time with their patients than many other specialties. But the kind of time and commitment this professional writer gave to this patient could only have come from a volunteer.

### Front-row seat

Volunteers are a meaningful part of hospice's holistic support and care. They help the clinical team do a better, more complete job. They can provide information about family dynamics, patient experiences and even symptom management. We've learned so much about the personality of patients through reading volunteer notes. It's often important and exciting information that didn't come up in the conversation with the nurse or social worker.

Volunteers often prove to be fantastic ambassadors for hospice. As volunteers must go through a thorough training process, they are well-educated about hospice services. They have a front-row seat in end-of-life care, which allows them to speak with truth and power to their community. They can share about the impact of hospice care as well as how others can get involved.

### Joy and purpose

For someone who thinks becoming a hospice volunteer is too sad, remember there are always sad times in life. But this gift of true connection with others is sacred. It fills us with joy and purpose. The people I have the privilege of working with say they're made better because of these relationships with patients and families. Volunteers not only help the hospice team — they help bring peace and comfort to patients and families.

*Monica Hastings is a clinical manager for Hospice of the Chesapeake, an independent, nonprofit organization that is caring for life throughout the journey with illness and loss in Anne Arundel, Calvert, Charles and Prince George's counties. For details, visit [www.hospicechesapeake.org](http://www.hospicechesapeake.org) or call 410-987-2003.*

## How To Care For Hair Loss

*Continued from page 4*

use a brow brush to blend in the color and fill in any gaps. When blending in, try moving the brush in upward motions rather than straight across your brows to give them a thicker appearance.

Hair loss can be a challenging experience, leaving you feeling vulnerable and concerned about the changes in your appearance. But using your support system and utilizing tools and services available to you will help you overcome your hair loss journey and achieve the look you desire with safe, effective and relaxing beauty treatments. If you are undergoing treatments or on prescribed medication, you should always consult with your doctor prior to doing any services. But always remember, no hair loss can take away your shine.

# Feel your Best. Look your Best

Park Plaza offers a wide variety of health, beauty & fitness options including:

- ATI Physical Therapy
- Chesapeake Hearing
- Creative Force Dance Center
- Dr. Paul W. Gill, D.P.M. Podiatrist
- Hair Cuttery
- Hand and Stone Massage and Facial Spa
- Image Creators
- Kwon's Tae Kwon Do
- Multi-Specialty Health Care
- Olde Tyme Barber Shop
- Park Fitness
- Park Pharmacy
- Planet Fitness
- Priority Care Clinics
- Severn River Dental Health Center
- Split Ends
- Sports Clips
- Stretch Zone
- Top Nails

*Park Plaza*

Brought to you by the Merchants of Park Plaza.



# Four Tips To Convince Elderly Parents To Stop Driving

**Winsome Brown**  
Lean on Dee Senior Home Care Services



about driving.

As we age, our ability to drive safely is affected by natural body changes. According to the Centers for Disease Control, age-related changes in vision, physical functioning and cognitive changes might affect some older adults' driving abilities. According to the National Highway Traffic Safety Administration, 7,489 people ages 65 and up were killed in traffic crashes in 2021. If your loved one struggles to see, has reduced reaction time, seems confused or has fresh scrapes or dents on their car, it's time to have a difficult discussion.

It's happened again. Kathy's 90-year-old mother, Betty, had been in another accident. She was driving to church when she misjudged a turn and ran the car off the road. Luckily, Betty was physically unharmed, but the car was totaled. After years of close calls, this was the last straw. It was time to have an uncomfortable talk

## Tips To Convince A Senior To Stop Driving

### 1. Prepare a list of observations about their driving ability

Before you have the conversation, check out some helpful online resources. The American Association of Retired Persons has tips on assessing your loved one's driving skills. When you observe your loved one as a passenger, look for red flags such as recent car accidents, tickets for moving violations and ignoring traffic laws such as stopping at red lights.

### 2. Approach the subject respectfully

The most important thing when discussing giving up the keys is being respectful. You might start by saying, "I know this must be a sensitive subject, but we need to talk about your driving." You may try framing it as a concern about safety. Then, kindly share a few problems. Emphasize that you're not accusing them of being a bad driver. Instead, focus on their health conditions or aging-related issues that make their driving unsafe.

### 3. Come up with alternative transportation options

Despite unsafe driving practices, older adults still have places to go. Staying connected with friends and active in the community is

*Continued on page 20*

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

**We offer customized plans to meet your needs and budget with ongoing supervisory visits to ensure our level of care is met.**



**Trusted Care** | Because we are guests in your home, your comfort and trust are paramount to us.

**Benefits & Services** | Home care preserves independence. You maintain control of your schedule, your routine, and your activities.

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

**Homekeeping** | Our homekeepers assist with keeping the home clean, safe, and comfortable.

**Skilled & Complex Nursing Care** | Skilled care is our highest level of care and is designed to assist your loved one with their most advanced medical needs, including recovery from illness, injury, or surgery.



Contact us today to learn more!

**410-449-4538**

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



# Dockside Dermatology:

## *Doctors By Your Side*

By Lauren Cowin

The name Dockside Dermatology is more than simply a nod to life on the water.

With her business logo featuring a boat cleat for the “k” in Dockside, Dr. Lesley Sutherland does pay homage to her Annapolitan roots. But she and Arnold native Dr. Stephanie Clements, her friend turned business partner, were quite literal when it came to naming their practice.

“We truly are a doctor that will be by your side. That is our mantra,” Sutherland said.

As teenagers receiving treatment for their own skin, Sutherland and Clements, unbeknownst to them at the time, frequented the same waiting room.

Their separate, albeit parallel, experiences with the same dermatologist put them each on a path to pursue the same specialty.

Today, Sutherland and Clements want the practice they founded and co-own, Dockside Dermatology, to set the industry standard in the Annapolis area.

“We can be the business owner and the doctor at the same time, and we can have both mindsets and marry the two objectives into a better product to give the patient,” Clements explained.

Feeling the need for a smaller, more personal option for dermatological services in the area, Sutherland reached out to Clements, a friend from residency who was then finishing up a fellowship in California, to plant the seed of going into business together.

“We share the same goal in how we want to practice medicine,” Sutherland said of the decision.

After months of coordinating from opposite coasts, Sutherland and Clements brought their vision to life just before Christmas of last year. Also born that week — Clements’ first child.

“She had her baby right as we opened,” Sutherland recalled of the flurry of activity surrounding their opening.

Less than a year in, their mission to provide comprehensive dermatological care is well underway.

Services provided at Dockside Dermatology include skin checks, treatment for acne, rashes, warts, molluscum, hair loss, nail issues, skin cancer, keloids, psoriasis and eczema. The business offers cosmetic products and procedures such as chemical peels, microneedling, hair restoration, Botox, Dysport and ear piercing.

Laser treatments for dark spots, rosacea and hair removal, as well as photodynamic light therapy to prevent skin cancer, are also available.

Just this month, Dockside began offering narrowband ultraviolet B for those patients wanting an option other than medication to treat their skin condition.



“We’re really trying to offer bread and butter dermatology, everything you could possibly need here, so that the patient doesn’t have to go outside of our system for anything dermatological,” Sutherland said.

Perhaps the most medically consequential services they offer are those pertaining to the screening and treatment of skin cancer, a disease that’s widespread in the Chesapeake region, as it tends to go hand in hand with life on the water.

“I loved the field of being able to treat skin cancer,” Sutherland said. “It’s the one cancer that presents itself right in front of your eyes, and you can detect it early, and when you do detect it ear-



# DOCKSIDE

## DERMATOLOGY

“

As we grow, I really want to bring the people who are the leaders in dermatology to our practice.”

—Dr. LESLEY SUTHERLAND

“

When we go home at night, I just feel this deep sense of fulfillment that we're doing something meaningful and that we're doing something for the community that matters.”

—Dr. STEPHANIE CLEMENTS



## ***Dockside Dermatology is committed to comprehensive, collaborative care.***

ly, there's often a very high cure rate.”

When Sutherland set out to start her own practice, her personal friendship and shared medical philosophy with Clements made for a natural partnership. Additionally, Clements brought to the table expertise in Mohs surgery, a procedure that removes two of the most prevalent forms of skin cancer.

“Mohs allows a really small margin of normal skin around the skin cancer to be taken, which leaves the patient with the smallest scar and the highest cure rate,” Clements explained.

While Mohs surgery is a common procedure, it's not always common to have it done in your dermatologist's office, Sutherland said.

Dockside Dermatology is committed to comprehensive, collaborative care. With a Mohs surgeon in-house, patients are able to have biopsies, consults and surgery all under one roof, with the reassurance and guidance of doctors they already know.

“That's something that we feel strongly about and that we specifically wanted to bring to this practice, that the patient would just feel like they're being walked through whatever they're going through,” Clements said.

Sutherland added, “It's how medicine should be across the board.”

Dockside Dermatology's spacious office, designed by Sutherland and aptly decorated in a nautical theme, boasts 12 exam/

treatment rooms and two waiting areas — plenty of room for their staff of 10 to grow.

“As we grow, I really want to bring the people who are the leaders in dermatology to our practice.”

Sutherland credits her parents for her entrepreneurial spirit.

“I always kind of wanted to open my own practice. My mom and dad, they were small business owners and my dad was an entrepreneur and always venturing out on different projects,” she said.

So far, it's been smooth sailing. The intended feel of their practice may be small, but the expected outcome is quite the opposite.

“I do feel like we're changing the whole field of dermatology in this area for the better,” Sutherland said.

Clements said the mission and the culture behind what her business is doing is exciting.

“When we go home at night, I just feel this deep sense of fulfillment that we're doing something meaningful, and that we're doing something for the community that matters,” Clements said.

*Dockside Dermatology is located at 8601 Veterans Highway in Millersville. For more information or to book an appointment, call 410-934-5400. ■*

# Dressing To Boost Yourself And Your Overall Wellness



**Rose M. Walker**  
Owner and  
Creative Director  
House of  
Design + Co.

**Y**our clothes should make you happy. Style is subjective, and people have different preferences for color, cuts, materials and accessories. However, few people realize these different items can make them happy, leading to improved overall wellness.

The way you look at yourself and your mental health is directly connected. Studies have shown that women or men who opt to dress well or just look at themselves more confidently have better well-being and perspective in life.

Dressing well is so much more than just being current or stylish. It can be impactful and have a considerable effect on your daily mood. Many men and women feel that if they can't wear what they wore in their 20s, it's not worth putting effort into their style. Dressing for who you are now, at any age, can truly make you happier in the present.

Here's how:

## Boosts Confidence

Dressing well makes you feel more confident. It naturally brings a sense of confidence to your mind while activating the happiness in your mood. Looking your best can affect the way you stand, walk and present yourself, leading to a great first impression. This is true for any occasion. If your style is just right and unique to who you are, it can make you feel terrific knowing that you are showing your authentic self to the world.

## Affects Mindset

Clothing can affect people's mindsets. A power suit can make you feel ready to take on the world. If you're going out on the town, you can't go wrong with a little black dress. Whatever the occasion, there's an outfit that can make you feel ready to take it on. A person who dresses well also leaves a positive message among people around them.

It can define how ambitious you are about your own life and goals. How you see yourself is permission granted for the world to do the same.

## Form of Expression

Clothing is an art form where people can express themselves freely. Identity is an important part of mental health, and staying truly authentic to yourself and showing it can make anyone feel better. Expressing yourself through your outfit choices can allow you to feel happier regardless of what other people say or think. Whatever you wear, it's what you think of yourself that matters.

Not sure where to start? Consider a personal stylist or body image consultant who can help you select the right colors and styles for every beautiful body type. Try on lots of styles — even those you think may not work for you. You'll be amazed by the instant mood boost!

*Explore the latest fashion trends, experience personalized styling sessions and enjoy family fun, food and music at the Bohemian Black Festival from September 16-17 at the Earleigh Heights Volunteer Fire Company. A VIP ticket includes a one-on-one styling session to start you on your journey. Visit [www.thebohemianblackfestival.com](http://www.thebohemianblackfestival.com) for tickets.* ■







**Rose M. Walker**  
owner + creator director

We believe in creating beauty in all aspects of life, whether designing and selling apparel, creating stunning events or recreating a better **YOU!** Our brand knows **BEAUTY.**

## Our Brands

### House of Design: Events

Event Planning &  
Decor



### Walking Roses: Styling

Personal Styling



### Bohemian Black

Lifestyle Apparel &  
Accessories



House of Design & Co. Presents

# THE BOHEMIAN BLACK FESTIVAL

SEPTEMBER 16-17, 2023



## Upcoming Events

### Bohemian Black Pop-Up:

Fridays & Sundays: 9:00AM-2:00PM

Saturday Shopping Party: 4:00PM-7:00PM

*(Live Music and Cocktails)*

**The Station/Yoga Barn**-44 W Earleigh Heights Road,  
Severna Park MD 21146

### Bohemian Black Festival

*LIVE Music. Fashion. Food. Family and Fun*

This family friendly community event will have something for everyone. From experiencing the thrill of outdoor laser tag or face painting to exploring our diverse vendor marketplace and unwind in our delightful bar lounge.

☎(301) 377-6370

🌐 [houseofdesignandco.com](http://houseofdesignandco.com)

📍 45 W Earleigh Heights Road, Severna Park, MD 21146 (coming soon)



# Gastroesophageal Reflux Disease



**David Jencks**  
Gastroenterologist  
Anne Arundel  
Gastroenterology  
Associates

**A** common condition that our providers treat is gastroesophageal reflux disease (GERD). Gastroesophageal reflux occurs when stomach juice moves in a backward direction and contacts the tissue of the esophagus.

In approximately 20% of the U.S. population, this event causes unwanted symptoms such as heartburn, acidic taste in the mouth, persistent cough, hoarse voice and difficulty swallowing. When left

*Continued on page 20*

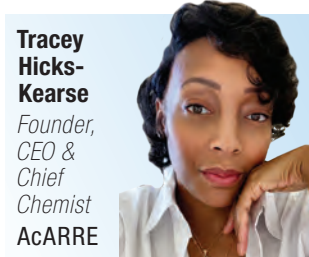


# ANNE ARUNDEL GASTROENTEROLOGY ASSOCIATES

410-224-2116 • aagastro.com  
820 Bestgate Road, Annapolis, MD 21401  
8109 Ritchie Hwy, Suite 102, Pasadena, MD 21122  
4175 N. Hanson Court, Suite 304, Bowie, MD 20716  
130 Love Point Road, Suite 106, Stevensville, MD 21666  
1215 Annapolis Road, Suite 201, Odenton, MD 21113  
7855 Walker Drive, Suite 100, Greenbelt, MD 20770



# Rebalance Your Skin Microbiome



**W**hen we go to the beach or pool, we expose our skin to a variety of factors that can disrupt our skin microbiome. The skin microbiome is the collection of microorganisms that live on our skin, including bacteria, fungi and viruses. These microorganisms play an important role in protecting our skin from harmful pathogens and maintaining a healthy skin barrier.

One of the main factors that disrupts the skin micro-

biome at the pool is exposure to chlorine. Chlorine is a common disinfectant used in swimming pools to kill harmful bacteria and viruses. However, it can also kill off beneficial bacteria on our skin, disrupting the balance of our skin microbiome. Additionally, exposure to saltwater at the beach can also disrupt the skin microbiome, as salt can be drying and irritating to the skin.

To get our skin microbiome back to a healthy balance after exposure to chlorine or saltwater, there are a few things we can do. First, it is important to rinse off with fresh water as soon as possible after swimming. This can help to remove any residual chlorine or saltwater from the skin, reducing the drying and

irritating effects on the skin.

Next, using a gentle, pH-balanced cleanser can help to restore the skin's natural balance of beneficial bacteria. Look for a cleanser that is free from harsh ingredients like sulfates and parabens, as these can further disrupt the skin microbiome. You can use a multi-use treatment powder to make your own face mask to gently cleanse, decongest pores and exfoliate skin in a healthy and balanced manner without disrupting your skin's homeostasis. Also, a multi-use treatment oil can be used as a cleansing oil to support, maintain and nourish the skin's microbiome.

In addition to cleansing, using a moisturizer can also help to restore the skin's nat-

ural barrier function. Look for a moisturizer that contains ingredients like ceramides, hyaluronic acid, and natural oils, which can help to hydrate and soothe the skin. By boosting the growth of the "good" bacteria, multi-use treatment oil will contribute to rebalancing your skin microbiome.

Finally, incorporating probiotics into your skin care routine can also help to restore the balance of your skin microbiome. Probiotics are live microorganisms that can help to replenish beneficial bacteria on the skin and restore the skin's natural barrier function.

For more information, visit [www.acarre.co](http://www.acarre.co). Email [info@acarre.co](mailto:info@acarre.co) with any questions you would like to ask. ■

*beauty refresh*



MULTIUSE  
TREATMENT POWDER

## BENEFITS

### Purifying Deep

**Cleansing:** Immerse your skin, scalp, and hair in the purifying power of Beauty Refresh as it eliminates dirt, impurities, and toxins, leaving you feeling refreshed and revitalized from within.

### Youthful Revitalization:

Experience the secret to a more youthful and vibrant appearance as Beauty Refresh gently exfoliates and reveals a smoother and healthier skin layer, revitalizing your skin, scalp, and hair for a radiant and revitalized look.

### Nourishing Hydration:

Indulge in the nourishing benefits of Beauty Refresh as it replenishes essential nutrients and moisture, hydrating your skin and leaving it plump and supple, while also taming dryness and frizz for irresistibly soft and manageable hair.



**ACARRE™**

*True Vision of Beauty... You!*

Balanced microbiome for healthy scalp & skin



# The Importance Of Back-To-School Vaccines

Following Governor Wes Moore's proclamation of August as Immunization Awareness Month in Maryland, the Maryland Department of Health is urging parents and caregivers to make sure their children are up to date on their back-to-school vaccinations.

A social media campaign will take place across the department's Twitter, Facebook and Instagram accounts.

"Our children deserve the best protection we can give them against preventable diseases, so we urge all parents to keep their children updated on their vaccinations, especially those required for school enrollment," said Maryland Department of Health Secretary Laura Hererra Scott. "We want to start the new school year with every child healthy, happy and ready to learn."

The campaign features videos of Maryland pediatricians and pharmacists, as well as graphics and helpful resources highlighting the importance of back-to-school vaccinations for children and adolescents.

"Parents no longer worry about measles or polio, or a dozen other diseases which used to be prevalent in our society, because of vaccines," said Dr. Nilesh Kalyanaraman, deputy secretary for public health services. "We have also made it through the pandemic, in part because of the protection we received and continue to receive from COVID vaccines."

Childhood vaccines prevent approximately 4 million deaths worldwide annually, according to the Centers for Disease Control and Prevention. In addition to immunizations that infants and young children receive, important protection is also provided against HPV and meningitis through vaccines available for adolescents.

Maryland maintains specific vaccination requirements for participation in child care and public schools. For more information about back-to-school vaccinations, visit [www.health.maryland.gov/immunization](http://www.health.maryland.gov/immunization). To find a local vaccination clinic near you, visit [www.marylandvax.org](http://www.marylandvax.org). ■





# Hybrid Training For Everyday Fitness

**BK Blankchtein**  
Masada Tactical



Hybrid training, popularized by CrossFit athletes during their offseason, combines endurance training with weightlifting to address the need for both strength and stamina in everyday life.

In today's fast-paced world, diverse physical activities require preparedness in various movements and challenges.

By alternating cardiovascular and weight-training days, hybrid training offers a com-

prehensive approach to fitness. Cardiovascular exercises enhance endurance and overall stamina, while weightlifting builds strength, power and bone density.

Its adaptability makes it suitable for different fitness goals and skill levels, be it athletic performance, weight management or overall health. Hybrid training has become a well-rounded fitness approach that meets the demands of modern life. Promoted by prominent athletes, it ensures the ideal balance of strength and stamina for a healthier and more active lifestyle.

A sample hybrid workout week could include six days of

*Continued on page 22*



## PROTECT WHAT MATTERS



7 DAY  
FREE TRIAL



**KRAV MAGA**  
**SELF DEFENSE**  
**CONDITIONING**

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



## LITTLE WARRIORS RESTARTING ON SEPTEMBER 5TH!

Youth Ages 5 - 10 | Teens 11 - 15

Masada has worked diligently to create a curriculum that exceeds most parents' expectations of teaching concentration, self-discipline, and functional self-defense.

(443) 906 - 2095

## Four Tips To Convince Elderly Parents To Stop Driving

**Continued from page 11**

essential for preventing social isolation. Reduce resistance to give up driving by creating a list of realistic transportation options. Seeing these alternatives on paper will reassure seniors that they'll still have independence.

Some ideas to assist are to arrange a ride schedule with family and friends, take public transportation or get rides from volunteer drivers at community service organizations.

### Be understanding and give them time to accept the changes

**4.** Convincing a senior to stop driving means asking them to make a significant change. Giving up their independence will drastically impact their quality of life, so it's understandable that they may get upset. Give them time to accept the changes and space to work through their feelings. Because it's such a big adjustment, it may take more than one conversation before they give up the car keys.

*At Lean on Dee Senior Home Care Services, a team of compassionate caregivers provides home and personal care services for seniors and their families. Lean On Dee specializes in dementia care, offering education, resources, and respite care for families and caretakers. For more information, call 410-449-4538 or visit [www.leanondee.com](http://www.leanondee.com).*

## Gastroesophageal Reflux Disease

**Continued from page 16**

untreated for an extended period, reflux can ultimately lead to precancerous and cancerous changes.

Reflux events are more likely to occur when the barrier between the esophagus and stomach is compromised. Common examples, which result in a less than ideal barrier, include being overweight; consuming spicy and rich foods, cigarettes, or alcohol; a hiatal hernia and the hormonal changes of pregnancy.

The best way to treat your acid reflux is to lose weight, avoid eating more than four hours prior to bedtime, and minimize the bothersome foods and behaviors listed above. If symptoms persist despite these efforts, there are three main drug classes available both over the counter and by prescription.

The drug classes include calcium carbonate containing medications (Tums, Rolaids), histamine 2 receptor blockers (famotidine, cimetidine) and proton pump inhibitors (pantoprazole, omeprazole,

esomeprazole).

The severity and frequency of your symptoms dictates which type of medication is best for you. Additionally, like any medication, there are potential side effects, and these should be reviewed with your provider prior to extended use.

GERD is a risk factor for esophageal cancer. Long-term, uncontrolled exposure of acid to the esophagus results in genetic changes within the esophagus tissue that lead to esophageal cancer. A key role of your gastroenterologist in the prevention of esophageal cancer is to screen for Barrett's esophagus.

Barrett's esophagus is an intermediate step between normal tissue and esophageal cancer, which can be detected via endoscopy by taking a biopsy. When it is detected, there are treatment options available to remove these cells and their troublesome downstream effects.

Gastroesophageal reflux disease is a fairly common but complex disease. Effective management involves education, behavioral changes,

and potentially conversations regarding medications and cancer screening with your gastroenterologist.

*AAGA has been a pillar of the local health care community for over four decades, diagnosing and treating all symptoms and diseases associated with the GI tract (esophagus, stomach, small bowel, colon), pancreas, liver and gallbladder. Common symptoms and diseases include gastroesophageal reflux disease (GERD); inflammatory bowel disease (IBD), including Crohn's disease and ulcerative colitis; colon cancer prevention; Celiac disease; fatty liver and pancreatic inflammation; cysts and cancer. AAGA includes 10 physicians and six midlevel providers who are all taking new patients and are excited about caring for their community. Its main campus is located in Annapolis, with satellite offices located in Greenbelt, Odenton, Bowie, Pasadena and Kent Island. Visit [www.aagastro.com](http://www.aagastro.com) or call 410-224-2116 to schedule an appointment.*

## Living Better With Bioidentical Hormones

**Continued from page 6**

Bioidentical hormones hold promise for even safer hormone replacement therapy. A study published in the January 2009 issue of Postgraduate Medicine reported that "physiological data and clinical outcomes demonstrate that bioidentical hormones are associated with lower risks, including the risk of breast cancer and cardiovascular disease."

Synthetic HRT comes in

a variety of forms — patches, gels and creams. But bioidentical hormones offer a longer lasting and safer delivery system: time-released pellet implants. The tiny pellets, smaller than a grain of rice, duplicate the exact molecular structure of the human hormone. They also are available in variable dosages. And the inserts are convenient; the pellets last about three months, so you don't have to remember to take a pill every day.

Since medical experts say HRT is very effective and its benefits outweigh the risks for healthy women under 60, women have a real chance of improving their quality of life through prescription HRT. Bioidentical hormones in pellet form provide replacement therapy in a consistent, personalized dosage that comes in a molecular form that matches the human body. Don't suffer through "The Change" — talk to a hormone specialist today.



# Lip Care Is An Important Part Of Your Oral Health Routine

## NAPSI

**L**ips are one of the most sensitive organs in the body, composed of more than 1 million nerves, yet they are often neglected and not treated properly.

## Why protect your lips

Lips are the body's thinnest and most fragile layer of skin and lack the sweat glands — or sebaceous oil glands — necessary to provide strong protection. This combination of thin skin and lack of natural moisturizing leads to dryness and susceptibility to becoming chapped, especially in drastic weather conditions. Over time, untreated chapped lips could lead to severe oral deterioration and susceptibility to wounds.

As seasons and temperatures change, lips can be greatly affected if not properly cared for. During the hot summer months, it's important to protect your lips with lip balm and sun protection factor (SPF) lip care. Continuous and unprotected sun exposure can cause breakage to the skin barrier and lead them to look aged and discolored, and in some cases, even to oral cancer.

No matter the weather — or your age — it's important to pay close attention to your lips, and to develop a regular lip care routine to help keep your lips soft, smooth and healthy.

## How can I protect my lips?

Many people may think that licking their lips provides them with sufficient moisture, but in reality, this actually dries them out even more. To keep your lips hydrated, use a moisturizing lip balm, which can be applied as often as you feel your lips need a hydration boost.

When looking for a good lip balm, check the ingredients



for shea butter, which is a great source of moisturization. Also, when choosing a lip balm, check for SPF 30 or SPF 40. Even if it's not sunny outside, there are still strong rays that can cause more damage to your lips.

Another way to protect your lips is by exfoliating at least once a week using sugar or salt mixed with your preferred nourishing oil, then follow up with a lip balm. When exfoliating, make sure you're not applying too much pressure because you don't want to break the skin barrier any further.

Your body works in wonderful ways to communicate what it needs, so make sure to listen and look at what it is saying. Following these simple and easy steps will let your lips be full and healthy, which contributes to your overall well-being. ■

**Lips are one of the most sensitive organs in the body, composed of more than 1 million nerves, yet they are often neglected and not treated properly.**

## Hybrid Training

Continued from page 19

training as follows. Endurance days (Mondays, Wednesdays and Fridays) will challenge you with a treadmill, assault bike, indoor rower or similar workouts. Weight training days (Tuesdays, Thursdays and Saturdays) take you to the weightlifting room for resistance training. The endurance days offer variety, encompassing long-duration, low-medium intensity workouts, interval training and other conditioning routines. You can also enjoy outdoor activities like trail running, hiking or kayaking.

Weight-training sessions prioritize compound movements, maximizing results by targeting multiple muscle groups simultaneously. Squats, pull-ups and chest presses are some examples of exercises used to build functional strength.

I believe that training should not only enhance your health

and body composition but also support your daily activities. Consider an approach beyond standard training, including two essential components: functional-specific exercises and self-defense training.

Functional-specific exercises focus on enhancing specific muscle groups and movements for everyday life. Strengthening the core (including abdominals and lower back) contributes to overall stability and mobility. Improving grip strength proves invaluable for daily tasks, sports and activities.

Self-defense training empowers you with vital skills, boosting self-confidence, and providing the ability to protect yourself and your loved ones.

You can transform your fitness and well-being using hybrid training. Embrace the challenge and seize the opportunity to become a fitter, more confident version of yourself.

Now go get after it! ■

## Momentum

Continued from page 5

the time in the health and fitness world.

Often, the idea of starting a new program, or even returning after time away from exercise, can seem daunting.

The momentum of not regularly exercising is powerful. It can make us say things like, "I'm just not an exerciser" or "I've totally fallen off; it's too hard to go back." Even, "I don't feel like doing that right now."

But just as the momentum of not being active regularly is powerful, so is the momentum of creating a new fitness habit.

Just like the jet-setter flying around the world, hopping on a flight at a moment's notice and loving it, the same can happen with developing a healthy routine.

I have seen it thousands

of times over in my 24-year fitness career. So much so that "I never thought I would become a regular exerciser" is a common statement heard around our fitness center.

And the most important step here is starting.

Not planning it all out. Not waiting for the perfect time. Not finding any number of other reasons not to do it today.

But simply, just starting.

Sure, finding something with a level of support and connection can help, but the true magic is in just beginning. We know so many people who were overwhelmingly glad they did and wondered why they waited so long in the first place.

Much like traveling. By the end of the trip, I often don't want to leave and wonder what the big deal was in the first place. ■

**NEW!**

# PICKLEBALL

at

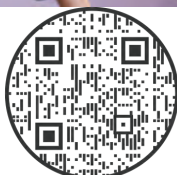
## Severna Park Racquetball & Fitness Club



**Cafe Open Daily!**

**8514 Veterans Hwy  
Millersville, MD**

**410-987-0980 SPRFC.com**



Scan Me

## SEVERNA PARK VOICE

SERVING OUR COMMUNITY SINCE 1981

### Publishers

Dianna Lancione  
Lonnie Lancione

### V.P., Operations

Brian Lancione

### V.P., Business Development

Jonathan Katz

### Editor

Zach Sparks

### Assistant Editor

Mark Patton

### Editorial Assistant

Lauren Cowin

### Staff Reporter

David Bashore

### Sales Account

### Executive

Larry Sells

The *Severna Park Voice* is published by

**THE VOICE MEDIA INC.**

Family owned and operated since 1981

Please send your news to:

[spvnews@severnaparkvoice.com](mailto:spvnews@severnaparkvoice.com)

P.O. Box 608, Severna Park, MD 21146

410-647-9400

No part of this publication may be reproduced without permission of the publisher ©2023. The publisher is not responsible for any errors, omissions, etc. Views expressed are not necessarily those of the publisher.





## The Benefits Of Choosing A Chiropractor



**Ross Kennard, D.C.**  
*Neuro-Muscular-  
 Skeletal Specialist*  
**Kennard Chiropractic  
 & Physical Therapy**

**A**lmost everyone has experienced physical trauma, from slipping on a wet floor to an automobile accident. Regardless of the severity of the injury, it may cause a weak link in the body's neuromuscular system that results in pain, weakness and possibly dysfunction.

Many medical problems are neuromuscular in nature. Chiropractic adjustments may help stabilize joints and allow the nervous system to function optimally, and while medicine and surgery are still reliable treatments, the whole-body

approach is making inroads into the current thought process when it comes to healing.

According to the American College of Physicians (ACP), lower back pain is one of the most frequent reasons people visit the doctor. The 2017 guidelines from the ACP state that for low back pain, spinal manipulation should precede opioids. The guidelines suggest that doctors recommend exercise and treatment — like heel wraps, yoga and spinal manipulation — before turning to medications like opioids or over-the-counter painkillers.

The ACP also notes that exercise or alternative therapies can work as well as or better than medications without the side effects. The doctors group also strongly discourages opioids since research suggests these drugs are only

modestly effective for back pain and carry serious risks including overdose and addiction.

A combination of chiropractic and physical therapy may help patients heal quicker and reduce the need for surgery. The medical industry is not the only player that has come to see the cost benefits of chiropractic as some insurance companies have recommended chiropractic to their customers. The cost benefit is there, as is the ability to heal a person's body.

Kennard Chiropractic & Physical Therapy is proud to offer patients care from three chiropractors and a supporting team that will guide patients to better health. The team recently welcomed its newest chiropractor, Dr. Dominic Sgroi. To see what makes Kennard Chiropractic & Physical Therapy special, check out its Google reviews. ■



# KCPT

## KENNARD CHIROPRACTIC & PHYSICAL THERAPY

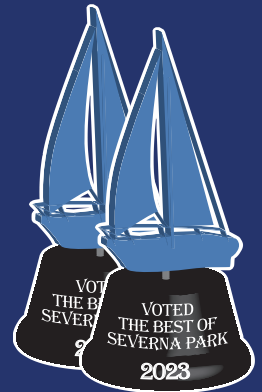
# KCPT: Dedicated to providing the best care possible to our patients

Since 2007, **Kennard Chiropractic & Physical Therapy (KCPT)** has been fully dedicated to providing a personal care facility that enhances your health and improves your quality of life.

We do this by providing patients with chiropractic solutions to address their unique needs, whether you are experiencing back pain, neck pain, headaches, or even muscle tightness and tension.

And as we continue to expand our services to a growing patient base and provide the best service possible, we welcome a new doctor to our staff: Dr. Dominic Sgroi.

At KCPT, we strive to make patients feel at home and taken care of. That's why people throughout Severna Park and beyond choose KCPT.



### Best Chiropractor 2022 • 2023

*Voted by the readers of  
the Severna Park Voice.*



Dr. Ross Kennard and Dr. Patricia Beall are accepting NEW patients!

**Thank you for the opportunity  
to help our community and work  
towards optimal health.**

650 Ritchie Highway, Suite 106  
Severna Park, MD 21146

[kennardchiropracticandpt.com](http://kennardchiropracticandpt.com)

# 410-421-5544



**Dr. Ross Kennard**



**Dr. Patricia Beall**



KCPT Welcomes

**Dr. Dominic Sgroi**