

# Health, Beauty & Fitness



SEVERNA PARK  
VOICE

JANUARY 2025



## UM BALTIMORE WASHINGTON MEDICAL CENTER *Page 10*

UM BWMC moved its cardiology team into the third floor of its outpatient care center. The new space aligns practices that specialize in the heart and lungs.

## Aging Parent Care *Page 6*

How adult children can encourage their aging parents to make changes for their own benefit.

## A Healthier 2025 *Page 13*

Consider these health and fitness hacks to make big improvements in the year ahead.

## Dry Eye Relief *Page 15*

This chronic condition can significantly impact your life, making small tasks seem difficult.



# Light Adjustable Lens For Cataract Patients

**Allan Rutzen, MD**  
Rutzen Eye Specialists  
& Laser Center



## *Cataracts and Cataract Surgery*

A cataract is the term for when the clear natural lens in the eye becomes cloudy, usually due to age or injury. Cataracts are a natural part of aging, and almost everyone will get cataracts if they live long enough. Cataracts cause blurry vision and glare. When the cloudiness in the lens reaches a point where it impairs a person's ability to see well for driving, reading and other daily activities, surgery is necessary.

During cataract surgery, the cloudy natural lens is removed, and a clear artificial lens (an implant lens) is inserted. Advances in cataract surgery, such as the new Light Adjustable Lens, can be an opportunity to achieve excellent vision and reduce the need for glasses.

## *Fixed Implant Lenses*

Most implant lenses that are used in cataract surgery are fixed implant lenses. Every implant lens has a built-in prescription that is selected prior to surgery using pre-op measurements. After cataract surgery and the healing process, many patients with fixed implant lenses have improved vision and come close to the target of clear vision without glasses, but many patients still need glasses to see clearly at a distance.

## *Adjustable Implant Lens*

The Light Adjustable Lens is a state-of-the-art implant lens that allows ophthalmologists to customize a patient's vision after cataract surgery. The cataract removal and implant lens insertion are the same with either a fixed lens or an adjustable lens. The main difference is that the Light Adjustable Lens is fine-tuned after the eye has had a chance to heal for about three weeks. The adjustment can be done in an ophthalmologist's office, and no additional surgery is needed.

The adjustment is made using a device that delivers ultraviolet light to the

implant lens to adjust the power of the lens. Between three and five total light treatments are used to adjust the lens. Each treatment lasts approximately one to two minutes. With the use of the light adjustable lens, patients are more likely to achieve 20/20 vision without glasses compared to cataract patients who have fixed implant lenses.

For most patients, health insurance or Medicare covers the surgeon's fee for cataract surgery, the surgery center fee, and anesthesia fee (deductibles and copays may be required). There is an out-of-pocket expense for the Light Adjustable Lens that is not covered by health insurance or Medicare. The lens has an additional out-of-pocket expense because the special implant lens is more costly, and more doctor/patient time is needed in the post-op period to measure and adjust the lens for your best possible vision.

If you have a cataract and are considering surgery, there are a number of options for implant lenses used in cataract surgery. Dr. Rutzen is happy to explain the advantages and disadvantages of the various options to you.



*Dr. Rutzen is an ophthalmologist who specializes in state-of-the-art cataract surgery and has practiced in the area for 28 years. For more information or to schedule an appointment, call Rutzen Eye Specialists & Laser Center at 410-975-0090. The office is located at 489 Ritchie Highway in Severna Park. Visit [www.rutzeneye.com](http://www.rutzeneye.com) for more information.* ■

*If you have a cataract and are considering surgery, there are a number of options for implant lenses used in cataract surgery.*

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Allan Rutzen, MD, FACS



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# Treating Your Circulation Right

**Robert Dougherty, PA-C**

Vascular Surgery Associates LLC

**M**aintaining healthy arteries and veins is crucial to supporting a good lifestyle. Damage or disease to either of these vessels can result in various symptoms including — but not limited to — leg pain with or without walking, leg swelling, varicose veins, spider veins, and even strokes. Being aware of your circulatory system helps you stay ahead of these diseas-

es and prevents symptoms from developing.

Arteries can develop plaque or even clot within and may result in pain in the leg, prevent sores from healing, or put someone at risk for a stroke. This is referred to as peripheral arterial disease. Primary sources related to plaque development are diabetes, smoking, high blood pressure and high cholesterol, to name a few. Controlling these diseases with the assistance of your primary care provider as well as associated specialists is very important.

As time goes on, it can be crucial to monitor the progression of underlying arterial disease. This begins

*Continued on page 18*



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# Elevate Your Wellness With Cupping, Himalayan Hot Stones, And Warm Bamboo Massage

**Virginia Van Diest**  
Image Creators



## Cupping Therapy

Cupping is a time-honored technique rooted in traditional Chinese medicine. This service uses suction cups

placed on the skin to create negative pressure, which helps improve circulation, release muscle tension and promote lymphatic drainage.

Many clients report reduced pain, improved mobility and a sense of relaxation after a cupping session. It's particularly effective for addressing chronic tension, deep muscle knots, or recovery from physical exertion.



## Himalayan Hot Stone Massage

Combining the therapeutic warmth of heated Himalayan salt stones with the gentle pressure of massage, this service is both deeply relaxing and detoxifying. The salt stones release beneficial minerals while their warmth melts away tension in muscles, promoting improved circulation and reducing stress. Ideal for anyone who feels

*Continued on page 16*

**W**hen it comes to relaxation and therapeutic care, specialized massage techniques can take your self-care routine to the next level. From ancient methods to modern innovations, services like cupping, Himalayan hot stones and warm bamboo massage offer distinct benefits tailored to your body's needs. Whether you're seeking pain relief, stress reduction, or a deeper connection to wellness, these treatments provide a unique approach to help you feel your best.

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## New Year — New Massage Services

### New Massage Offerings

- Cupping Therapy
- Himalayan Hot Stone Massage
- Warm Bamboo Massage

### 15% OFF Any Massage

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### Massage Offer with Virginia Van Diest

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# Facing The Future Together

## *How To Approach Difficult Conversations With Aging Parents*

**Samantha McDaniel**

Founder

Aging Individualized —  
Aging and Dementia  
Care Navigation



### **D**oes this situation sound familiar?

Your mom has had two falls on the stairs, but fortunately, she hasn't been injured. You suggest she move to a home without stairs for safety, and she immediately snaps, telling you to mind your own business.

More often than not, adult children are placed in the challenging position of having to encourage — or even push — their aging parents to make changes for their own benefit. Aging adults are often

*Continued on page 14*



## Guiding you Through the Unknowns of Aging and Dementia

**Aging Individualized** assists care partners and aging individuals to navigate the often-confusing healthcare system, ensuring you're prepared for the "what ifs" of healthy aging, as well as, aging with Dementia. Samantha also provides hands-on care management, offering personalized support to individuals who need help managing their health, daily affairs, and long-term care decisions.



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**Samantha McDaniel, MA, CDP, MT-BC, ALM**

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# New Year, New You: Time For Your Glow-Up

**Natalia Biles, MD**  
Dockside  
Dermatology



you — and, more important-ly, what actually works? Let's break it down.

## The Basics: Skincare Doesn't Have To Be Complicated

While many people swear by a 10-step skincare routine, most skin types need only three essential products to stay healthy and youthful: a vitamin C serum, a moisturizer with sun protection factor (SPF), and a retinoid cream.

- **Vitamin C Serum:** This antioxidant powerhouse boosts collagen production, brightens skin tone, and helps prevent and repair sun damage. A must-have for anyone looking to

*Continued on page 16*



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Dockside Dermatology is excited to announce the addition of **Dr. Natalia Biles** and **Rachel Midwinter, PA-C** to our practice. With this expansion, we are able to offer same day appointments!





# Youth Sports Are Vital For The Health Of A Community

## *American Kids' Participation Is In Decline Nationally*

**Matthew  
Heffernan**  
TGA



**T**he sun had set on our last game of the season, and we were playing on a field with no lights. The outcome of the game was all but preordained, given that our 8-year-old home team bat-

ters were going to be stepping in the box with a level of visibility that would hamper even a college ballplayer. I watched and cheered as they squinted and swung their hearts out. I mean, grit their teeth and really let it rip.

We saw the disappointed looks on their faces when they didn't, in fact, end up putting the ball in play. When it was all over, the kids all lined up and shook hands with their chins up. They quickly put away all their gear and then came out to first base to circle up.

I'll admit, I was pretty sad about it myself. When I looked up, though, there were no sad faces. As I looked around the circle, every kid was smiling. Well, smiling or beatboxing fart noises; they're 8, after all. We shared with them how proud we were of how hard they tried, and all the things they did well, and that they did it together. They were happy. They put their hands in the middle and gave us a team yell for the record books. It was at that moment that I knew I had chosen the right career.

Coinciding with that baseball season, I had changed jobs. I was now going to facilitate small group lessons in kids' sports. It was a dramatic change of industries, too. After that season, I had a palpable sense of purpose. It wasn't just that I could be involved with youth sports for my livelihood, a much more fun and lighthearted line of work, but that I would be given a chance, every day, to make a difference in the life and future of a young person.

That moment, in that heartbreaking loss that would ensure we would not have a winning season, what I saw those kids do made me realize just how important youth sports are for a successful and fulfilling adulthood. They displayed three core



traits, which I believe are vital to positive emotional well-being: resilience, tenacity and perspective.

I saw them bounce back, emotionally. The degrees to which resilience might be essential in one's day-to-day life are variable, of course. They could, like me, end up spending 10 years doing a sales job (the career I had before this one). They could wake up every day and not know just how many rejections they would receive. As adults, they could pursue a future in engineering, chemistry, policy, the arts, or countless other professions that are fundamentally built on trial and error. If they do, they will have had a decade or more of sports losses to inform their abilities to dust themselves off and go do it some more with their chins in the air.

Those kids locked themselves in, with barely a whisper of dusk light remaining, and they set themselves to the task in front of them. They might not have been able to vocalize that it was harder, or how much harder it was to see the ball, but they were laser focused. And they swung hard. As if swinging harder was what it took to overcome the darkness. I can't think of a better metaphor for tenacity. They were being fueled to give greater effort, in the face of a greater obstacle.

It made me think of stories my mom told me about her early days in the publishing industry. How she would repeatedly run up against middle-managers of questionable talent and integrity. How they would put up roadblock after roadblock. When she was told that she couldn't achieve her goals, for one reason or another, it only drove her to work harder and want it more. She did eventually — as a woman in the 1970s, in New

**Continued on page 14**





# TGA

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# UM BWMC Offers State-Of-The-Art Care And Patient Convenience With New Cardiology And Pulmonary Care Locations

*UM BWMC has newly renovated cardiac catheterization laboratories with best-in-class imaging and technology*



*On-site stress and pulmonary function testing laboratories allow specialists to conduct exercise tests to determine the cause of a patient's shortness of breath.*

To serve huge health care needs in the Anne Arundel County community, the University of Maryland Baltimore Washington Medical Center (UM BWMC) made a big move in December.

A member organization of the University of Maryland Medical System (UMMS), UM BWMC moved its cardiology team, University of Maryland Baltimore Washington Heart Associates, into the third floor of its outpatient care center. The new space aligns practices that specialize in the heart and lungs, providing patients with a convenient single location for comprehensive cardiopulmonary care.

According to the Anne Arundel County Department of Health's May 2024 Report of Community Health Indicators, heart disease was the second leading cause of death in county residents. Additionally, the number of pneumonia cases rose significantly. Patients with heart disease and lung conditions often have similar risk factors, such as smoking, high blood pressure, high cholesterol and age.

"Just like the heart and lungs work together, there needs to be a synergy between our medical practices to ensure

that we're helping patients optimize their care," said Jason Heavner, senior vice president and chief medical officer at UM BWMC. "By bringing our experts together under one roof with the latest screening technology, an on-site pharmacist, and innovative treatments, we're able to offer more wraparound services that address the social drivers of health — like access to medications and appointments — and keep heart and lung disease patients healthy and out of the hospital."

As University of Maryland Baltimore Washington Heart Associates President Jorge Ramirez explained, "Most times, it's either the heart or the lungs making patients short of breath, so having the resources next to each other really makes a difference. When patients come into the office short of breath, or with fluid overload, we can now send them right down the hall to give them some Lasix and get them breathing better."

With 22,000 square feet, the state-of-the-art facility in Glen Burnie includes 34 exam rooms, of which 17 are dedicated to cardiology services. The suite also provides space for infusion services, new stress and exercise testing



laboratories and an onsite pharmacist who can assist patients with medication plans. University of Maryland Baltimore Washington Heart Associates provides preventive care as well as treatment for arrhythmia management, cardiomyopathy, congestive heart failure, coronary artery disease, pulmonary embolism, and valvular heart disease.

A key feature of the practice is the level of innovative technology available onsite to assist with diagnosis and treatments, including a new computed tomography (CT) scanner. A high-resolution heart scan is one of the tests the CT scanner will perform. As people age, plaque buildup can clog their arteries, reducing oxygen flow and leading to heart attacks or heart muscle weakness. A noninvasive CT scan can measure the amount of plaque present and provide data that will get people on preventive plans before the heart disease gets worse.

The improved CT technology also creates higher-resolution images, allowing UM BWMC providers to clearly see the heart's structure and already placed stents.

"The newer generation (scanner) is able to take a picture of your heart vessels in literally one heartbeat," said Ratnakar Mukherjee, chair of cardiology and director of the catheterization laboratory at UM BWMC. "Before, we had to capture images of multiple heartbeats and then splice these images together. Now we can see one full heartbeat and have a complete picture; it's amazing technology."

The CT scanner is not the only new technology at UM BWMC. On-site stress and pulmonary function testing laborato-

ries allow specialists to conduct exercise tests to determine the cause of a patient's shortness of breath.

Jeffrey Marshall, chair of critical care and pulmonary medicine at UM BWMC, gave one example of the tests' effectiveness in treating a long-distance runner who experienced shortness of breath while running a marathon.

"While running five miles before getting winded may seem reasonable to most people, for a marathon runner, that may be a sign of something else going on. Using cardiopulmonary exercise testing, we're able to understand if this person is experiencing a cardiac or a pulmonary issue that we need to address," Marshall said. "We are able to diagnose pulmonary disease and other conditions earlier."

The new facility is connected to the hospital, which has an award-winning critical care unit specializing in pulmonary care needs and newly renovated cardiac catheterization laboratories with best-in-class imaging and technology. Later this spring, UM BWMC will open a newly built cardiac catheterization laboratory featuring a 3D mapping system that will allow providers to have a clearer view of the patient's heart from all angles during procedures. With this new 3D technology, cardiologists can offer primary coronary intervention to patients experiencing a heart attack.

"There was a time when we just tried to use just medications," Ramirez said. "The medications were helpful, but they didn't come close to the ability to save somebody's life when you can open up the artery with a stent or a balloon. So that really has made a tremendous difference."

## A High Standard Of Care

As a member organization of UMMS, patients also have access to leading cardiac surgeons who provide consultations in the same building as the new cardiology practice. Specialists also review patient charts to determine individuals who may be appropriate for enrollment in clinical trials.

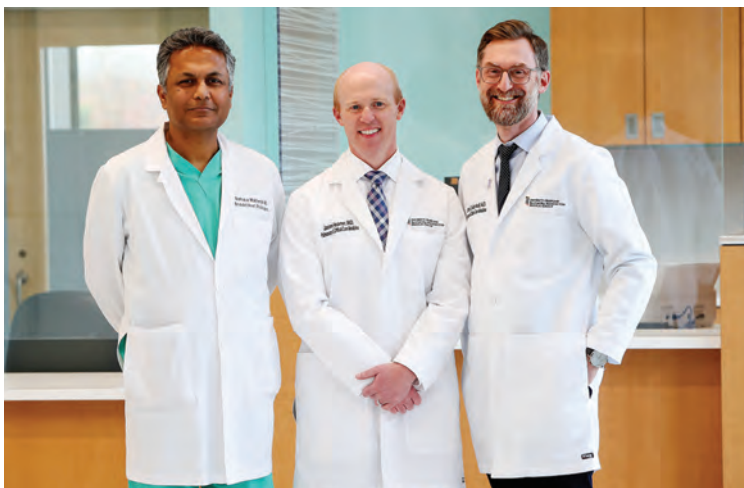
UM BWMC has been recognized by several organizations for its expert cardiology and pulmonary care services. U.S. News and World Report rated UM BWMC as high performing in the care it provides for chronic obstructive pulmonary disease, heart attack, heart failure, lung cancer surgery and pneumonia in 2024.

With the new expansion, UM BWMC is growing to ensure it continues to meet the evolving needs of the community.

"Even though we have grown and gotten really big, we still have the feeling of a community hospital," Ramirez said. "We have people who have worked here for decades. We have patients who have been coming here for decades. I have patients who I've been taking care of for over 30 years and they like coming here over other institutions."

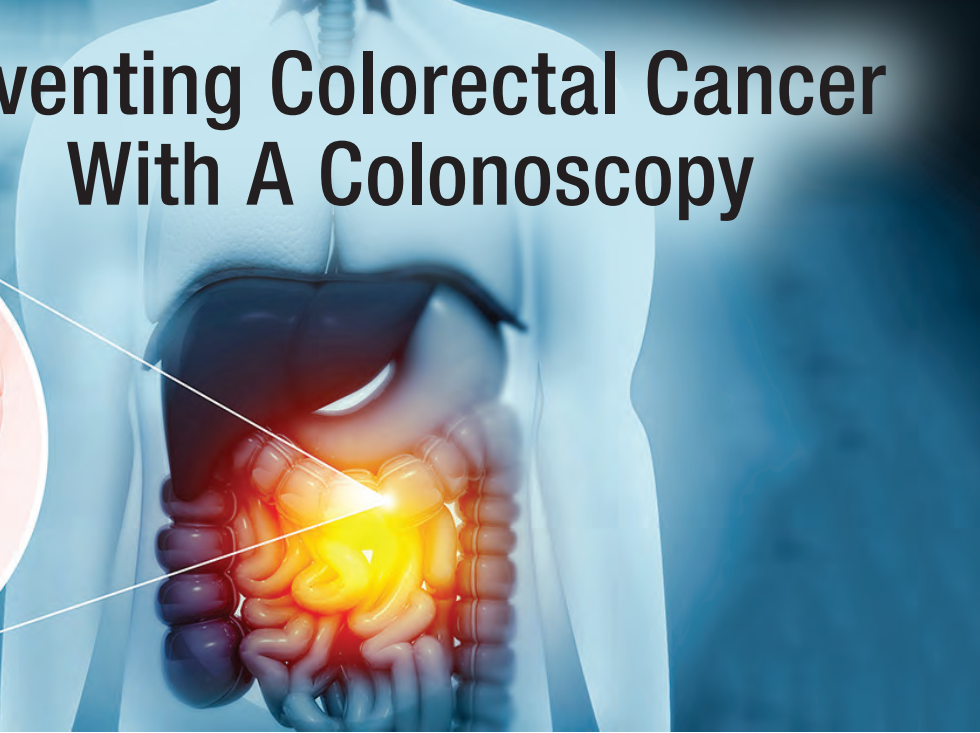
*To learn more about UM BWMC's new cardiology and pulmonary care practices and the medical center's services, visit [umbwmc.org/heart](http://umbwmc.org/heart) and [umbwmc.org/lung](http://umbwmc.org/lung).* ■

**Left: (L-R) Ratnakar Mukherjee, Jason Heavner and Jeffrey Marshall are excited about UW BWMC's new space, which aligns practices that specialize in the heart and lungs. Right: Heart and lung specialists work together because their patients often have similar risk factors, such as smoking, high blood pressure, high cholesterol and age.**





# Preventing Colorectal Cancer With A Colonoscopy



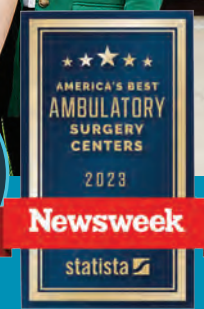
**Raza Hasan**  
Anne Arundel  
Gastroenterology  
Associates



**C**olorectal cancer is a leading cause of cancer incidence and mortality in the United States, ranking as the third most common cancer and the second deadliest among Americans, according to the American Cancer Society. A cornerstone of effective prevention is the screening colonoscopy,

the gold standard for detecting and removing precancerous and cancerous lesions in the colon. Screening colonoscopies not only offer superior accuracy compared to noninvasive methods like Cologuard Plus but also allow immediate treatment, reducing the risk of

*Continued on page 16*



Anne Arundel Gastroenterology Associates, P.A.

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# Top Three Things You Can Do For A Healthier 2025

We are officially in a new year. The holidays are behind us. The colder weather has arrived.

It's officially 2025!

And often, this time of year has us thinking about what we want to do this year. Maybe you have some trips planned or a project to work on at some point this year.

Now, you may be the setting goals and resolutions type of people like us. You may also feel that goal-setting can happen at any time of year, not just January. Both are perfectly fine.

We do tend to lean toward New Year's resolutions because there is a great energy and inertia around goal-setting this time of year.

Additionally, our social calendars typically aren't as full this time of year compared to the season between Thanksgiving and New Year's. This can mean more time for working on ourselves.

That said, we recently



published on our website "25 Health and Fitness Hacks for 2025." For readers of the Severna Park Voice, I wanted to whittle it down to our top three (with a bonus) of things you can do in 2025 to make some of the greatest impacts on your year ahead.

## 1 Find an accountability buddy

This is number one because whatever you decide to work on relating to your health and fitness, if

*Continued on page 17*



**Joe Bocek**  
Park Fitness

I'm taking a break from snow shoveling as the first substantial snow in years has made its way to Severna Park. It's winter alright.



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# Facing The Future Together

*Continued from page 6*

reluctant to make necessary modifications for their own well-being because it can feel like a loss of independence, and the thought of needing help can be challenging to accept as they navigate the realities of growing older.

According to Johns Hopkins Medicine, two-thirds of Americans do not have a living will or advance directive outlining their end-of-life care wishes. This statistic suggests that most of the aging population is not proactively planning for their needs as they age.

The conversations about the appropriate next steps can be intimidating, but there are tools to bring compassion and reason to the discussion.

## 1. Start the Conversation Early and Keep it Going

Like anything else, the more we practice something, the easier and more natural it becomes. Breaking the barrier on tough topics such as financial decisions or end-of-life choices can feel daunting, but it doesn't have to be. Depending on your relationship with your loved one, you might approach these conversa-

tions in different ways. For example, you could casually mention finding a great website that makes creating advance directives easy and affordable. Or you might talk about a beautiful new assisted living facility being built nearby and invite them to check it out with you for a casual happy hour.

Once you begin the conversation, continue to incorporate different important topics of discussion into everyday chats.

## 2. Approach the conversation with Knowledge and Empathy

When your aging parents are finally ready to listen, it's important to be well-prepared. If you're concerned about them safely driving, come equipped with a list of alternative transportation options. If you're suggesting in-home care, have a list of local providers, pricing and reviews ready to share.

Throughout these discussions, it's crucial to avoid being confrontational or using overly forceful language. The reason for these conversations is rooted in your love and care for

your parents, so keep that in mind during every difficult moment.

## 3. Know Your Place

This might sound a bit harsh, but it's important to remember: you're not the parent and never will be. Involving your parents in important decisions and valuing their opinions and perspectives will create the mutual respect needed to come to the best decisions for everyone.

We are fortunate if we have the chance to enjoy our parents, grow older, and remain active in the lives of our families. Remember — and remind your aging parents — that every effort is made with the goal of helping them live their happiest and healthiest life.

*Aging Individualized – Aging and Dementia Care Navigation helps care partners and aging individuals navigate the often-confusing health care system, ensuring you're prepared for the "what ifs" of healthy aging as well as cognitive decline. Samantha McDaniel also provides hands-on care management, offering personalized support to individuals who need help managing their health, daily affairs and long-term care decisions. ■*

# Youth Sports Are Vital For The Health Of A Community

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York City, in a male-dominated industry, without a college degree — become an art director of a major publication. Tenacity.

The kids' smiles, though, were something special. They were able to put the loss into perspective. Now granted, probably not consciously so. Eight-year-olds only really have a few lines of inner monologue, and most of them are said in an Australian accent thanks to Bluey. But they were learning to think about the journey, and the pride in their effort, and the positive togetherness of sports, instead of a lost ball game.

Pro golfers are a rare breed when it comes to perspective. Not Brooks and Rory, mind you; the ones whose names you don't know. There are over a hundred of them at every pro tour stop. Now think about how many you can name. Now imagine the mindset of the guy with an average finish ranked in the 90s. He can't go to bed at night beating himself up that he didn't take the trophy. He has to think about his game, versus his last game, and the guys in his tier of play. He has to look at his career from a somewhat objective level.

If he didn't have perspective, he would drive himself

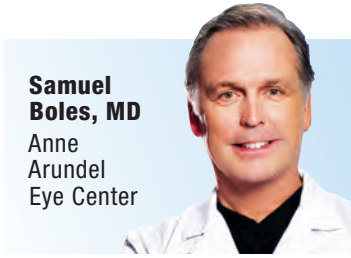
crazy believing he should be number one. He has to look at his life and say, "Hey, another bottom-half finish, but I got my paycheck for doing my job, and playing golf for a living ain't so bad." By the way, do you have any idea how much the 100th ranked golfer made in 2024? I'll give you a hint. It's over \$1 million. Shoutout Tyrrell Hatton.

Aside from the obvious benefit of getting the blood pumping through physical activity, sports matter for child development. Especially considering COVID, our current elementary-age children, and the crucial time that they missed developing socially with their peers. A positive social environment, a task to learn that's based on fun, a format that allows for countless consequence-free failures, and a third place (outside home and school) to grow while learning who they are as people. These things are most available and most easily provided by sports. My wish is that every kid is afforded that opportunity.

*Coach Heff, Matthew Heffernan, is passionate about youth sports. He recently opened up the greater Annapolis area as managing director for TGA, a youth sports enrichment brand specializing in pickleball, golf and tennis. Learn more at [www.playtga.com/greaterannapolis](http://www.playtga.com/greaterannapolis). ■*



# Say Goodbye To Dry Eye And Hello To Relief With Forma-I Radiofrequency And Lumecca IPL



**Samuel Boles, MD**  
Anne Arundel Eye Center

***If you have eye pain, blurry vision, and dry or watery eyes, it could be a sign that you have dry eye disease.***

**D**ry eye disease is becoming increasingly common, affecting millions of people worldwide. This chronic condition can significantly impact your life, sometimes making even the smallest of tasks seem difficult. If you have eye pain, blurry vision, and dry or watery eyes, it could be a sign that you have dry eye disease. Luckily, there are many treatment options for dry eye management.

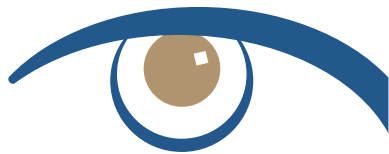
With a comprehensive eye exam, your doctor can evalu-

ate your vision and eye health to develop an individualized treatment plan designed to address your specific needs and provide lasting relief.

### ***What Is Evaporative Dry Eye (EDE)?***

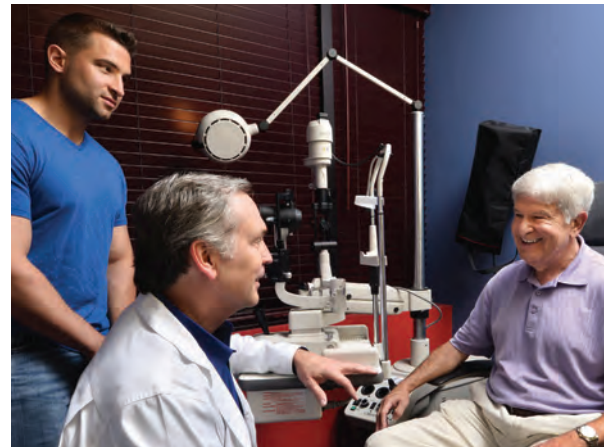
EDE is the most common type of dry eye disease. This type of dry eye occurs when you lack the proper amount of oil in your tears. When this happens,

***Continued on page 18***



## ANNE ARUNDEL Eye Center

*Cataract & Glaucoma Specialist*



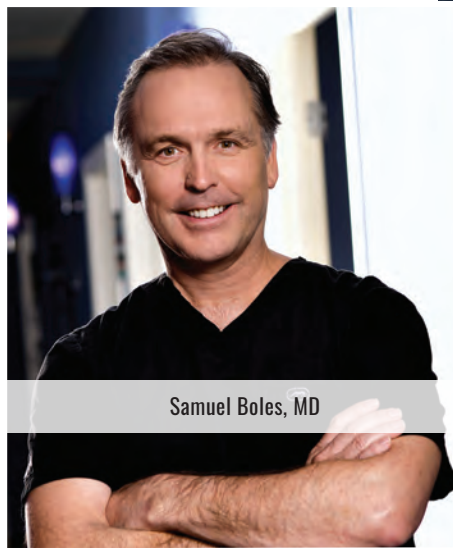
## A Trusted Partner for Your Eye Health

Our team of doctors and staff takes great pride in helping patients manage their ocular health with the care and education necessary to keep them on track to a long life of good eyesight.

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Samuel Boles, MD





## Preventing Colorectal Cancer With A Colonoscopy

Continued from page 12

cancer progression.

Cologuard Plus is an at-home stool DNA test for colorectal cancer screening. According to the BLUE-C study published in the New England Journal of Medicine, Cologuard Plus improves detection by including new biomarkers; however, it still detects only 43% of advanced precancerous lesions. By contrast, colonoscopies have a detection rate of 85% to 95% for all precancerous lesions, significantly reducing the risk of cancer development.

This high accuracy of a colonoscopy allows physicians to find and remove suspicious growths in real-time, preventing them from progressing to cancer that often requires more invasive treatments like surgery, chemotherapy or radiation. Although Cologuard Plus tests offer convenience, the ability of colonoscopy to provide a clear visual assessment and immediate intervention makes it the most effective option for preventing colorectal cancer and promoting long-term health. ■

## Elevate Your Wellness

Continued from page 5

physically or emotionally overwhelmed, this treatment is a perfect way to restore balance and serenity.

### Warm Bamboo Massage

For a massage that blends warmth with firm pressure, warm bamboo massage is an excellent choice. Heated bamboo sticks of varying sizes are used to knead and stretch muscles, providing a soothing yet invigorating experience. This technique is perfect for individuals who enjoy a deep tissue massage but want the added com-

## New Year, New You

Continued from page 7

combat signs of aging. Apply after washing your face in the morning.

- **Moisturizer with SPF:** Combining two crucial steps into one, a good moisturizer hydrates the skin, which is especially important if you're using a retinoid. SPF also prevents sun-induced aging, including wrinkles, dark spots and pigmentation. Apply after your vitamin C serum in the morning.
- **Retinoid Cream:** Known as the "holy grail" of anti-aging, retinoids stimulate cell turnover, reduce fine lines, fight acne, and even out skin tone. However, because they can cause irritation, it's best to start slow. Begin by applying once a week in the evening, and gradually increase the frequency. Just be sure to listen to your skin — if redness or dryness occurs, scale back.

Remember, it can take three to six months for topicals to show noticeable results, so patience is key. But if you're looking for more immediate changes, consider professional treatments.

### Revamping Your Routine: Professional Treatments

Think of your skin like the floor of your house: your daily regimen is the foundation, but every now and then, a deep clean can make all the difference. Professional treatments like chemical peels, microneedling and laser therapies can enhance your skin's appearance by targeting specific concerns.

fort of gentle heat. Warm bamboo therapy can also help improve flexibility and reduce muscle fatigue, making it a favorite among athletes and active individuals.

### Schedule Your Session Today

*Your journey to wellness begins with a single step. Book your appointment today to discover how cupping, Himalayan hot stones or warm bamboo massage can elevate your self-care routine. Experience the difference these innovative therapies can make for your mind, body and spirit.*

*Don't miss out — this promotion is available for a limited time. For more information, contact Image Creators at 410-544-8852. Image Creators has proudly served the community for over 35 years!* ■

- **Chemical Peels:** Chemical peels involve applying a solution to the skin that exfoliates the outer layers, revealing fresher, smoother skin underneath. While your skin will peel for two to three days, you'll soon notice a youthful glow. For optimal results, experts recommend three peels spaced four to six weeks apart.
- **Microneedling:** Microneedling uses a pen with tiny needles to create micro-injuries on the skin. This stimulates the body's natural healing process, boosting collagen production and improving skin texture. It's particularly effective for reducing fine lines, scars and pigmentation issues. Expect about five to seven days of redness and irritation, with three treatments spaced four to six weeks apart for best results.
- **Halo-BBL Laser:** For a truly transformative treatment, the Halo-BBL (BroadBand Light) laser delivers unparalleled results. Combining two types of lasers, it targets age spots, wrinkles and uneven pigmentation while stimulating collagen production for tighter, more youthful skin. This is a one-time treatment. With a downtime of five to seven days, this treatment offers long-lasting results, especially when combined with a solid skincare routine and consistent sun protection.

### The Power Of Injectables

Injectables like Botox and dermal fillers can complement your skincare and treatments for maximum effect. By smoothing out wrinkles and restoring lost volume, they help you achieve a refreshed, youthful appearance. Combining injectables with a good skincare regimen and professional treatments typically yields the best outcomes.

### Conclusion: Tailored Just For You

Ultimately, everyone's skin is different, and there's no one-size-fits-all solution. That's why we recommend a personalized consultation to help you create a unique glow-up package suited to your skin's specific needs.

*Ready to start your transformation? Visit Docksider Dermatology and make this the year your glow-up becomes a reality. Docksider Dermatology is located at 8601 Veterans Highway, Suite 201, in Millersville. For more information, call 410-934-5400 or email [hello@docksiderderm.com](mailto:hello@docksiderderm.com).* ■



# Top Three Things You Can Do For A Healthier 2025

*Continued from page 13*

it doesn't get done, then it won't work.

Having a friend, spouse, colleague or even friend at the gym to help hold you accountable can be impactful.

Just the act of sharing your goals with someone else makes those goals more real and helps you be more serious about them.

And if you can't seem to find anyone in your circle to be your accountability buddy, hiring a fitness coach or personal trainer can help fill that role for you.

## 2 Let's get stronger

Whether it's by one pound or 100 pounds, improving strength is the most powerful and impactful thing we can do for our fitness.

Strength is truly the currency of life; it allows us

to do more, as well as live longer. It even improves the quality of your life.

There's lots of information about strength and how to do strength training out there; the overall idea here is simply "chase strength." Look to be stronger over time so that you see progress.

There are lots of programs and services available to help with this. From free information online to customized training in-person, many options can help with this.

And if three months go by and you aren't any stronger than when you started, try a different program or maybe talk to a professional fitness coach.

But getting stronger, doing regular strength training, or even ramping up your current routine should be at the top on your list for 2025.

## 3 Get enough protein in your nutrition

Obviously, talk with your doctor before starting a new fitness and nutrition plan. That said, the research on the benefits and positive impacts of getting enough protein daily is profound, from assisting with repair of tissue to helping us feel more full and for a longer time.

Eating enough protein has been a gamechanger for so many people and might be for you too.

Starting small here can be a great way forward. Simply ensuring you are starting each meal with a good source of lean protein can be an excellent step in the right direction.

data on more steps correlating to living longer, moving more throughout the day burns more calories.

And every calorie burned counts, so taking the stairs instead of the elevator, parking a bit further away from the store and just taking regular long walks in general are all great ways to help get closer to whatever body composition goal we have.

And there we go. A few actionable steps we can start immediately to help have a big impact on the year 2025.

Remember, the best time to plant a tree was a few years ago. The next best time is today.

You've got this. And I've got some more shoveling to do. Happy new year.

## Bonus: Get your steps in

Aside from some great

*To learn more about Park Fitness, call 410-432-2113 or visit [www.parkfitsp.com](http://www.parkfitsp.com).*



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**Diabetics** - High blood glucose levels can damage the small blood vessels in your inner ear, diminishing the ability to hear.

**Cancer Survivors** - Damaged hair cells in your inner ear do not grow back, and can lead to hearing loss, ringing in the ear and dizziness.



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# Say Goodbye To Dry Eye And Hello To Relief

**Continued from page 15**

your tears can evaporate too quickly, drying out your eyes. In some cases, EDE can be caused by meibomian gland dysfunction (MGD), a disorder where the meibomian glands in your eyes become blocked, limiting the amount of oil being produced for your tears.

## What Are The Symptoms Of Dry Eye Disease?

If you are suffering from dry eye disease, you may

notice any of the following symptoms:

- A burning or scratchy sensation in your eyes
- Stringy mucus in or around your eyes
- Irritated or overly watery eyes
- Sensitivity to light or photophobia
- Eye redness, blurred vision or eye fatigue
- A sensation of having something in your eyes
- Difficulty wearing contact lenses

# Treating Your Circulation Right

**Continued from page 4**

with a simple physical exam and possibly noninvasive ultrasound imaging in the office to confirm findings. Treatment options are focused on maximizing medical treatment and minimally invasive options, called angiograms, if these fail. When warranted, additional procedures, such as a bypass, may be performed in the operating room.

Veins act as the drainage systems for our circulation, and vein disease, also known as venous insufficiency, most commonly affects the legs. If the veins are not functioning as they should, patients may experience fatigue in the legs by the end of the day, leg swelling, or uncomfortable varicose veins. Some changes in the skin color of the legs or itching can also result from vein disease.

As with the arteries, the first evaluation involves noninvasive ultrasound imaging performed in the office. Treatment options

start always with nonsurgical options including compression stockings, leg elevation and cardiovascular exercise. If these measures fail, the process is to move systematically to treat your symptoms. From a surgical perspective, vein disease is also treated in a minimally invasive fashion. All of these procedures can be performed through a small nick in the skin after numbing the area or using a single needle injection to shut down the dysfunctional vein. This ultimately reduces the pressure that develops in the leg from the vein not functioning properly, resulting in symptom relief.

*If you are experiencing leg pain, leg swelling, varicose veins, skin discoloration on the legs, or even if there is concern after a discussion with your primary care provider, do not hesitate to further evaluate your circulation. For more information and consultation, call Vascular Surgery Associates at 410-946-6402. ■*

## What Are The Best Dry Eye Treatments?

You don't have to live with the uncomfortable symptoms of dry eye disease or use eye drops multiple times a day. By pairing Forma-I and Lumecca-I, your symptoms can be managed effectively and efficiently, restoring your quality of life.

Using hand-held devices, these non-invasive procedures are a safe, gentle and effective treatment for MGD (meibomian gland disease). Pairing the use of Forma-I and Lumecca-I over a series of at least four treatments, your dry eye symptoms can be reduced long-term.

By combining these two U.S. Food and Drug Administration approved technologies, most patients will have significant improvement with their dry eye symptoms, often

reducing or even eliminating the need for drops and ointments. Not only will it give you dry eye relief, but these treatments have also been proven to help in reducing fine lines and wrinkles by tightening the skin around your eye area.

If you think you would benefit from these procedures, know that while the consultation is covered by insurance, the treatment itself is out of pocket. However, you can use your health care flex dollars or health savings account funds to cover the expenses.

## Find Relief Today

*You don't have to live with the uncomfortable symptoms of dry eye disease. The Anne Arundel Eye Center team can help you find relief from dry eyes. Call 410-224-2010 to learn more. ■*

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# Chiropractic Is For More Than Back Pain



**Conditions such as plantar fasciitis, runner's knee, tennis or golfer's elbow, carpal tunnel, and various sports injuries can be treated by your chiropractor.**

**Patricia Beall**  
Peak Potential  
Chiropractic and  
Physical Therapy



**W**hen someone thinks of a chiropractor, it is usually for neck or back pain, but most chiropractors treat much more than those two ailments. Chiropractic, in general, is the practice of adjustments to realign the spine and create better communication through our neurological pathways. What often is not known is that conditions such as plantar fasciitis, runner's knee, tennis or golfer's elbow, carpal tunnel, and various sports injuries can be treated by your chiropractor.

Sports injuries in anyone — from a child, teenager or adult — can also be evaluated and treated. Sports injuries — such as a sprain or strain, overuse, or muscle imbalances — can be assessed with a whole-body approach. There are times that a recurrent knee injury may be caused by an imbalance in the pelvis or elsewhere in the body. Having an assessment of the entire body can help achieve optimal efficiency and injury prevention.

There are techniques such as Graston, dry needling and muscle release techniques that can aid in these conditions, combined with adjustments. Graston is the use of a metal soft-tissue tool to break up scar tissue and adhesions to promote healing. Dry needling is the use of a filiform needle to go directly to the trigger point

to release it. Using muscle release techniques, we are also going for the same goal to increase circulation and promote healing of the affected muscle. All these techniques can aid in the healing of many injuries that are not just spine related.

Stretching, mobility and strength are key components to further complete our goals of healing and injury relief. Once there is damage to an area, we need to use rehabilitative exercises to get the muscle and joint functioning in their optimal state. This is done first by stretching and mobility in the appropriate areas and then strengthening the weak areas. Each condition and person are different, so this is formulated for the patient directly.

When it comes to chiropractic care, think beyond just neck and back pain. ■



# WHAT WE CAN HELP WITH?

- Lower Back Pain
- Neck Pain
- Disc Injuries
- Sprains and Strains
- Headaches and Migraines
- Rotator Cuff Injuries
- Knee Pain
- Plantar Fasciitis
- Sports Injuries
- Auto/Personal Injuries



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