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This page
Photograph by Evy Mages

On the cover
Photograph by Greg Kahn

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PHOTOGRAPHS, FROM TOP, BY MARC J. FRANKLIN; PEAK VISUALS; ALEX LAU

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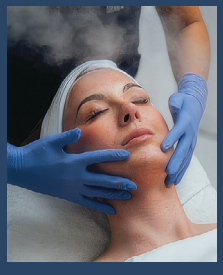
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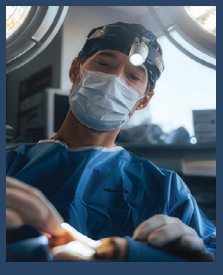
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"I use a beverage dispenser from Target – it's just $10 and has a gold spigot – to make the drinks I'm serving look fancier."



"Go to a dollar store and buy colorful plastic plates in gold, silver, or whatever your color scheme is. For a few bucks, you have fancy place settings."



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Another Round?

GOING OUT FOR DRINKS IS NO LONGER A cheap proposition, with cocktails nearing $20 at many area neighborhood bars and restaurants. But a handful of owners are making an effort to keep prices down. In a web post—which also gave a nod to two places with similar missions, Franks Wild Years on 14th Street and Five Dollar Bar on U Street—*Washingtonian's* Jessica Sidman highlighted a new Adams Morgan spot, Carla, where owners Bill Thomas and John Roberts have kept all cocktails under $13. "We kind of were like, all right, how do we get back to kind of a cool vibe where people can pop in for one drink and not feel bad—like, 'Shit, there goes all my money for the week'?" Thomas said. Instagram commenters sounded off in kind.

"Funny how less than THIRTEEN DOLLARS for one drink is what's considered affordable." —**@dmarble33**

"Being able to pop in for one drink without regretting it is what makes a neighborhood bar work. Glad more places are heading back that direction." —**@trulyusofficial**

"I run the cocktail program for a downtown rooftop and there are a few factors, mostly related to Cost of Goods. I used to run Mexicue on 14th st and the rent there was $19,500/month. I don't love that I have to price most of my cocktails at $25+, but overhead is crazy expensive in the city." —**@thecocktail_don**

"It's so refreshing to travel outside DC and see normal prices. Drinks don't cost $22+10% tax +20% tip, and we should never have normalized this . . . ." —**@fmcfad01**

"I just paid $15 for a mocktail in DC." —**@nakiagrayesq**

"Well, since corporate landowners and landlords don't want to lower their rent prices to market rates, inflation is crazy.... Food and Cocktails are out of control in turn." —**@mindintheskyz**

"No drink should be above $10. I don't care what the rent is . . . ." —**@bob_running**

"There are plenty of cheap/affordable places in this city. Just don't go to a bar that's expensive and then complain that it's expensive. . . ." —**@watchthewb**

CORRECTION

- In October's article about favorite comfort dishes, the photograph of mushrooms with a salty egg yolk at Uchi was by Shelby Moore.

To comment on articles, send us your rant or rave at *washingtonian.com/feedback.* Comments may be edited.

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CAPITAL COMMENT



PET PROJECT *Aleta Dockett runs Chichie's Grooming Spa in Georgetown.* *For more, turn to page 16.*

PHOTOGRAPH BY LILY SPEREDELOZZI

The Right Ingredients?

Sweetgreen flirts with the MAHA movement while trying to avoid partisan politics

SWEETGREEN WAS, TECHNICALLY, MAHA before MAHA was a thing. Back in 2016, the salad company made MAKE AMERICA HEALTHY AGAIN hats and bumper stickers while it promoted removing bacon and sriracha from its menu. Although it was a riff on **Donald Trump's** campaign slogan, this was long before **Robert F. Kennedy Jr.** mainstreamed the phrase and brought it under the umbrella of the President's policy agenda.

Since then, Sweetgreen has not directly aligned itself with Kennedy's MAHA. But in October, CEO **Jonathan Neman** appeared as a panelist at the MAHA Summit, a DC conference touching on topics from cancer prevention to psychedelic medicine, with a slew of Trump officials. Kennedy and **JD Vance** headlined the event.

Sweetgreen may share MAHA's healthy-eating ethos, but it's trying not to face-plant into the movement's broader and more polarizing Trump-aligned politics. It's precarious territory for a DC-founded chain that has built its brand selling $16 salads to a largely liberal, urban customer base.

Sweetgreen was at the forefront of the anti-seed-oil movement that MAHA now embraces. Meanwhile, the chain has leaned into the protein-maxxing championed by Kennedy as well as his meat-centric inverted food pyramid, offering a limited-run 106-gram "Power Max Protein Bowl." Earlier this year, the company also collaborated with **Mark Hyman,** a controversial "functional medicine" proponent with close ties to Kennedy.

To be fair, Sweetgreen also worked with the Obama administration, back when access to healthy food was seen as more of a left-coded policy issue. And yes, both sides of the aisle can agree that everyone should have access to healthy food and eat fewer ultra-processed products. But Kennedy's MAHA is also inextricably linked to Trump, along with the administration's sidelining of public-health experts. "We believe that access to healthy food should not be a partisan issue," Sweetgreen said in a statement to *Washingtonian* in response to questions about the MAHA Summit. "We have engaged in discussions about food's role in society for nearly 20 years."

For a conversation about "real food at scale" at the MAHA Summit, Neman was joined by a Walmart VP and the "chief MAHA officer" for Steak 'n Shake, the Midwestern fast-food chain that's become a Trumpworld darling for its beef-tallow fries and GOP endorsements. "When are you going to bring on *your* chief MAHA officer?" HHS official **Stefanie Spear,** the moderator, asked Neman. "You know, it's in our DNA," he said. "It's totally built into our DNA, and it's built into our food ethos." —JESSICA SIDMAN



HOWARD'S HOMECOMING: A HISTORY

Howard University's homecoming is much more than an alumni reunion. It's a cultural phenomenon that attracts thousands of people and has been immortalized in rap songs. Here's a look at how it became so famous.



Offset performs at Yardfest in 2023.

1924

THE FIRST HOMECOMING

Howard alumni wrestle with a perennial question: How to get their peers, spread all across the country, to reunite? They decide to arrange a homecoming during Howard's annual football game against Lincoln University. The first event features a bonfire and dances. "In laying aside important duties to be present on this auspicious occasion, you are making traditions which will live as long as Howard lives," the *Hilltop* student newspaper writes to alums.

1937

CROWNING A QUEEN

The *Hilltop* announces the first annual homecoming-queen competition, in which female students will fight for the title of Queen of the Gridiron. The student body votes for history major **Ada Deans,** kicking off a tradition that will become one of the school's biggest events of the year.

1961

MUSIC TAKES CENTER STAGE

Students gather in Howard's Cramton Auditorium for what the *Hilltop* describes as the first homecoming concert, with jazz vocalist **Gloria Lynne** headlining. In the years that follow, big-name musicians play the concert, including **Nina Simone, Aretha Franklin,** and **Ike and Tina Turner.** By the 1990s, famous hip-hop and R&B acts perform, including **Outkast, Ice Cube,** and **Boyz II Men.**

TOP PHOTOGRAPH COURTESY OF SWEETGREEN; BOTTOM BY THADDAEUS MCADAMS/WIREIMAGE/GETTY IMAGES

Voice From Beyond

A new album features Eva Cassidy, who died 30 years ago. How did that happen?



PHOTOGRAPH OF CASSIDY COURTESY OF W3 PUBLIC RELATIONS

FANS OF THE LATE SINGER EVA CASSIDY understood for years that they'd probably have to be satisfied with the handful of albums they already had. The DC jazz and folk musician died from melanoma in 1996 at age 33, and the recordings bearing her name are something of a mishmash. The posthumous compilation *Songbird* gained her millions of fans, but other offerings are a quirkier bunch. *Live at Blues Alley,* for example, has the energy and intimacy of the jazz club but finds Cassidy's beloved voice muddied by loud drums and clinking glasses.

Yet even listeners accustomed to Cassidy's catalog might be surprised by her latest release, *Jazzed.* The album uses AI to put new tracks (all performed by humans) behind old recordings of her voice. One song from the album, "Blue Skies," is a duet with **Max Cooper III,** who was born several years after she died. *Jazzed* was made using a technique first developed by film director **Peter Jackson** for his documentary about the Beatles. The process uses AI to separate out each instrument and vocal of a recording so they can be remixed or reworked.

Jazzed is the brainchild of **Bill Straw,** who put together *Songbird* and now runs the label Blix Street Records. In 2023, Straw put out a similar album that stripped Cassidy's voice from nine recordings and added cinematic backing tracks played by the London Symphony Orchestra. With *Jazzed,* the idea was to wrap her voice in arrangements that recall classic recordings of singers like **Frank Sinatra** and **Ella Fitzgerald.** "When I heard Eva, that's the first thing I thought of: Could we somehow put one of the best singers ever with some of the best pop arrangers ever? That's what I wanted, but it took 30 years for it to be possible."

Though *Jazzed* owes its existence to AI technology, the new backing tracks that you actually hear—overseen by composer **Christopher Willis**—are all made by human musicians. "Make no mistake about it, there's no AI on this album," Straw says. "All the music is real, as opposed to creating music with AI," which is something Straw says he's strongly opposed to.

What to make of a record that recontextualizes Cassidy's voice using this new technology? Some fans will no doubt recoil at posthumous efforts to squeeze new music out of Cassidy's limited pool of recorded material. But Cassidy's half sister Anette, who handles rights to the singer's music, has worked closely with Straw over the years and okayed the project. "Can I predict how Eva herself would have felt about it?" Straw says. "No. You don't know how she would have felt about the way we picked the songs and sequenced them. That was our call and not hers. She wasn't here to negotiate."

—IKE ALLEN

1966

CHANGE IN THE AIR

At the dawn of the Black Power movement, a group of law students, who feel the homecoming-queen competition upholds white beauty standards, decide to press for change. In a radical move for the time, they nominate student **Robin Gregory,** who wears her hair in a closely cropped Afro. She becomes the first homecoming queen to wear her hair natural.

1976

SHOWING UP FOR THE STEP SHOW

Howard's first official "Greek Show" lets Black fraternities and sororities showcase their stepping routines. The event proves hugely popular and influential, soon drawing an audience far beyond Howard students and alums.

1988

CELEBS ON CAMPUS

Organizers host a mixer where students can mingle with celebrities such as **LL Cool J** and **Dick Gregory.** Homecoming increasingly attracts celebrities. In later years, record labels host parties to showcase new talent, and **Tyra Banks** hands out autographs at an annual fashion show. **Taraji P. Henson** serves as grand marshal of one parade. **The Notorious B.I.G.** makes a surprise appearance in 1995.

1996

YARDFEST TAKES OFF

What used to be called Howardfest, a food-and-entertainment festival held on the grassy heart of campus, evolves into Yardfest. The event features the R&B quartet **Shai.** Yardfest eventually becomes synonymous with homecoming, hosting big-name performers like **Kanye West** and **Jay-Z.**

2012

DRAKE CAUSES A COMMOTION

The headliner is **2 Chainz,** but what happens after his set proves more memorable: **Drake** comes on for a surprise performance, and the exhilarated crowd rushes toward the stage. The response is intense enough that the following year's Yardfest is ticketed, with reduced capacity and a chain-link fence, though the changes prove to be temporary.

2026

MORE THAN A CENTURY LATER

The 102nd homecoming, held in October, continues traditions such as the student fashion show and Yardfest, along with newer additions like a reception celebrating the LGBTQ community. Whose performance will everyone be talking about this year? At press time, that's still a secret: Headliners aren't announced until the day of the show.

—HELENA GETAHUN-HAWKINS

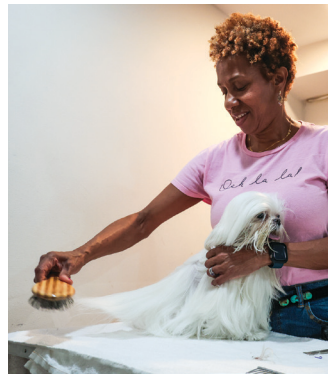
Pampered Pooches

What's it like to be one of DC's poshest pets? We spent time at a high-end dog spa in Georgetown.



SOME OF DC'S FANCIEST DOGS GO to Chichie's Grooming Spa in Georgetown, where the high-end services can cost as much as $800, depending on breed and the work being done. The place is run by **Aleta Dockett,** whose mother founded it in the 1960s. We recently spent several hours at the spa watching pooches get pampered. More specifically, one pooch: a Maltese named Alice. Here's how Dockett styled the adorable animal.





1. Comb

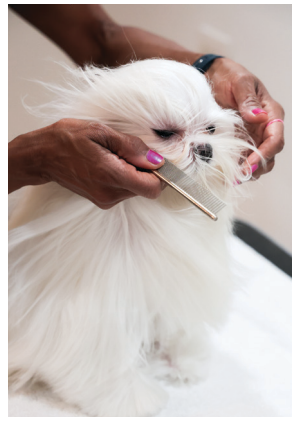
Dockett always starts with the face – if her eyes were covered like the dog's are, she'd want that to be the priority. She softens and removes any eye goop with a lavender spray, then brushes, making sure no tangles will tug on skin while washing.



2. Wash

Alice gets two shampoos and a conditioning treatment. One maintains the brilliance of her white hair, one builds body, and the last provides silky softness. Dockett rinses thoroughly between treatments to prevent buildup that irritates the skin.

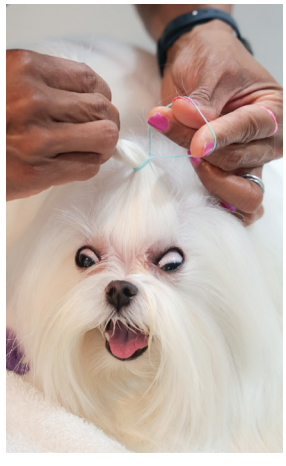




3. Dry

Chichie's uses a Speedy Dryer that blows a soft stream of air that's more comfortable for dogs. Some dogs have fur and others, like the Maltese, have hair. Hair has to be blow-dried – otherwise, matting may form.







4. Trim and Style

Dogs get split ends, too! Dockett uses a comb from Belgium and steel scissors for trimming. Styles for Maltese often pull the hair back out of their eyes. After final touches, she uses a spray to prevent flyaways.

– WALKER WHALEN

PHOTOGRAPHS BY LILY SPEREDELOZZI

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Jockey Club Redux

The famed hot spot is back—in a luxury building for seniors



In its heyday, the Jockey Club was one of Washington's great see-and-be-seen restaurants. **Frank Sinatra, Marlon Brando,** and **Joe DiMaggio** visited the dark, clubby dining room, as did eight Presidents dating back to **John F. Kennedy. Nancy Reagan** was such a regular that they named the chicken-tarragon salad after her. But the restaurant's three-decade run came to an end in 2001, when it closed for renovations and didn't reopen. Then in 2009, the Jockey Club came back, with a throwback menu of Dover sole and soufflés and even the same maître d'. That iteration lasted just two years.

Now the famed spot has returned yet again, and it's more exclusive than ever. The public can't go there at all, in fact: The new Jockey Club has been quietly operating at its original location, which has been converted from a high-end hotel to a luxury assisted-living facility for seniors called Inspīr. Only residents and their guests are invited to dine there.

Chef **Richard McCreadie,** who oversaw the Jockey Club's second iteration, is back in the kitchen. McCreadie had left the restaurant to oversee dining operations at a luxury senior residence in Bethesda called Fox Hill. A few years ago, McCreadie and his wife were visiting the Phillips Collection in DC when he noticed that the nearby building that had housed the Jockey Club was under construction. He'd never heard of Inspīr but went online and looked it up. "And it's like, 'I can't believe this. This is going to be a high-end retirement community,' " McCreadie says. An inquiry turned into a job offer to oversee the food. Given McCreadie's history with the Jockey Club, the company decided to bring it back. Though the dining room's decor looks nothing like the original (gone are the red leather banquettes and cherrywood paneling), some things haven't changed. The restaurant is still serving its famed Senegalese lemon soup with curry chicken and golden raisins, as well as Nancy Reagan's chicken salad. The chef plans to bring back tableside Caesar salads and Dover sole soon. McCreadie has modernized some recipes and added new dishes. But the biggest culinary difference? "We don't use as much salt," he says. Also, some residents require their food to be cut up for them.

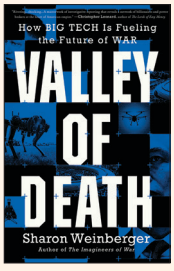
The captive audience means the place can count on being packed every night, and regulars are truly regulars. Instead of Yelp, residents have a culinary committee to give feedback on the menu. And unlike most restaurants, this one clears out by 8:30 PM. "The hours are saner," McCreadie says. "That's the difference: There's no late nights."

—JESSICA SIDMAN

PHOTOGRAPH BY SEBASTIAN MARIN

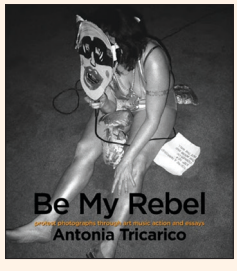
NEW DC BOOKS

Four authors whose latest we're excited to check out



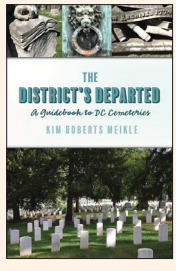
Valley of Death
by Sharon Weinberger

A national-security reporter (who has written for *Washingtonian*), Weinberger offers a timely examination of how the tech industry is increasingly involved in our country's defense and security.



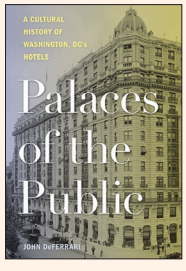
Be My Rebel
by Antonia Tricarico

The prominent local photographer's most recent book captures striking images of protests in DC and beyond, along with essays and interviews from activists and musicians.



The District's Departed
by Kim Roberts Meikle

If you're the kind of person who's fascinated by historic cemeteries, this new book will offer plenty of fodder. It has information and walking tours for 11 notable graveyards around the area.



Palaces of the Public
by John DeFerrari

The latest from this local historian looks at the architecture and cultural significance of the city's hotels, from 18th-century boarding houses to Gilded Age edifices to more current places to stay.

Garden Variety

A first look at what's new in the Hirshhorn's revamped sculpture garden

AFTER A FOUR-YEAR RENOVATION, THE HIRSHHORN'S POP-ular sculpture garden reopens on October 31. The space has been reimagined by Japanese artist **Hiroshi Sugimoto,** with 60 artworks along with expanded green spaces and an area dedicated to rotating exhibitions. The garden isn't just a place to show off sculptures but also offers its own aesthetic experience, with hand-hewn stone walls and thoughtful landscaping. What will be on view? Fan favorites from the previous garden will remain, along with a host of new works. Here's a preview of a few pieces that haven't been seen previously–along with a look at how one of the museum's most famous artworks is being displayed differently.



A NEW WAY TO APPRECIATE A FAMOUS RODIN

One of the original bronze casts of **Auguste Rodin's** "The Burghers of Calais" has lived outdoors at the sculpture garden since the 1970s. With the renovation, it's been moved to its own stone-walled "room," letting viewers appreciate the six burghers at eye level. You can sit on a bench or walk around the artwork to experience its details from every angle – as Rodin intended.



A COLORFUL CREATURE

Japanese artist **Izumi Kato's** 2026 sculpture employs painted pops of color to create an otherworldly creature. It uses stone collected from a quarry in Kato's home country.



A SCULPTURE TO DIVE INTO

This new piece by the Berlin duo **Elmgreen & Dragset,** titled "Eight," is meant to evoke a swimming pool from above and is the latest installation in a playful series. You can't jump in, obviously, but you can swim in the work's lacquered cyan smoothness.



A CERAMIC ODE TO A DANCE

Inspired by the ceramic practices of Oklahoma's Caddo Nation, **Raven Halfmoon** is known for molding clay into large figures. Her 2024 sculpture "Dancing at Dusk" evokes aspects of the Caddo turkey dance – a pre-sunset commemoration performed by women. – BRIANA THOMAS

PHOTOGRAPHS BY RICK COULBY/COURTESY OF HIRSHHORN

Giving It a Shot

Quinn Bradlee, the son of Ben Bradlee and Sally Quinn, gets into the boutique-liquor business

QUINN BRADLEE IS FINALLY GETTING into the family business. No, the 44-year-old son of late *Washington Post* editor **Ben Bradlee** and author **Sally Quinn** isn't becoming a journalist. He and his wife, **Fabiola Roman Bradlee,** are continuing his family's involvement in distilling: Bradlee's Scottish ancestors crafted whisky in the Hebrides, he says, while some of their 18th-century descendants were New England rum producers.

The couple's contribution to this spirited continuum is Bonded Roots, a boutique mezcal made for them in Oaxaca by the Bronco Matateco distillery. "The name comes from my love of family history," says Bradlee, who directed a documentary about his dad and is the author of a memoir, *A Different Life*. "I've always wanted to find out how I was related to everybody." Currently available at Martin's Tavern and Cafe Milano, the mezcal is also sold online. The couple, who divide their time between Georgetown and their farm in St. Mary's County, are working on getting it distributed in other local establishments.



Fabiola Roman Bradlee and Quinn Bradlee

Working with third-generation mezcalero **Juan Diego Mendez Gomez** at Bronco Matateco, the couple hoped to create a spirit that felt different from other mezcals on the market, not to mention the wide variety of celebrity-promoted tequilas. Gomez suggested using Weber Azul agave—the foundation of tequila—but processing it by roasting it in underground pits. "That way, you get the smoky flavor of mezcal, but it has tequila's sweetness," says Bradlee, suggesting that there are fruity notes of mango, pear, and green apple in the mix.

The 94-proof mezcal, which sells for around $100 a bottle, comes in an aqua-blue container with a wooden cap featuring Mayahuel, the Aztec goddess of agave. It's intended to be attentively appreciated, the same way Quinn relished long walks with his father in the woods near the farm in St. Mary's County he now calls one of his homes. "Sip and savor it," Fabiola says. "Don't throw it back like a tequila shot in college." —NEVIN MARTELL



THIS PAGE, BRADLEES BY VIOLETTA MARKELOU; MEZCAL COURTESY OF BONDED ROOTS; OPPOSITE, LEGETIC COURTESY OF FREDERICKSBURG AREA MUSEUM; WALLACE COURTESY OF LOST DOG & CAT RESCUE FOUNDATION; CASTILLO COURTESY OF D.C. UNITED; KELLY BY MIKE MORGAN FOR NPR; BAJAJ BY PAUL MORIGI/GETTY IMAGES FOR OPENTABLE

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Guest List

A monthly roundup of people we'd like to have over for drinks, food, and conversation



Svetlana Legetic

The new head of the Fredericksburg Area Museum used to run the much-missed web mag Brightest Young Things.

Dawn Wallace

She runs Virginia's Lost Dog & Cat Rescue Foundation, celebrating its 25th anniversary.

Ashok Bajaj

The DC restaurateur (Rasika, Bombay Club) was recently honored by the Indian ambassador at the US Capitol.

Kamil Castillo

A 16-year-old soccer prodigy from Columbia Heights, he signed with D.C. United.

Mary Louise Kelly

The *All Things Considered* cohost is leaving her role on the beloved NPR program.

DISINVITED!

David Rush

The former CIA officer admitted to stealing $40 million in gold bars and giving sensitive info to a foreign government, among other crimes.

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WASHINGTONIAN

TOP AGENTS 2026

On September 24, *Washingtonian* congratulated the Top Real Estate Agents and Elite Producers featured in the July issue. An exclusive reception was held for advertising partners at Fish Shop at the Wharf.

Guests gathered along the waterfront for an evening of bites, drinks, and conversation while celebrating the honorees and connecting with fellow members of the local real-estate community.

Attendees could stop by dedicated lounges from Rate and Chubb, which offered spaces to mingle, relax, and connect. Honorees also had the opportunity to pose with a signature faux magazine cover, a favorite tradition and a staple of *Washingtonian* events.

Thank you to our sponsors, **Chubb, Rate,** and **Titan Title,** for helping make the evening possible.

Thanks also to our venue and event partners: **Fish Shop, Lee's Flower Shop, Mixing Maryland, Sweet Almond,** and **Washington Talent Agency.**

Photographs by Stacey Salter/IC Image Works and Evy Mages

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Liz Ho, Lorin Mones, Kerri Murphy, and Gene Sung



Rate's Ru Toyama, Josh Friedson, Brandon Frye, Maggie Martinek, Drew Sullenberger, Alex Barresi, and Jordan Jackson



Titan Title's Andrea Rossi, Sara Rodriguez, and Tom Burns



Compass's Kevin Carlson, Tamara Miller, Janay Cheek, and Tamara Easley



Chubb's Brooks Eure on his faux Washingtonian cover



Fish Shop was the perfect backdrop for the evening.



Dan About Town

Party photographer Dan Swartz's monthly roundup of bashes, balls, and benefits

"A Literary Coming Out Party" Starring Chef Patrick O'Connell at Lisner Auditorium

September 18



Chef José Andrés, the Inn at Little Washington's Patrick O'Connell, and Washington Sun food correspondent Tom Sietsema

The Citizens Association of Georgetown's 1751 Party at the City Tavern

September 17



1751 Party event co-chairs Libby Cox, Amy Kuhnert, and Elizabeth Miller



Citizens Association of Georgetown president Amy Titus and executive director Brittany Sawyer



Compass's Janice Pouch; the Citizens Association's Stephanie Bothwell and Stefanie Scott; and Chip Scott of Grunley

Congressional Black Caucus Legislative Conference Wrap Party at Ned's Club

September 20



Musician Questlove



Congressman Marc Veasey, Nikki Webber Allen of Ned's Club, Mary Streett of BP, and Tiffany Moore of Waymo



The Association for Consumer Debt Relief's Jason Mulvihill, Congresswoman Maxine Waters, Senator Cory Booker, and Congressman Steven Horsford

PHOTOGRAPHS BY DANIEL SWARTZ

National Museum of African American History & Culture 10th Anniversary Museum Gala

September 24



Smithsonian secretary Lonnie Bunch with NMAAHC's Michelle Commander, Shanita Brackett, and Tony Coles



Actors Angela Bassett and Courtney B. Vance



Musician Frédéric Yonnet, producer Carla Sims, and radio personality Donnie Simpson

March On! Festival Opening Night Awards Gala at Dock5 at Union Market

September 29



Congressman Troy Carter and the National Urban League's Marc Morial



MS NOW's Jonathan Capehart, Meta's Nick Schmit, philanthropist Tiffeny Sanchez, and Kirkland & Ellis's Reginald Brown



Reverend William Lamar IV and Amazon's Steve Hartell

Americans for the Arts 36th Nancy Hanks Lecture at Arena Stage

September 30



Capitol Counsel's Lyndon Boozer, Howard University's Phylicia Rashad, and the Social Finance Institute's Karen Anderson



Alyssa Fisher and Ayanna Hudson of Americans for the Arts with C. Brian Williams of Step Afrika!

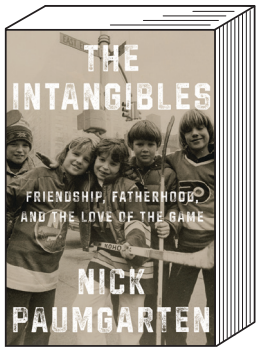


Erin Harkey of Americans for the Arts, Nancy Stephens of Arts Action Fund, and Svante Myrick of People for the American Way

THINGS TO DO

Our 10 picks for the month in culture

By Pat Padua



BOOKS

NICK PAUMGARTEN

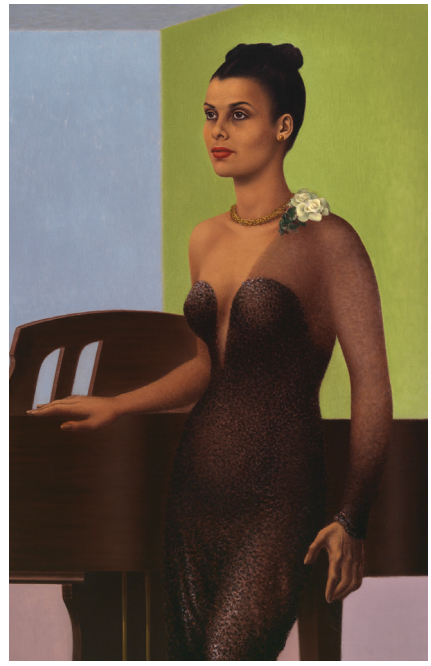
POLITICS AND PROSE (CONNECTICUT AVENUE)
November 12
With *The Intangibles,* a new memoir named for his beer-league hockey team, the wide-ranging *New Yorker* staff writer explores subjects like family and his love of the game.

MUSIC

TERENCE BLANCHARD AND RAVI COLTRANE

STRATHMORE
November 21
To celebrate the centennials of Miles Davis and John Coltrane, these jazz veterans – Ravi (right) is John's son – will pay homage to the past with a vibrant tribute concert that's very much rooted in the present.





MUSEUMS

"ON STAGE: PORTRAYING THE PERFORMING ARTS"

NATIONAL PORTRAIT GALLERY
November 6–July 18
Featuring some 20 objects, this small but intriguing exhibit includes portraits of stars such as Katharine Hepburn – her four Academy Awards are also on display – and musicians like Thelonious Monk, who's depicted in a painting used for the cover of *Time*. Other portraits include Lena Horne (above), Maria Callas, Paul Robeson, and LL Cool J.



MUSEUMS

"MODERN MILITARY AVIATION"

NATIONAL AIR AND SPACE MUSEUM
Opening November 11
Conflicts ranging from the Cold War to the war on terrorism spurred innovations in aviation technology. This new permanent exhibition traces that development through aircraft such as the North American F-86 Sabre, Bell UH-1H "Huey," and General Atomics MQ-1L Predator.

PHOTOGRAPH OF BLANCHARD BY CEDRIC ANGELES; COLTRANE BY ERIN OBRIEN; HORNE BY EDWARD BIBERMAN COURTESY OF NATIONAL PORTRAIT GALLERY; RENDERING OF "MODERN MILITARY AVIATION" COURTESY OF NATIONAL AIR AND SPACE MUSEUM

THEATER

HELL'S KITCHEN



NATIONAL THEATRE
November 24–December 6
Alicia Keys's autobiographical jukebox musical uses classic tracks – don't worry, you will definitely hear "Empire State of Mind" – and new songs to trace a 17-year-old's journey toward finding her voice.

MUSIC

YOUR BRAIN ON MUSIC



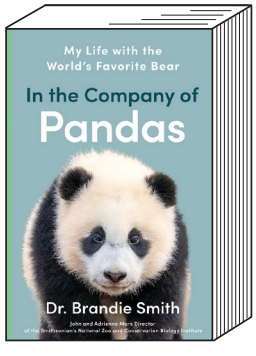
JOHNS HOPKINS UNIVERSITY BLOOMBERG CENTER
November 16–17
This two-day program deploys brain scans and film clips alongside a performance by PostClassical Ensemble (above) of Beethoven's Eighth Symphony to explore how the brain interacts with music and images.

MUSIC

STEVIE WONDER

CAPITAL ONE ARENA
November 23
This month's hottest ticket is the R&B giant's 50th-anniversary tribute to his landmark double album, *Songs in the Key of Life,* which he'll play in its glorious entirety.





BOOKS

BRANDIE SMITH

POLITICS AND PROSE (CONNECTICUT AVENUE)
November 19
The head of the National Zoo has spent years working closely with the institution's best-known attraction, as documented in her new book, *In the Company of Pandas*. She hooked us with the subtitle: *My Life With the World's Favorite Bear.*



THEATER

WILDERNESS GENERATION

STUDIO THEATRE
November 18–January 3
A new comedy from James Ijames (*Fat Ham*) depicts the heartbreak and hilarity of four cousins who reunite to pack up their grandmother's house in Tidewater, Virginia.

MUSIC

THE TUBS

SONGBYRD MUSIC HOUSE
November 9
This exciting London band – featuring the distinctive singing of frontman Owen Williams – plays joyful jangle rock with a Celtic flavor. Their new album, *Hard Life,* offers their most accomplished collection of songs so far. W

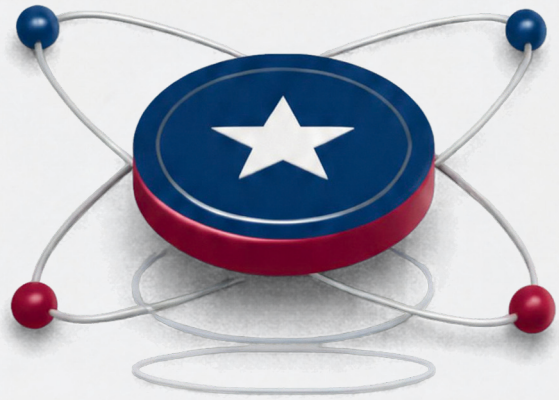


PHOTOGRAPH OF *HELL'S KITCHEN* BY MARC J. FRANKLIN; *WILDERNESS GENERATION* COURTESY OF STUDIO THEATRE; POSTCLASSICAL ENSEMBLE BY TOM WOLFF; WONDER BY EMMA MCINTYRE/GETTY IMAGES FOR THE RECORDING ACADEMY; THE TUBS BY ROBIN CHRISTIAN

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In her new book, *Gouged,* Lindsay Owens looks at dynamic pricing and other tricks that corporate America is using to make us pay more

By Sylvie McNamara

Photograph by Laura Metzler



LINDSAY OWENS BELIEVES THAT CORPO-rate profiteering has been turbocharged by technology, and she wants the government to fix it. She does not want rideshare apps to spike fares when your phone battery is low. She does not want landlords to coordinate rent hikes via shared pricing algorithms. And she does not want your airfare to rise because you just visited the website of a funeral home, making your travel seem urgent.

As executive director of the DC-based Groundwork Collaborative—which is part consumer-advocacy think tank, part corporate watchdog—Owens knows the unsavory tricks that companies use to raise prices. She spends a good chunk of her life listening to corporate-earnings calls and poring over patent applications, researching "the lengths that companies will go to in order to squeeze every penny out of you." In her new book, *Gouged,* Owens walks readers through the bizarre, tech-addled landscape of contemporary shopping, explaining the mechanics of surveillance pricing, dynamic pricing, algorithmic price fixing, and junk fees. The book is not a how-to guide for outfoxing corporations; it's a cri de coeur for lawmakers and regulators to protect consumers at a broader scale.

An economic sociologist who spent years advising Senator Elizabeth Warren, Owens is righteously angry. "Companies are doing well while many Americans are suffering," she told me recently over coffee. We spoke about why prices are so high and how we could fix it.

Companies are very secretive about their pricing technologies. How do you uncover what they're doing?

At the end of the Obama administration, when I was working for Senator Warren, one of the things I spent the most time on was called the fiduciary rule, which was so people who bill themselves as financial advisers, retirement advisers, or brokers can't cheat people out of their retirement savings. I got kind of radicalized by it because I watched how lobbyists slithered through Washington trying to undo this stuff, spewing scare tactics about how if they couldn't cheat retirees, they wouldn't offer financial advice anymore at all and the whole industry would evaporate.

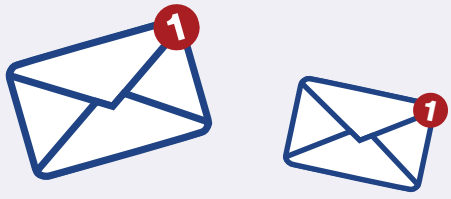
So they were on the Hill telling us the sky is falling, but when we went to their earnings calls, they were telling investors they'll be able to weather this regulatory change, no problem—and actually, they have all these new technologies to make sure they're compliant with the law. I think this was a training ground for the research skills that show up in *Gouged*. You have to look at the places where corporations are more truthful, like in the patents they file, which tell you about the technologies they're planning to roll out.

You mentioned earnings calls. What's happening in those?

Publicly traded corporations have regular earnings calls with their investors to update them on how the past quarter went. By law, companies have to tell the truth to their investors with regard to things that impact the material circumstances of the company. These calls can be really interesting ways to understand how specific corporations work.

What has struck you?

The most galling and eye-opening experi-



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WASHINGTONIAN

ence for me was how little concern CEOs initially expressed about inflation during the pandemic and how corporations took advantage of that moment to charge higher prices than they needed to. Consumers were all freaking out about inflation. Most of us had never experienced it—this was the first period of high inflation in decades. But over and over again, what we found was that CEOs were really bullish on getting through this. On earnings calls, they were doing an inflation happy dance, talking to their investors about how "a little bit of inflation is always good in our business" and praising their employees and their teams for their excellent work in "driving price," which means increasing prices. They had already built a whole host of technologies that would help them exploit this moment.

Some of those technologies were related to surveillance pricing. What is that? Surveillance pricing is probably the gnarliest of the pricing tricks. The idea is that companies are collecting data about you for the purpose of extracting the maximum amount of your wealth. They use data—like your demographics and location and purchase history—to determine the highest price you might be willing to pay.

Americans seem furious about it. Surveillance pricing is at the intersection of two things Americans hate: being spied on and being ripped off. People hate how pricing works in general. It feels unfair if they're charged more for ice cream on a hot day. They're mad about FIFA World Cup tickets being auctioned off to the highest bidder, such that revenue maximization trumps having a shot at taking your kid to a once-in-a-generation World Cup match. It's not just that the prices are high; it's the way that pricing works. It feels like the game is increasingly rigged against you.

And you think AI will make that worse. Yeah. One of my biggest concerns is the extent to which agentic commerce is going to supercharge these dynamics, because [AI companies] have so much information about you. The example I give is that I use ChatGPT a little bit in potty training my toddler, and if I then started shopping using AI, would my agent exploit the fact that I'm a stressed-out mom? Am I willing to buy whatever potty-training tools I need at a higher price point?

Google has already announced they are building out the infrastructure for folks to use Gemini to shop online, and I think that has the potential to be a price-gouging nightmare. There are a whole host of conflicts. Like, does your agent work for you? Do they work for whatever retailer pays Gemini the most for your information?

Some might argue that tech-optimized pricing isn't fundamentally different from what companies were doing before. Senior discounts are a form of personalized pricing. Dynamic pricing, like peak and off-peak rail fares, can help balance supply and demand. For me, broadly applicable discounts are fine when they're disclosed and available to everyone—or to all members of a socially accepted class, like students or seniors. I also think there is a place for dynamic pricing in managing scarce resources effectively. I think the question in any setting is:

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What is the goal of this pricing strategy, and what are its consequences?

The thing that worries me is we're seeing dynamic pricing move into a whole host of arenas where managing scarce resources really isn't at the center. Like, Las Vegas casinos are not running out of sunscreen. They're charging more for sunscreen on a hot day because they know it's hard to hike across the street to get a cheaper product at CVS.

And there's an anticompetitive aspect to dynamic pricing, too, because it makes it almost impossible to comparison-shop.

Yes. If you're on a budget, you vote with your feet. You say, "Oh, that seems a little high. Let me go across the street and see if I can get a lower price." Well, if the high price at this first store has changed by the time we get to the next store, there's no way of comparison-shopping.

The problem for the economy is that the mechanism by which prices stay competitive is actually, in part, on-the-ground budget shoppers. When everyone starts moving to the lower-price item, the higher-price store should bring down their price. If that mechanism is unraveling, it creates problems for ensuring pricing competition in the economy writ large. And so I think this is bigger than just the household budget. There's a way in which the budget shopper is actually doing really important work in the economy that's being undermined by these new types of prices.

How do you personally shop?

The first thing I'll say—and I don't mean to dodge the question, but I just really feel strongly about this: I do not think it should be up to individual shoppers to figure out how to beat the machine, to bob and weave and try to get out of being ripped off online. I think it's time for lawmakers to reevaluate the rights of consumers in the digital era so that they are not exposed to as much of this grift and gouging.

But I try to do as much brick-and-mortar shopping as I can. And I am not using AI a ton. I'm not someone who gives my phone number to companies or signs up for loyalty programs. My staff make fun of me for not getting airline points when I travel, but loyalty programs are data-harvesting operations, and as they get more and more information about your purchases, the perks and freebies go away. There is a real concern that they start to exploit the most loyal customers because they know you're a sure thing.

How angry is the public about these pricing tricks?

We have done quite a lot of recent polling on these topics, and we find that overwhelming majorities of Americans support very aggressive policy intervention to eliminate these practices. Around 80 percent of people are interested in banning surveillance pricing and other similar practices, depending on the question in the poll. When I see numbers like that, it says to me that this isn't a partisan issue. It's a values issue. It's hitting on something deeper than policy or politics—it's hitting on a core value, and that's fairness.

What would your top policy solutions be?

An outright ban on surveillance pricing is top of my list. There is no need for companies to set prices based on your personal data. Another is that I really like the idea of requiring AI agents to work in the consumer's best interest when they're doing shopping. [Senator] Mark Warner has introduced legislation that he's calling the "AI AGENT Act" that will require AI agents to act in your interest, just like a Realtor has to act in your interest. And we've got to make it so that algorithms cannot help industries coordinate their pricing in anticompetitive ways. Price fixing is illegal. Companies cannot get together and decide to coordinate on price. Algorithmic price fixing is price fixing. It's anticompetitive. It's collusive. It has no business in the American economy.

All this pricing technology is too complicated to follow.

That's the big fear, that everything becomes as complex and vexing as shopping for flights online, a world in which shopping for milk requires building an extension for your browser that helps you comparison-shop across five different grocery outlets. It's a very onerous burden to put on consumers who are already dealing with scarce time, scarce money, and information overload. My interest is in creating a fair economy where these pricing tricks aren't the rule. W

Staff writer Sylvie McNamara is at smcnamara@washingtonian.com. This interview has been edited and condensed.

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LOCAL OF NOTE: Fleming, shown in 2014, says she almost never gets recognized when she's out around DC.

PHOTOGRAPH BY TODD ROSENBERG

The Voice

Opera superstar Renée Fleming talks about leaving the Kennedy Center, her inconspicuous life in McLean, and her role this month in the fascinating *Nixon in China*

By Rob Brunner

ONE OF THE WORLD'S GREAT OPERA singers resides on a pretty street in a quiet part of McLean, a surprisingly normal existence for a superstar. "The diva next door," *60 Minutes* called her in its 1999 profile, and for some residents of Virginia, that has, for the last seven years, literally been the case.

Renée Fleming answers the door of her spacious contemporary house wearing a light-blue blazer and comfy shoes. To the left hangs a huge Chuck Close tapestry of Fleming's face, just across from a portrait of the singer by Francesco Clemente. She feels a bit sheepish about these uncharacteristically diva-ish decor choices. "I worry people come in and go, 'Look at all these portraits of her!' " she says as she shows me around. There's a 1924 Steinway baby grand in the living room, but Fleming keeps her five Grammys locked up out of sight. She's far more excited to show me her kitchen renovation (she and her husband mostly use the microwave and coffeemaker, she jokes) and the lovely Japanese red-pine tree she planted next to the house that morning.

Fleming has a reputation for being approachable, but she's as towering as divas get—not just an opera star but the kind of classical musician whose name people know even if they've never heard an aria. "She's one of the major box-office draws of the last half century," says Washington National Opera general director and CEO Timothy O'Leary. "If you've heard of any opera singer, you've heard of Renée Fleming."

On more than 60 albums and during countless performances, she's wrapped her soprano around everything from Mozart and Strauss—for which she's best known—to new work like *The Hours*, as well as classical song, jazz, indie-rock, Broadway, and bluegrass. "Her voice has always felt like you're taking a bath in heavy cream," says Washington National Opera artistic director Francesca Zambello. "She makes you feel like she's singing it for you, and that you're hearing it for the first time ever."

This fall, Fleming will star, with baritone Thomas Hampson, in a new WNO production of John Adams's 1987 opera, *Nixon in China*, directed by Elkhanah Pulitzer at DAR Constitution Hall on November 14, 19, and 21. The big-name cast combined with Adams's spectacular modern opera

makes it one of fall's hot tickets—especially because it's part of WNO's first full season since its acrimonious departure from the Kennedy Center.

Fleming comes across as friendly but quiet, with a lingering shyness that's been there her whole life. When she speaks, there's a muted quality—an introvert reserve that at times makes her hard to hear. Onstage, that voice is an astonishing instrument, saturating a huge hall in unamplified sound. She balances technical precision with emotional power, while communicating all the meaning and nuance of the words—typically in French, German, Italian, or Russian. She can pin back ears in the Lincoln Center cheap seats, but in her living room, you have to lean forward to make out the words.

FLEMING HAS ALWAYS BEEN AN ADVO-cate for more challenging modern music, and *Nixon in China* is definitely a steeper climb than, say, *La Traviata*. But the opera is both provocative and rich—a big production full of dancing and choral climaxes that has grown into a modern classic since it premiered almost 40 years ago. "This is a masterpiece," Fleming says of the opera, and you get the sense she doesn't use the term casually.

Composed by Adams with a libretto by Alice Goodman, it depicts Richard and Pat Nixon's historic trip to China in 1972. Though the opera is modern and the sounds can be dense and adventurous, "it's not pots-and-pans-crashing bad contemporary music," says Zambello. "It has a cumulative effect where, by the time you get to the end, you feel the incredible weight of history and the majesty of this composition. There is a propulsive feeling to the music, which draws an audience in."

Still, fans of more traditional opera will have to open their ears to *Nixon in China*'s distinctive rhythms and minimalist synths. It's worth it: The immersive music works its way into you, with rewards that are both intellectual and surprisingly emotional. But Fleming says even her husband, Tim Jessell—whose tastes run more toward Springsteen and Dylan—had to warm to it when he saw her perform the Pat Nixon role in a different production that was staged at the Paris Opera in 2023 and 2026. "My husband's the best guinea pig ever," she says. "And he didn't get it at first. The French audience was thrilled, laughing at everything, stomping, standing, and he kept looking around, going, 'Wow, they love it. What am I not getting?' " But a friend's contagious enthusiasm for what they were seeing changed his mind. "Sometimes," Fleming says, "you just need someone to open the door."

Fleming pulled out of a Kennedy Center concert after Trump's name went on the building. "You have instincts about right and wrong," she says. "It's about following your conscience. I was going to sing, but then I said, 'I can't. I just can't!' "

Fleming doesn't star in a lot of fully staged operas these days—*Nixon in China* is the only one she's doing in 2026. But she's still quite busy, performing concerts and recitals around the world. On November 22, she'll appear in WNO's "We the People," a concert on themes like liberty and independence. And her Appalachian-music project with Béla Fleck, *The Fiddle and the Drum*, hits Carnegie Hall in December. An album with the same name came out earlier this year. The record features Fleming and Dolly Parton duetting on "In the Pines," one of the late country star's last recordings. Though they didn't sing it together in the studio, Fleming loves how it turned out. "Her voice is gorgeous," she says. "What she recorded over my part was so good, so refined, and also generous. She really blended in and also brought her own personality to it."

Musical curiosity has marked Fleming's entire career. "There's very little music that I don't like," she says. Early on, she thought she might be a professional jazz singer. She's released a record full of indie-rock covers and made an album with renowned jazz musicians Bill Frisell and Fred Hersch. "Even in high school, when I'd go to a concert, I didn't like predictable music. I wanted to be surprised all the time. The brain likes surprises, it really does. There's a lot of science now around music and prediction. We love to be able to predict what's going to happen, but we're also especially delighted when it doesn't go the way we thought it would."

FOR FLEMING, *NIXON IN CHINA* ISN'T just a chance to play Pat Nixon in the city where she once lived. It's also an opportunity to support WNO, which is embarking on a risky new phase as a fully independent entity. The challenges are plentiful, as WNO's O'Leary explained recently in a conference room at the opera company's offices and rehearsal space in Takoma DC.

WNO announced its split from the Kennedy Center in January, ending a 55-year relationship and throwing every aspect of its operations into chaos. Gone was its regular venue, but also its administrative infrastructure: the fundraising, sales, publicity, marketing, and other staff required to stage and sell hugely complex performances.

Now O'Leary and WNO have put together the company's first full season since the split, with eight productions at five venues around the Washington area. "We had no employees. We had no insurance. We had no money," he said. "We had to rebuild the entire thing, quickly. It looked impossible."

Part of the reason leaving the Kennedy Center became necessary, Zambello says, is that she'd started getting pressure from

the Trump-appointed head of the Kennedy Center, Richard Grenell, and his "coterie of Politburoites," as she describes his team. "It was an intense time because we were being subjected to incredible censorship by the management. [Audiences] weren't coming, people weren't giving, and they were suggesting what we do, and don't do, and how we do it."

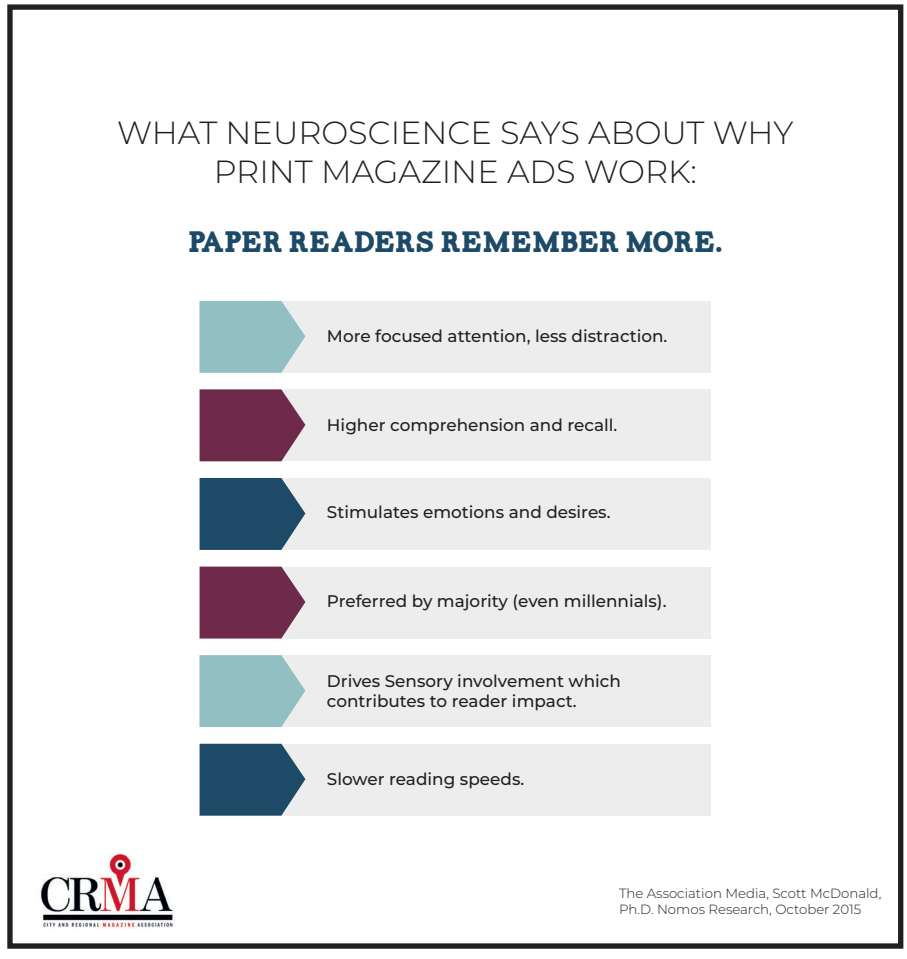
Zambello says she was scolded for "woke" programming like Gershwin's *Porgy and Bess* ("I had to explain that it was written by George and Ira Gershwin 90 years ago") and criticized for not programming popular operas, despite crowd-pleasers on the schedule like *The Marriage of Figaro* and *Aida*. "It was those kind of comments all the time," she says. "All the time. And they accused me of being lefty and woke and not being polite to Republican donors. They said I don't know how to talk to a Republican. I said I've been working in the arts for 50 years. I know how to talk to everybody."

Last year, Zambello gave a surprising interview in which she said that the opera might have to leave the Kennedy Center—which soon came to pass. "I don't know any other way to live," she says of the decision to go public. "I just don't. I felt that I couldn't compromise myself, or the company. It's really important people realize nothing will change if you don't speak out."

The ensuing period of uncertainty "was rocky," Zambello told me. "I definitely rocked the boat in a big way. But I knew in my heart that it was going to get worse and worse. I am too proud of the legacy of the building and of myself as an artist to allow myself to be subjugated."

Fleming herself resigned from her position as an artistic adviser to the Kennedy Center in 2025, responding to Trump's decision to install himself as chairman of the board and replace her friends David Rubenstein, the previous board chair, and Deborah Rutter, the president. "It was just so shocking," says Fleming, who's now an artistic-development adviser at Wolf Trap Opera, working with its young singers. "I just couldn't, in all good conscience, stay in that position." Then, after Trump put his name on the building, she pulled out of a scheduled concert with the National Symphony Orchestra. "You have instincts about right and wrong, and most of us follow them," Fleming says.





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"It's about following your conscience. I was going to go ahead and sing with the National Symphony, but then I said, 'I can't. I just can't!' "

Now, with the Kennedy Center shuttered and its future in grave question, WNO's and Fleming's departures look smart. This season's ticket sales have been unexpectedly robust, O'Leary said, and he's been surprised by a nationwide surge of donations, ranging from $5 to an anonymous $500,000 contribution. There have been plenty of challenges, of course. O'Leary recalled standing in the lobby of Lisner Auditorium during one performance this spring, speaking to people who were waiting in a huge line for the bathroom. "I was by the ladies' room, talking to people and saying, 'I'm so sorry about this situation.' People were incredibly understanding."

So far, the company has managed to pull it all off. "We accomplished what we did through sheer human will," O'Leary said. "The late nights and long weeks were extraordinary. You know, people in the opera business are show people. We go on with the show."

FLEMING'S CLOSE FRIEND ANN PATCH-ett got to know the singer after her novel *Bel Canto* featured a Fleming-like character. "So many people thought *Bel Canto* was based on her," Patchett says, "and it's kind of a joke because it wasn't, and yet over time, even I now believe that it was." Patchett describes Fleming's personality as "a combination of great warmth and friendliness, and remove. After 30 minutes it goes away, but it takes a couple of beats to drop the polish and just be like, 'Oh, here we are.' "

Actually, it was Patchett who brought Fleming to McLean, in a roundabout way. Fleming got divorced from her first husband in 2000. Living in New York and Connecticut, she'd focused on her career and raising her two daughters. By 2008, she was ready to give up on finding a partner, "or do a dating app, which I was kind of mortified by," she says.

Jessell, a divorced DC lawyer, had been struggling with dating as well. One day, he was at a neighbor's house, venting his frustrations. He pointed to a CD that happened to be on the counter and joked, "I'd go out with her, but otherwise, forget it." It was an album by Renée Fleming.

As Fleming tells the story, Jessell's friend knew Patchett, who passed along the funny anecdote. Soon, Jessell got a call: "Renée said she'd have lunch with you." "Renée who?" he replied.

Fleming was in DC to perform in a WNO production of *Lucrezia Borgia* at the Kennedy Center, and they arranged to have lunch at the Four Seasons in Georgetown. The date went "well enough," Fleming says, and they kept seeing each other. Patchett approved: "I said, 'What you want is somebody who's crazy about you, not somebody who's crazy about Renée Fleming.' He was not a lifelong opera fanatic. He was nuts about Renée, this smart, beautiful, fascinating woman he had met."

Fleming and Jessell ended up getting married, and they bought the McLean house together in 2019. "Tim didn't believe me that I wanted to move here," says Fleming, who was born in Pennsylvania and spent her childhood in upstate New York. "He said, 'You're going to miss New York. You're going to be unhappy.' I said, 'Stop! I know what I want. I want a suburban existence. I want a car and a garden.' "

Now Fleming orders local takeout and shops at Merrifield Garden Center. She and Jessell are big fans of DC's theater scene, checking out productions at Arena Stage, Signature, and Shakespeare Theatre Company (where she recently went to see Brian Cox in *The Score*). And they like to socialize locally. "I love all my neighbors," she says. "I've made a point to get to know a lot of them. I love the idea of being in a neighborhood."

Fleming says that unlike in New York, she almost never gets recognized around DC. Perhaps there aren't that many opera fans here, or maybe it just doesn't occur to residents of Northern Virginia that the woman who looks a lot like Renée Fleming actually might be Renée Fleming. But mostly it's just how she carries herself around town. "You know, I was standing with Robert De Niro on a corner once in New York," she says, "and not a single person noticed him. He wasn't drawing attention to himself—he was just *being*. And I went, 'Oh, that's the secret. Just don't think about it.' " W

Politics and culture editor Rob Brunner is at rbrunner@washingtonian.com.

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Jell-O and Goodbye

I fell in love with weird '70s food from Bold Fork Books' vintage cookbook collection. Then the store closed.

By Sylvie McNamara

PHOTOGRAPHS BY EVY MAGES

IN AUGUST, I HAD THE UNPRECEDENTED gastronomical experience of eating a dish called "Peaches Filled With Ham Mousse." If anything, it was worse than it sounds: three whole peaches stuffed with a food-processed mixture of ham, butter, mayonnaise, cayenne, and port. I ate it on the lawn at Wolf Trap, and for the next few hours, a queasiness oozed through my body as I watched the National Symphony Orchestra perform. The offending dish came from the *Wolf Trap Picnic Cookbook,* a spiral-bound compendium from 1976 that I'd purchased the month before.

I found it at Bold Fork Books, which was DC's only standalone cookbook store before it permanently closed in September. This was at the height of summer, when the capital was convulsed with the spectacles of Freedom250 and Bold Fork was doing some counterprogramming. To observe America's birthday, the staff had rolled out a large array of vintage cookbooks from across the nation, the Wolf Trap book among them.

Specifically, these were community cookbooks: self-published recipe collections, assembled to fundraise for local civic organizations like the Junior League, the synagogue, or the elementary-school PTA. Bold Fork had cookbooks from Yakima, Natchitoches, Punxsutawney, and Provincetown, all of them flush with dishes that came directly from home cooks. The recipes have craggy edges and odd ingredients. They don't all work. But they're time capsules of midcentury cooking, of how ordinary Americans actually ate.

The *Wolf Trap Picnic Cookbook* is rife with bizarre '70s artifacts: a bowl of grated Gruyère doused with a full cup of vinaigrette, a "Chinese Boiled Chicken" simmered with one turnip and the peel of a tangerine. What drew me to this book was not the desire to cook literally anything in it, but that I liked its general spirit. Picnics at Wolf Trap can be elaborate: folding tables laden with chilled wine and sandwiches and fresh cherries and dips. There is something so summery, so luxe, about sitting on the lawn eating pie, waiting for a concert to begin. I wanted that feeling in my home. I did not want "Artichoke Bottoms With Shrimp."

In general, I cook under the impression that the arc of American cuisine bends toward progress, that the further we move forward in time, the more delicious things get. Nothing in the store's vintage cookbook array seemed to contradict this belief. Browsing the shelves, I encountered a comical overabundance of gelatin, an epidemic of mayo-whipped meats, and a heavy dependence on canned goods. These cookbooks are exquisite historical objects with gorgeous art. They're portals into bygone flavors. I was certain that they could not make me a better cook.

KREESA LANCASTER, AN ATTORNEY who lives in Navy Yard, also bought a vintage cookbook at Bold Fork this summer: *Favorite Recipes of America,* from 1968. "I wanted the craziest neon-colored Jell-O monstrosities," she told me. "My goal was to cook things that are not classics for a reason—to really dig into 'This is heinous. These are crimes.' I wanted to commit crimes."

We were standing in the backroom at Bold Fork, beside tables laden with such criminally antiquated dishes as a gelatinous salmon mousse topped with wedges of boiled egg, a congealed peach salad, and an apricot Jell-O mold smothered in bright-orange Cheddar cheese. It was like a 1970s church potluck gone haywire—but actually, it was the store's monthly cookbook club. Dozens of people had made dishes from community cookbooks. Lancaster brought eight, including a gelatinous pineapple ham loaf and a ham tetrazzini that, she said, required her to do "evil, evil things to pasta."

"You know, the flavor is not disgusting, but the texture is super unsettling," I told Lancaster as I tasted her ham loaf, which was adorned with canned pineapple rings and studded with whole cloves. "It's kind of vomity, like half-digested sweetened meat." Lancaster took a bite. The texture, she conceded, was "horrifying," but it called for so much ground ham that she didn't think much could be done. With a crazed gleam in her eye, she sampled a couple of her other creations: a sickly-sweet citrus Jell-O mold topped with candy circus peanuts and a congealed lime salad that looked like the fur of the Grinch.

There was no mandate to cook with gelatin, but that's what most people did. A local PR executive made a "Dilly Tomato Aspic" from 1985's *Tidewater on the Half Shell* because, she said, "aspic is always the butt of every vintage-cookbook joke and I've never had the pleasure of eating it." An employee of Bold Fork considered making a pineapple Jell-O mold from 1957 until she saw that it called for three-quarters of a cup of sugar plus sliced olives and pimiento cheese. "I wanted to be adventurous, but I still had to be willing to eat it," she explained, opting for a Bing-cherry-and-cream-cheese ring mold instead.

All night, the energy surrounding the aspics was riotous. Everyone crowded together, sampling dishes and discussing what they'd learned—about the difficulties of setting gelatin, or how the US annexation of Hawaii brought canned pineapple to the American middle class. Marveling at these Jell-Os, which glowed ethereally under the lights, I realized something that probably should have been obvious: A three-layer caviar aspic that serves 16 (collected by the Thibodaux Service League in 1982) was not meant to feed your children. It was a quasi-edible centerpiece for gathering neighbors and colleagues and friends.



FORK IN THE ROAD: Clementine Thomas shuttered Bold Fork Books, the beloved Mount Pleasant cookbook store that she co-owned, in September.

"Deliciousness-wise, it wasn't our most successful cookbook club," Bold Fork's co-owner Clementine Thomas told me later. "But that wasn't the point." Like the midcentury gelatin craze, cookbook club was more about community than about nourishment or taste. She wanted to see all these old recipes brought back to life, to encourage cooks to experiment, to bond people in disgust and delight.

IN ITS PREVIOUS LIFE, THE *WOLF TRAP* *Picnic Cookbook* belonged to a woman named Lois Noonan, an administrative assistant in the Montgomery County school system who raised her family in Silver Spring. She was a relentless amasser of cookbooks. To find them, she scoured the region's thrift stores, and she always returned from vacation with volumes that were local to wherever she'd been. Most of Bold Fork's community cookbooks came from her; Thomas bought a portion of Noonan's collection in 2023, two years before she died.

Noonan did not see these cookbooks as novelties. She cooked from them all the time. "I think it was an adventure for her," her daughter, Brigid, recalls. "She found it really interesting when people would put together ingredients that you

"I wanted the craziest neon-colored Jell-O monstrosities. My goal was to cook things that are not classics for a reason—to really dig into 'This is heinous. These are crimes.' I wanted to commit crimes."

might not think of putting together." Sometimes these creations would flop, which Noonan typically took with good humor. But they'd often taste surprisingly good, like the salmon mousse she served each Christmas from a fish-shaped copper mold. Noonan was a skilled and intuitive cook who often modified the recipes—sometimes to an extreme degree—but she used the community cookbooks because she liked them, because they expanded her culinary life.

To many of us, cooking from vintage recipes was a deliberate flirtation with revulsion—but the disasters were actually the exception. Most of the food was passable, and a few things were even superb. The salmon mousse from the 1984 *Mount Vernon Cookbook,* resplendent on its bed of wilted radish greens, turned out to be herby and creamy and nice. ("Oh my God, it has so much mayo," the cook told an admiring crowd.) The sweet Jell-O salads were festive and flavor-dense. Even the congealed apricot with cheddar cheese worked. But to me, the "Dilly Tomato Aspic," gorgeously ribbed from its bundt mold, was the night's revelation. It was crisp and refreshing and tasted just like a Bloody Mary. If you brought it to a party, you'd be a star.

Noonan adored these oddball gems of dishes. But to her, community cookbooks were also expressions of civic pride, efforts by ordinary people to raise money for institutions they loved: a Special Olympics committee in Hawaii, a hospital in Western Pennsylvania, the Smith Island PTA. She herself was a regular at Wolf Trap, and according to Brigid, she bought the cookbook to support the arts. This was the '70s, when the American middle class was still robust, when people joined the Elks Lodge and the Junior League and shopped at the regional department store. Resources tended to pool within communities then. It was before faceless conglomerates extracted so much of our money and attention, before the economy enabled such extreme hoarding of wealth.

That was on my mind a week after cookbook club when Bold Fork announced that it was closing. "It just wasn't sustainable for us," Thomas told me on the phone. There were the high fixed costs and the creep of the behemoth internet stores—and then came the Trump administration's attack on the federal bureaucracy last year. "I think in our little microcosm, we felt it particularly strongly," Thomas said. The Mount Pleasant neighborhood "is especially dense with government employees and people who were directly impacted by these cuts." Bold Fork was a business, not a civic institution, but it brought strangers together. It hosted fun and rich community events. Small businesses, Thomas said, are "a huge part of the texture of places." It matters when a community is too weakened for them to survive.

Before Bold Fork closed, I bought a few more community cookbooks. I sometimes flip through them on my coffee table, marveling at what people once ate. In a Pepto-pink cookbook from 1982, I recently encountered a recipe for tomato aspic, which seems close to the spectacular one from cookbook club: jiggly and earthy-red, oddly glamorous, a wistful relic of another time. I think it will be dynamite at Thanksgiving. It's possible that nobody will eat it, but I no longer think that's the point. W

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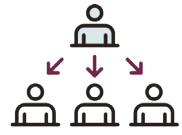
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CITY AND REGIONAL MAGAZINE ASSOCIATION

YouGov Profiles March 2020.

By Sylvie McNamara
Photographs by Evy Mages

THE MUSEUM *of* TOO MANY WORDS

Donald Trump says the Smithsonian's American history museum is too woke.

Actually, the problem is that it's boring.

ON a recent trip to the Smithsonian's National Museum of American History, I was wandering a corridor devoted to American technological innovations—a camera shutter, a denture, an artificial heart—when I heard music in the hall behind me. A group of Black women in long printed skirts appeared, clapping and stepping and singing an uptempo version of the spiritual "Watch That Star." I was about to walk into an exhibit, but I followed these women instead.

They led me to a small atrium, where a handful of visitors had gathered to watch them sing. One performer explained that they were doing a ring shout, "a rhythmic religious dance of African origin," then another theatrically asked why, if the dance is African, we're learning about it in the American history museum. They explained that the ring shout crossed the ocean with enslaved people who adapted their various cultural traditions "into something truly American." There was discussion of the Gullah Geechee people, following the North Star to escape slavery, and why they were using sticks instead of drums. Eventually, I wandered off—but in an adjacent room, as I read about Eli Whitney's patent woes, I could still hear their voices echoing, singing Rihanna and Lauryn Hill.

This performance, I suppose, was woke. It's exactly the kind of thing that the White House Domestic Policy Council recently called out in its 130-page polemic against the National Museum of American History. The document, released on July 4, alleges that the museum "purposely presents America as a problematic country irredeemably conceived," which is "above all, defined by white supremacy, slavery, conquest, exclusion, hierarchy, racism, xenophobia, misogyny, and systemic injustice." The report accuses the museum of minimizing the Founders and treating patriotism with suspicion, while presenting American history as something to be "inherently questioned, dismantled, 'problematized,' and reinterpreted to achieve ideological ends."

Essentially, the report claims that the American history museum has been captured by an unpatriotic leftist agenda that distorts basic historical facts in order to tell an ideological story that places undue emphasis on our nation's flaws. Perhaps that has elements of truth; during my three hours at the museum, I did see some silly ideological things. But the ring shout was not among them. What struck me was not its implicit political content—its acknowledgment that slavery existed and was cruel and that its legacy persists today, all of which is true and appropriate—but that the performance felt oddly engaging. It was a lively experience that existed in three dimensions. It was not something I had to read off of a wall.

Just so you understand why that's noteworthy, let me describe to you the room I saw next. The "Inventing in America" exhibit had a ratio of text to objects so extravagantly skewed that, in portions of it, I actually had to search to encounter any objects at all. Everything was signage. It was like trudging through the pages of a large-print book.

I thought perhaps this was anomalous, so I moved to another exhibit called "Many Voices, One Nation," which seemed to have more objects but equally voluminous text. "Why is there a model of a steamboat next to a woven basket next to a porcelain wash basin next to an animal jawbone?" I asked in my notes, adding that "I think this all has to do with 19th-century westward migration, but I would have to do so much reading to find out."

"Many Voices, One Nation" was among the primary targets of the White House report, which claims that the exhibit's "ultimate goal" is to "convince visitors that illegal aliens are entitled to citizenship, voting rights, and 'belonging' in America." If that's the case (and I do not believe that it is), then I failed to receive the message—perhaps because it was so tediously over-explained.

I'D GONE TO THE SMITHSONIAN BECAUSE, FRANKLY, there were aspects of the White House Domestic Policy Council report that didn't seem 100 percent crazy. In the past decade, I have attended many lectures and dance performances and literary readings and gallery shows that have made me feel extremely hectored on identitarian grounds. My objection isn't political. I'm a liberal. I care deeply about these things. But it's fairly suffocating to see the world exclusively in terms of fighting oppression. I like when cultural experiences surprise me, when they challenge me and expand my capacity to think. At a certain point, it does feel like ideological disciplinarianism to suggest—implicitly or otherwise—that the only appropriate meaning to be made from the world comes through the lens of social justice.

EVERYTHING
was signage. It was like trudging through the pages of a large-print book.

The White House report claimed that the American history museum was explicitly enforcing that type of thought. It quotes from the museum's interpretive plan, suggesting that, "whatever the topic," exhibits should "speak to the core issues of our time"—specifically "race/identity, gender/sexuality, climate change, immigration/migrations, economic inequality, technological change, and nationalism/globalism." My immediate reaction to that was *yikes*. According to the interpretive plan, "What gives these issues their potency is that they are both the live questions of our moment and the enduring challenges of our country's history." But the report claims that the result of following such a plan is that "visitors encounter the same ideological storyline over and over again."

That seemed like a plausible charge, but it's not what I encountered at the museum. Inside the "Inventing in America" exhibit, there was a totally reasonable display



Physical items featured in the museum's "American Enterprise" exhibit are surrounded—and arguably overwhelmed—by lots and lots of explanatory text, becoming props in whatever story the Smithsonian is telling.

explaining the Founders' differing opinions about the ideal structure of the American economy and a gloss of the cotton gin that never actually mentions its role in expanding slavery across the South. On one wall, Cesar Chavez is labeled a "Labor Legend," while Sam Walton is a "Retail Revolutionary"—and even the most devoted culture warrior from the White House Domestic Policy Council might struggle to discern an ideological agenda from that. The museum has permanent exhibitions devoted to battleships and the presidency and the Star-Spangled Banner, leavened with special exhibitions about salsa music and lowriders. None of it felt ideologically coherent, and I don't mean that as a criticism at all.

I'M AWARE that with the Smithsonian under attack from Trump, it's a suboptimal moment to pile on. But I like museums. I think they're valuable.

I'M AWARE THAT WITH THE SMITHSONIAN UNDER attack from the Trump administration, it's a suboptimal moment to pile on. Not everybody, especially the museum's hardworking and passionate staff, wants to hear that its historical lessons are probably too impenetrable to indoctrinate anyone, even if the exhibits were doctrinaire. But I like museums. I think they're valuable. And the Smithsonian has a real opportunity—and desire, I think—to engage both Americans and visitors from around the globe.

Typically, a museum pulls us in with objects. For example, I recently visited the Edgar Allan Poe Museum in Richmond. That museum is not slick. It's not fancy. But it stays out of its own way. It has an interesting collection that it presents with minimal intervention: a lock of Poe's hair, his boyhood bed, an unsettling painting of a distraught Victorian woman that he once gave to a friend. Obviously, there are many differences between the Poe museum and the National Museum of American History, namely of mission and scope. The Poe museum is not attempting to do anything nearly so ambitious as to tell the nation's story. But I do find it elucidating to contrast their presentation of objects. In the Poe museum, the wall text buttresses the objects. At the American history museum, the objects mostly buttress the wall text. They're props in whatever story the museum is trying to tell.

For example, one of the more intriguing objects I encountered there—in a hall devoted to American democracy—was a printing press that Ben Franklin used, pocked and weathered with age. I literally had to peer around five different signs to see it. The content of those signs was moderately interesting, especially the one about partisan media in the 1790s—but honestly, I only read that sign after the fact, via a photo on my phone. While standing there, I was overwhelmed by the barrage of signage and peeved that it was obscuring an object that I actually wanted to see. I did not pause to

grapple with any of the rich questions ("What if privately controlled media misinformed the public about issues that voters needed to understand?") that the museum wanted me to ask.

The thing is, I like objects. Perhaps that's an unsophisticated preference, but I certainly don't think I'm alone. The most boisterous energy at the museum was around its marquee items: the top hat Abraham Lincoln wore to Ford's Theatre on the night he was assassinated or the gunboat *Philadelphia,* which sank in 1776. Around those displays, children shrieked and parents snapped photos. Scrums of people—families, retirees, tourists, teens—lingered and gawked and discussed.

At one point, I fought my way through a crowd to see the ruby slippers from *The Wizard of Oz*. They're magic onscreen. They glitter. They appear to be made from a substance that's not naturally found on this earth. But in the museum, they're so endearingly analog: just faded sequins and beads stitched onto dated heels, the kind of thing you could fabricate at home. The wall text emphasized how Dorothy's pluck resonated with beleaguered Depression-era audiences, an interpretation that seems plausibly true but just did not make the slippers feel alive. What entranced me was their low-key physicality. It made me understand something about how the camera transfigures the world, about the magic of color film.

NOT EVERYTHING IN A MUSEUM CAN OR SHOULD BE as splashy as the ruby slippers. The Smithsonian's collection is full of quieter objects, ones of less compelling provenance that tell a more quotidian story: GameBoys and credit cards and rolls of Scotch tape—items that are significant not because they have an unusual or important backstory, but because they're generic, part of the fabric of everyday Americans' lives. With those objects, the museum faces a real interpretive challenge. It doesn't take much to explain why the ruby slippers are interesting, but a random product scanning gun from 1996 may require some textual finesse.

I just don't think more signage is the answer. The museum's everyday objects are most striking to me when grouped. I liked the jumbled cases of campaign memorabilia: a banana-size cigar promoting the candidacy of William Howard Taft, a frightening Teddy Roosevelt doll, a pair of John Kerry flip-flops sponsored by George W. Bush. Presented together, these objects told stories about the evolution of American manufacturing and the escalating savvy of political campaigns. I also loved the recreated rooms from decades past, like Julia Child's kitchen and video-game pioneer Ralph Baer's workshop, stuffed with pre-internet household objects like landline telephones, hefty reference texts, and dishware with outdated prints. In these contexts, the individual objects don't need to be explained. They gain meaning from their proximity to one another, from letting us experience what it once felt like to be alive.

Contrast that with the cherry-red Weber kettle grill from the '70s that I encountered—disembodied, stripped of context—in a white-walled display case, accompanied by the following text: "In post-World War II suburbs, dads grilling meat on the patio transformed food preparation from work to recreation." That left me totally cold.

I'm sure that I am misunderstanding much about this museum and that a curator could explain to me why the exhibits are how they are. I actually tried to speak with the museum's director—but the Smithsonian did not make her available, which seems reasonable given that the White House has personally singled her out for attack. I'm not claiming to understand or represent the museum's point of view, but I think it matters that as an ordinary person with a particular interest in American history, I felt alienated when I went there. I think it matters that I have no idea what the museum is trying to do and I can't seem to figure it out.

THE MOST boisterous energy at the museum was around its marquee items: Lincoln's top hat, the gunboat *Philadelphia.*

In the museum's interpretive plan, I did find this sentence: "We need a history that in every moment and in every aspect is indelibly human and alive—a history that touches people, moves them and changes them." I agree with that. And during my visit, the past felt most alive to me while I was staring at a butterfly ballot from the 2000 election, whose notoriously confusing design may have led thousands of Palm Beach voters to accidentally select Pat Buchanan instead of Al Gore. I knew about butterfly ballots—I'd seen pictures of them—but actually encountering one felt different. As a live object, it's more bewildering than I'd imagined. I sat with it for multiple minutes and was still not convinced that I'd figured out how to vote for Gore.

I cannot precisely say what I learned from seeing the butterfly ballot, but I can tell you what it made me feel. It made democracy seem precarious. A design flaw in a ballot in one single American county may have led to the Iraq War, to the financial crisis, to the current extraordinary concentration of wealth. Standing there, trying to sort out which slot corresponded to which candidate, I thought about how this fiasco was an accident, while today we're besieged by actual efforts to subvert elections: January 6, the SAVE Act, Citizens United, the gerrymandering wars. I'm not sure I gained any specific knowledge from the butterfly ballot, or arrived at any coherent story about our nation, but I left with an unsettling understanding that everything of value is so precarious and contingent and could be lost in any number of ways.

I arrived there not because any of this was explained to me, but because I had an experience with an object from the past. W

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PHOTOGRAPH OF RUBY SLIPPERS BY NATIONAL MUSEUM OF AMERICAN HISTORY/MERLE BANTA, FRED CARR, AND STEPHEN HINCHLIFFE



This owl came to City Wildlife with eye damage and signs of head trauma, probably from hitting a window or vehicle. Following treatment, it was released back into the wild.

By Bishop Sand
Photographs by Evy Mages

WHERE THE WILD THINGS HEAL

At Washington's only wildlife rehabilitation clinic, sick, injured, and orphaned animals receive a second chance at life



YOU SEE A MOURNING DOVE FLAPPING ON the sidewalk, struggling to move. A baby squirrel crawling near traffic, seemingly abandoned. An owl lying on the ground with one eye closed. What do you do? If you're like thousands of locals each year, you try to help sick or injured wildlife. Often, rescued animals end up at City Wildlife, the District's only wildlife rehabilitation clinic.

Opened in 2013 and led by veterinarian Sarah Sirica, the facility treated roughly 1,900 animals last year–slightly more, for its size, than the Wildlife Rehabilitation Center of Minnesota, the busiest such facility in the world. On a recent morning, Dr. Sarah, as the staff calls her, loads syringes with medicines and annotates patient printouts. Her exam room has a large whiteboard of columns tracking admission, species, and problems. On the list: eastern gray squirrel, rock pigeon, and red-shouldered hawk, with notes such as "neuro" (neurological symptoms like a tilted head), "lead" (an animal ingested the heavy metal), and "HBC" (hit by car).

The day's crew of volunteers, interns, and staff prepares food for about 100 recovering animals. Among them are an orphaned baby opossum, also known as a "joey," which draws *awww*s from the interns as it struggles to keep itself upright in a blanket, its paws resembling tiny, fingerless gloves. Dr. Sarah reminds everyone to keep quiet around the opossum to avoid "habituation"–a lack of fear from continued exposure–to humans, which can get animals killed after leaving the clinic. Joeys, she says, are especially vulnerable to habituation when left on their own; before release, staff might hiss at the baby marsupial so it learns to fear people.

For most of the day, Dr. Sarah gives her patients head-to-tail exams. If needed, she'll bathe them, rebandage limbs or shells, inject medications, improvise splints from donated craft supplies, and collect fecal samples. The interns help out, and Dr. Sarah quizzes them on the types of parasites scraped from a pigeon's crop. Many interns intend to work in animal care, and wildlife rehabilitation has been professionalizing since the International Wildlife Rehabilitation Council was founded in 1972.

Today, there are a few hundred wildlife-rehabilitation facilities in the US. Clinics like City Wildlife share their data nationally, and universities and government agencies use it to study everything from disease monitoring to evolutionary biology. Funding is mostly private. The District covered about 24 percent of City Wildlife's $836,000 operating costs in 2025, with most of the rest coming from grants and donations. Practitioners like Dr. Sarah tend to bring a DIY ethos to the work–best practices for, say, a robin neck splint are found in group chats with other rehabilitators.

Nationally, about two-thirds of the animals brought in for rehabilitation don't survive. Of those that recover, some are released following a few days of care, while others can stay for as long as a year. Before leaving for the day, Dr. Sarah mops her exam room, restocks fresh towels, and updates patient records on her laptop. She also washes syringes, which she'll reload the next morning. "It feels like this is what I'm supposed to be doing," she says. "I love the wildlife. The fact that I can lend a hand to their problems is extremely meaningful for me."







DR. SARAH RECEIVES a patient from an animal-control officer (opposite page). Top reasons for clinic admission include physical trauma, being orphaned, and injuries from interacting with cats and dogs. City Wildlife has indoor and outdoor enclosures for the animals in its care—which on this day include a mourning dove (top left), a squirrel (above), and a snapping turtle (left). Below, a baby pigeon in its incubator is given a stuffed animal to reduce anxiety.



AT THE CLINIC, most nestlings are fed every 30 minutes. Other animals receive food twice a day. Diets vary: An orphaned eastern gray squirrel (above) is fed formula from a nipple attached to a syringe, and a red-tailed hawk enjoys quail meat delivered via forceps (below right). Ducks may get Swiss chard, while crows sometimes feast on dead mice (below left).









ROBIN NESTLINGS in an incubator are served worms (above), while turtles receive food trays containing iceberg lettuce; mealworms; carrot mash; chopped figs and bananas; and seaweed croutons. Syringes deliver painkillers to crows, antibiotics to ducks, and chelating agents to remove heavy metals from a pigeon's blood. Using a microscope, Dr. Sarah looks for signs of infections among admitted animals (below right). Disease-and-parasite monitoring is one of the main reasons DC helps fund City Wildlife: Pathogens can spread from animals to humans, and advanced warning can help health officials guard against outbreaks.







WRAPPED IN A PILLOW-case, a mourning dove is given anesthetic gas before Dr. Sarah applies a leg splint made of Styrofoam and medical tape to stabilize its broken fibula (below). The splints and braces she crafts train limbs to heal properly. If left to heal on their own, they often contort into lifelong injuries. Below right, Dr. Sarah checks the range of motion in a mourning dove's wing.











A GLOVED TECHNICIAN, below, holds a red-tailed hawk's feet—which can exert three times more grip force than its beak—in place for safety. Animals with internal injuries can be sedated and x-rayed, creating images like a scan of a duck (bottom right). At right, Dr. Sarah treats a turtle with disinfectant. Fluent in anatomy across several classes of vertebrates, she sees more than 100 species a year at the clinic. "In this job," she says, "I learn something new almost every single day." W





BY CHRIS ALMEIDA

PHOTOGRAPHS BY SCOTT SUCHMAN

THE ELECTION PROPHET WHO GOT IT WRONG

Allan Lichtman correctly forecast the winner of nearly every White House race for 40 years. Then came 2024. Today, the American University professor is still making predictions—and we're still hanging on them.





ALMOST TWO YEARS removed from the biggest blown call of his long life as one of America's most famous presidential-election prognosticators, Allan Lichtman is still looking ahead. It's late July and Lichtman, an American University professor, is sitting in his house talking to a YouTube audience about the upcoming midterms.

Lichtman's son, Sam, cohosts the show. He mentions a map that has Texas leaning red.

"I think that's *wrong,*" Lichtman says.

When Lichtman prognosticates, which is often, his arms move. A lot. The ideas that start in his brain travel to his face and mouth, then end up in his fingers, which punctuate whatever he's saying—sometimes hovering by his head, jabbing forward to phrases like *very important* or *tight race,* and other times pointing directly at the camera for unsettlingly long stretches. If he has doubts, they are deep down, somewhere else.

Sam pulls up the Kalshi odds on the Texas Senate race between Republican Ken Paxton and Democrat James Talarico. At the time, Paxton leads, 53 percent to 47 percent. Lichtman is unfazed.

"Dead heat," he says.

"Yeah, but that still leans red, right?" Sam asks.

"I wouldn't say so," Lichtman says. Maybe in an ordinary election year, he explains. And maybe in Texas, where Democrats haven't won statewide office in decades. But not now. During Donald Trump's second presidential term, Lichtman continues, Democrats have been way outperforming the polls.

"You cannot judge Democratic performance by the polls," he says.

Lichtman's self-assurance isn't surprising. At age 79, he's written a stack of books—multiple histories of American conservatism, arguments for impeaching Trump and repealing the Second Amendment—and been an expert witness in more than a hundred civil-rights cases. He once had a 17-day winning streak on the TV quiz show *Tic-Tac-Dough.* By his own account, Lichtman has made more than 1,000 media appearances, mostly to discuss "the Keys to the White House," an election-forecasting system he co-created in 1981 and used to correctly predict the winner of nearly every presidential race for the next 40 years.

Then came 2024. Early that September, Lichtman starred in a splashy *New York Times* op-ed video, topped by a headline dubbing him "the prophet of presidential elections." He predicted that Kamala Harris would win. She did not. This was no small deal for Lichtman, who for years had publicly sparred with other election forecasters over the legitimacy of his methodology. Until Harris lost, the prophet could always point to the scoreboard. Afterward, when *Washingtonian* reached out to ask what happened, Lichtman did something out of character: He declined an interview, saying he was going to take time away to figure out what had gone awry.

Today, Lichtman says, he has some rough ideas. But nothing definitive. Meanwhile, he hasn't exactly gone into self-imposed exile, instead making episodes of "Lichtman Live" for his YouTube channel, which has 182,000 subscribers. Many of his videos have modest, four-digit view counts—but when the word "prediction" appears in the title or thumbnail, interest rises. The top five most-watched videos on his channel are about his predictions. Number one, which has more than 1 million views, is titled "Allan Lichtman's Predictions for 2025: You'll never guess number 8!!"

Maybe this strikes you as sheer chutzpah—the weatherman who missed last week's hurricane telling you about next week's sunny skies. And maybe it is. Still, Lichtman has an audience: 15,000 followers on Bluesky and 97,000 on X. More than 50,000 viewers watched him pontificate on Paxton versus Talarico. And he's hardly alone. Everywhere you look in American politics, there are oracles just like him: pollsters and modelers, strategists and pundits, yard-sign counters and oversize-touchscreen jabbers, all suggesting that the future is knowable. Predictions are what everybody wants, even when they turn out wrong.

LICHTMAN HAS ALWAYS BEEN BRIMming with ideas. He was a bright kid from Brooklyn, a bookworm his siblings called the family's "golden child." His parents wanted him to become a doctor. In the early 1960s, he rode the New York City subway from Brownsville an hour each way to attend Stuyvesant, the prestigious and selective STEM-focused high school in Manhattan.

One day, Lichtman recalls, a guest lecturer discussed an experiment in which DNA from fuzzy bacteria was injected into smooth bacteria, and the smooth bacteria turned fuzzy. A thought began making its way to Lichtman's fingertips: Why not take DNA from normal cells and inject it into cancerous cells to cure cancer? "Of course, nobody would listen to me, a 14-year-old kid," he says. "I tried to tell everyone about it. Even when I got to college, I tried to tell people, and no one would listen.

"And of course, decades later, gene therapy."

Skipping two grades, Lichtman went to college at Brandeis at age 16. Realizing he didn't have the stomach for hospital work, he switched his major from premed to history. He then got his PhD at Harvard, where he coached the school's debate team.

In 1981, Lichtman was a visiting scholar at CalTech when Volodia Kellis-Borok, a Soviet geophysicist, asked him to collaborate on an unusual idea: applying the logic of earthquake prediction to elections. Kellis-Borok needed an expert in American history and politics to help him flesh things out. Together, they created the Keys, which conceptualized presidential races not as Candidate A versus Candidate B but as stability versus quake—the status quo versus change.

Every election, the system posits, is essentially a referendum on the strength and performance of the incumbent candidate

AS THE KEYS TURN

Allan Lichtman uses 13 true/false "Keys" to forecast presidential races. If six or more are false, the incumbent is predicted to lose.

PARTY MANDATE
The incumbent party holds more House seats following the midterms than after the previous midterms. ○

CONTEST
There's no serious contest for the incumbent-party nomination. ○

INCUMBENCY
The incumbent-party candidate is the sitting President. ○

THIRD PARTY
There's no significant third-party or independent campaign. ○

SHORT-TERM ECONOMY
The economy is not in recession during the campaign. ○

LONG-TERM ECONOMY
Real per capita growth during the incumbent's term equals or exceeds mean growth during the previous two terms. ○

POLICY CHANGE
The incumbent effects major changes in national policy. ○

SOCIAL UNREST
There's no sustained unrest during the incumbent's term. ○

SCANDAL
The incumbent is untainted by major scandal. ○

FOREIGN/MILITARY FAILURE
The incumbent suffers no major failure in either. ○

FOREIGN/MILITARY SUCCESS
The incumbent achieves a major success in either. ○

INCUMBENT CHARISMA
The incumbent is charismatic or a national hero. ○

CHALLENGER CHARISMA
The challenger is *not* charismatic or a national hero. ○

LICHTMAN ARGUES THAT MOST OF WHAT WE FOCUS ON IN THE LEAD-UP TO ELECTIONS—"THE ADS, THE SPEECHES, THE DEBATES, THE DIRTY TRICKS"—IS IRRELEVANT HORSE-RACE NONSENSE.

or party. Lichtman argues that most of what we focus on in the lead-up to elections—"the ads, the speeches, the debates, the dirty tricks"—is irrelevant horse-race nonsense. What matters, he says, are the fundamentals of governance.

The Keys reflect this. Drawn from studying every presidential race between 1860 and 1980, they consist of 13 true-or-false items such as whether the economy is in recession and whether the incumbent has been tainted by a major scandal or military failure. If five or fewer of the Keys favor the challenger, the incumbent is predicted to retain power. Otherwise, it's *throw the bum out*.

Some of the Keys are objective—recessions are a measurable, yes/no proposition—but many are not. For instance, two Keys deal with charisma, asking if either candidate is "charismatic or a national hero." Would Trump qualify? It depends on who you ask. (For the record, Lichtman does not consider Trump sufficiently charismatic, because his appeal doesn't broadly translate across party lines.)

In his books, Lichtman does a lot of work to define the situations in which the Keys favor or disfavor a challenger or incumbent. But he's also quite open about the fact that the whole system relies on discretion. *His* discretion. "When I first developed the system, I was blasted—and I still am, remarkably—by the conventional political scientists and modelers," Lichtman says. "I had committed the ultimate sin of forecasting, the sin of subjectivity. You call it subjectivity, I call it judgment."

Lichtman and Kellis-Borok published an academic paper on the Keys. They figured maybe five people would read it—but one day, Lichtman says, he opened a newspaper to find a story about their system. "It turns out six people read our article," he says.

This gave Lichtman another idea: *My gosh, I can go pop.* He sent the paper to *Washingtonian* and got a call back from an editor named Ken DeCell. DeCell had a simple question. Could Lichtman predict who would win the next presidential race?

The election was three years away. "I knew if I gave him the proper academic answer—probability, caveat, not yet—my pop career would be over in ten seconds," Lichtman says.

Lichtman swallowed hard.

"Yes, I can," he said.

THE NEXT SPRING, LICHTMAN USED the Keys to make his first major public prediction, right here in the pages of *Washingtonian:* According to the article "How to Bet in '84," President Ronald Reagan would remain in office.

At the time, a second term was no sure thing. The economy was in a recession, the worst since the Great Depression. Unemployment was high. Reagan's approval ratings were falling, and his age—almost 70 when he was inaugurated—was a real concern among voters. Still, Lichtman called his shot. It brought him attention from places he hadn't expected, most notably the White House.

Lichtman says he was summoned there by Reagan adviser and Republican strategist Lee Atwater, who wanted to know what would happen if the President declined to run for reelection. Lichtman broke it down. The GOP already had lost three Keys—if they replaced Reagan at the top of the ticket with Vice President George H.W. Bush, they would lose three more, including charisma. *Game over.*

Atwater, Lichtman says, breathed a sigh of relief. *Thank you, Professor.* Reagan

stayed in. In the 1984 election, he won 49 states. Lichtman's star began to rise—and his predictions kept hitting. In the spring of 1988, he predicted that Bush would maintain his party's hold on the Oval Office, even though polls and pundits at that moment had him losing to challenger Michael Dukakis. Three years later, Lichtman said that Bush would be a one-and-done President, despite his sky-high approval ratings in the wake of the Gulf War.

That prediction, Lichtman says, prompted a phone call from Kay Goss, an assistant to then-Arkansas governor Bill Clinton. Other Democrats were reluctant to challenge a popular incumbent. Goss wanted to know: Was Bush actually beatable? Yes, Lichtman said. He then sent Clinton "a memo and a copy" of the book he wrote with DeCell, *The 13 Keys to the Presidency: Prediction Without Risk*. "And the rest is history," Lichtman says.

Election forecasting has long been a part of American politics—presidential straw polls date back to 1824. The modern era of system-based prognostication owes much to Louis Bean, an economist whose 1948 book, *How to Predict Elections,* defied prevailing vibes by correctly forecasting that President Harry Truman would defeat challenger Thomas Dewey. (Like Lichtman, Bean eschewed polling in favor of factors such as the state of the economy and the strength of third-party candidates. Also like Lichtman, he was dubbed a "prophet," in this case by *Life* magazine.) In the decades since Lichtman helped create the Keys, an entire cottage industry has sprung up around political predictions, feeding our seemingly insatiable appetite to know tomorrow's results today.

That hunger has made predicting a regular feature on cable news—sometimes, specific predictions *are* the news. It's made mini-celebrities out of analysts such as Steve Kornacki and Nate Silver. It's been good to Lichtman, too. He's published two books on the Keys, spoken at forecasting conferences and to the CIA, and done a Reddit AMA. Every election season, he pops up in the press like Punxsutawney Phil on Groundhog Day. Even his second date with his now-wife of 35 years, Karyn Strickler, was at a party for his first book, held at Politics and Prose.

THE PROPHET'S PICKS

Since the 1984 campaign, Allan Lichtman has predicted the winner of every White House race. Here are his selections—and the results.


1984 Ronald Reagan ✓


1988 George H.W. Bush ✓


1992 Bill Clinton ✓


1996 Bill Clinton ✓


2000 Al Gore* ?


2004 George W. Bush ✓


2008 Barack Obama ✓


2012 Barack Obama ✓


2016 Donald Trump* ?


2020 Joe Biden ✓


2024 Kamala Harris ✗

** In 2000, Gore won the popular vote but lost to George W. Bush in the Electoral College. In 2016, Trump lost the popular vote but beat Hillary Clinton in the Electoral College.*

Strickler, who calls Lichtman "one of the smartest people that's ever lived," says her husband has always wanted to be famous. Sam, their son, concurs. Lichtman doesn't exactly disagree—"I guess," he says—but clarifies that he never wanted to be "Kim Kardashian famous. I want to be famous for doing the right thing."

An unabashed progressive, Lichtman is proud of his extensive expert-witness work in civil-rights cases, most involving voting, and especially proud of a 2001 report he authored for the US Commission on Civil Rights, arguing that Black voters in Florida disproportionately had their ballots discarded in the 2000 presidential election—something that Lichtman later argued allowed George W. Bush to win a razor-tight election against Al Gore. "Yes, I like the fact that the Keys attract attention," he says. "But I don't consider that anywhere close to my full legacy."

This doesn't mean Lichtman isn't proud of the Keys—or of being right. At one point during an interview for this story, he held up a framed printout of a *Washington Post* article from 2016, which included his prediction for that year's election. The printout is marked up with black Sharpie ink:

PROFESSOR—CONGRATS—GOOD CALL

Below that is Trump's distinctive signature.

YEP, IT'S TRUE. SIX WEEKS BEFORE THE 2016 election, when most polls and forecasts projected a Hillary Clinton victory, Lichtman said she would lose.

Lichtman wasn't *happy* about his prediction. He considered Trump a "history-smashing" candidate, and not in a good way: scandal-ridden, lacking political experience, possessing questionable character, a man who, as he told NPR, brought out "the worst elements in our society—the Ku Klux Klan, the neo-Nazis, the white supremacists." (In the same *Post* interview containing Lichtman's forecast, he also predicted Trump would be impeached, making him two-for-two.) During this time, Lichtman had trouble sleeping. He says that good friends and liberal academic colleagues alike pressured him to change his mind. In the end, he held fast. The Keys were the Keys, and too many had turned

against the Democratic nominee. "Until he does his prediction, he's not always sure which way it's going to go," says Max Friedman, one of Lichtman's colleagues in AU's history department. "And then he applies his method, and then he has confidence in the system."

Lichtman had taken big swings before. Two years before the 2008 election—before even knowing who the Democratic and Republican nominees would be—he correctly forecast that the GOP would fail to hold the White House. Similarly, he predicted in January 2010 that Barack Obama would win reelection. But this one was different. Trump's victory was a national, even global shock. "Some of [Lichtman's] friends weren't talking to him anymore," Friedman says. "They said it was his fault." Lichtman's clairvoyant zag brought a new level of attention: a mention in a Maureen Dowd column in the *Times,* blog after blog after blog on the *Post's* website, and—before the 2020 election—an appearance on Bill Maher's *Real Time*.

It also brought delayed scrutiny. Two summers ago, AU alums Michael Lovito and Lars Emerson published an article on the website the Postrider that accused Lichtman of not being "completely honest" about his 2016 prediction. How so? The Keys, they wrote, had long forecast the winner of the popular vote, not the Electoral College. Trump won only the latter, which meant Lichtman was actually wrong. A war of words ensued—claims and counterclaims, debunkings and rebuttals, some of it excruciatingly pedantic—and Lichtman at one point called the article "defamatory" in an email that he copied to both a lawyer friend he often works with on civil-rights cases and the school's general counsel. (Lichtman did not end up suing the duo.) Today, the whole episode still seems to sting. When I brought it up with Lichtman, he got upset for the first and only time in our conversations, telling me not to write about it.

Lichtman has other critics. Contemporary electoral forecasting has largely moved away from systems like the Keys and toward the kind of data-driven work made famous by Silver, which aggregates and weights various public-opinion polls (and sometimes other numbers, such as economic indicators) to determine the probability that a particular candidate will win. Proponents of this approach can be unkind to the Keys. Silver, who did not respond to a *Washingtonian* interview request, once wrote of Lichtman that "it's less that he has discovered the right set of keys than that he's a locksmith and can keep minting new keys until he happens to open all 38 doors." Data journalist G. Elliot Morris, a former editor of the FiveThirtyEight website created by Silver, responded to an interview request for this story with a one-line email: "If Allan Lichtman is an election forecaster, I'm a toaster."

The disdain cuts both ways. Lichtman has called Silver a "compiler of polls, a clerk" who lacks historical knowledge. He rankles at hedging, probabilistic predictions—*Donald Trump has a 29-percent chance of winning*—dismissing them as intellectual cowardice. Silver, Lichtman says, "can never be wrong, and he can never be right, because no matter what happens, he's always got this escape hatch, right? I don't do that. I go out on a limb, and that's what makes my predictions so gut-wrenching."

Lichtman likes to say that the Keys are unbiased and that his own political preferences play no part in his predictions: If he was just a wish-casting progressive, he'd have picked Clinton in 2016, or John Kerry in 2004. Still, the system is intensely personal. The Keys turn, Lichtman says, when they turn—sometimes years before an election, sometimes just weeks. To know when that's happened, you have



Lichtman's forecasting system is rooted in historical study—and, he freely admits, his judgment.

HE STARTED GETTING HATE MAIL. DEATH THREATS. HE'S BEEN DOING THIS FOR YEARS. HE'D NEVER SEEN THAT BEFORE. THEN HE WAS DOXXED. PEOPLE STARTED SHOWING UP AT HIS HOUSE, BANGING ON THE DOOR LATE AT NIGHT. WHAT DID THEY WANT?

to wait for Lichtman to tell you. Small wonder, then, that he seems to process attacks on the Keys as attacks on him. If the system is wrong, if his predictions are wrong, then *he's* wrong, at a deep and discomforting level.

"Being right and being smartest has been the foundation of all of his success," says Sam, Lichtman's son. "So maybe there's a fear around that. If that [comes into] jeopardy, he'll lose his success. So he needs to try to cling to that in some way."

Sam tells a story. Years ago, his uncle Steve, Lichtman's brother, brought up the 2000 election. Back then, Lichtman had predicted a Gore victory, and the Democratic candidate won the popular vote—but lost to Bush in the Electoral College. Lichtman insisted he'd made the right call, because the Keys were designed to forecast popular-vote winners. In 2016, by contrast, Lichtman picked Trump—who, like Bush, won the Electoral College but lost the popular vote. *When,* Steve asked, *did the Keys stop being about the popular vote? And why?*

"I remember my dad got really angry," Sam says.

When I later mention this to Lichtman, he's uncharacteristically demure, saying he doesn't really recall the conversation with his brother. Maybe, Strickler suggests, it had just been about the 2000 election.

LICHTMAN HAS ALWAYS GOTTEN BUT-terflies in his stomach before announcing his presidential picks—but in 2024, he says, he had "crows." From his perspective as a historian, the race was unprecedented. The incumbent had dropped out just a few months before Election Day. Still, he had to make a prediction. That's what everyone expected. So he did. Proclaiming the Keys to be the "constant north star of political prediction," he chose Harris. And he was wrong.

Lichtman admits he was wrong. You have to give him credit for that. He admitted it on Election Night, during a livestream with his son, just before 1 AM. It didn't feel good, being wrong, and some viewers gleefully piled on, brigading into the comments of the YouTube show.

Bro thinks he's nostradamus, turned out he's just a clown

The dude lost his keys and dignity in the same night

It's pretty sad to see your life's work being proven as just junk science

Allan Lichtman YOU'RE FIRED

Only that wasn't the worst of it. The worst came earlier, right after Lichtman appeared in the *Times* video announcing his prediction. He started getting hate mail. Death threats. He's been doing this for years. He'd never seen that before. Then he was doxxed. People started showing up at his house, banging on the door late at night. What did they want?

Lichtman and Strickler became well acquainted with local police. Their phones started ringing all the time—somehow displaying the caller IDs of family members, even when everybody was in the same room. Strickler began having nightmares about being in an emergency and not being able to dial 911. One night, she says, that's exactly what happened. Someone was at the door, and when she took Lichtman's phone and tried to call for help, "someone had taken control of Allan's phone and I couldn't get out to 911." For decades, the family had left their doors unlocked. When I visited their house in early September, right as I walked in, they noted the security system they had installed after the election.

Lichtman, says his son Sam, "didn't even know this hate existed. And I think that made him sad and kind of scared. It was kind of sad to watch, honestly. It was kind of a blow to the gut to him. I think he also had a sense of 'I'm just a professor, and I'm just making predictions. Why do people want to kill me?' "

People mocked Lichtman for being wrong. They were *furious* with him for picking Harris in the first place. If what we want from election prophets is to simply get it right—the way we want weather forecasters to let us know if we need to reschedule tomorrow's tee time—then wishing bodily harm on an elderly history professor for the unforgivable sin of having an informed opinion, in public, seems like a bit much. But what if we really want something else?

Elections feel increasingly consequential. Politicians tell us that each one—the next one—is the most important of our lifetime, with salvation or devastation just around the corner. And the next election is always undecided, always uncertain, right until the moment it isn't. People hate that. They hate the waiting, the not knowing what's next. In psychological studies, researchers have found that participants would rather receive an electric shock immediately than be told they may receive one at an unspecified time later.

Forecasters offer a salve, a comforting illusion that the world works according to rules, with a future that can be foreseen. *Just get the shock right now.* During the 2016 race, Strickler recalls, an eight-year-old neighbor would repeatedly come over, asking Lichtman and Strickler what would happen. The girl was consumed with fear. "She wanted Allan to tell her that Trump was not going to win," Strickler says.

Lichtman couldn't do that.

EVER SINCE HARRIS LOST, LICHTMAN has been reflecting on the Keys. What did they get wrong? What did *he* get wrong?

Maybe, Lichtman thinks, it's disinformation. Maybe elections remain referendums on incumbent performance—on competent governance, not clever slogans—but voters are so flooded by lies and half-truths and propaganda that they can't make sound judgments. He cites a pair of election-related polls on abortion. One shows a 30-point gap between Americans who identify as pro-choice and those who are pro-life. The other, on the question of which candidate would do a better job with the issue, shows Harris leading Trump—whose handpicked Supreme Court justices overturned *Roe v. Wade*—by just three points.

Sam doesn't buy his father's reasoning: "I felt like his response to 2024 wasn't good, and I've tried to be like, 'Stop blaming the voters and stop the misinformation thing.' It doesn't really seem to penetrate."

Lichtman keeps moving. He published his latest book in September, a historical analysis of what makes great Presidents, well, great. (Yes, Keys are involved.) He still teaches—one of his former grad students, Rebecca DeWolfe, says he's a brilliant lecturer, as good off the top of his head as he is with prepared notes. He does his live show. A longtime runner, he plans to compete in next year's Senior Olympics and works out regularly, despite arthritis in both knees and a recent shoulder replacement. (His doctor, he says, told him to stop running ten years ago.)

During one of our interviews, Lichtman answers questions while dressed in workout gear: a Senior Olympics tech shirt and a wrist brace on his left hand. After we finish, he says he's going out for a two-mile run. I ask him why he's still doing all this.

"Sheer terror," he says.

Lichtman is afraid. Afraid of losing his edge. Of being irrelevant. Of aging, he says, "in a way that I can't function." He's afraid of the future none of us can see but all of us know is coming. He figures if he just keeps teaching and running, doing what he's always done, then perhaps he can "keep the terror off." He's thinking about tweaking the Keys and still expects to make a presidential prediction for 2028.

CONTINUED ON **PAGE 270**



Lichtman's son says that public anger at his father's prediction that Kamala Harris would win in 2024 left Lichtman with a sense of "I'm just a professor, and I'm just making predictions. Why do people want to kill me?"

2026

RESIDEN DESIGN



Careful restoration returned this 1970s house to its original light-filled glory.

NTIAL AWARDS

Check out these amazing homes and renovations—all winners in an annual judging by the DC chapter of the American Institute of Architects

By AMY MOELLER



PHOTOGRAPH BY KATE WICHLINSKI





GENERAL AWARD

Retro Restoration

FIRM
Wouter Boer Architects

DETAILS
Renowned architect Hugh Newell Jacobsen designed this McLean house in the 1970s, but a half century later, architect Wouter Boer says, it was in need of an overhaul. Set along a hillside on ten acres, with 19 bay windows, the home had a connection to natural light that was integral to its character, and the team focused on preservation rather than reinvention. In addition to energy upgrades—new insulation, geothermal systems, and state-of-the-art glass-and-framing structures—updates included glass doors in place of solid front doors, reinstatement of the original front porch, new skylights, and tweaks to the layout to create more functional spaces.



FROM THE JUDGES:
"There is an amazing use of design restraint to highlight the iconic [Hugh Newell] Jacobsen geometry, while also thoughtfully inserting moments that feel contemporary yet harmonious."

PHOTOGRAPHS BY KATE WICHLINSKI

GENERAL AWARD

Farmhouse Refresh

FIRM

Reader & Swartz Architects

DETAILS

After years of accruing what the architects called "awkward 20th-century additions," this 1742 limestone farmhouse in Jefferson County, West Virginia—on the National Register of Historic Places—was restored to its core by replacing the intrusive elements with more appropriate spaces of the same footprint and reworking the layout. Walls of windows in the new greenhouse-inspired kitchen—along with restored porches, outdoor paths, and sightlines to an original stone barn—link the house with its landscape, and a large table makes the space ideal for intergenerational gatherings. Also: A first-floor primary suite allows aging in place, and its gable and catslide roof nod to the building's architectural history.



FROM THE JUDGES: "The project honors the 18th-century limestone farmhouse while allowing the new interventions to feel clear, useful, and quietly beautiful."

PHOTOGRAPHS BY FRAZIER SPRINGFIELD

GENERAL AWARD

Changing the View

FIRM

Fowlkes Studio

DETAILS

This 19th-century DC townhouse with a rear carriage house originally felt compartmentalized , the design team says—not just between floors but between the two buildings. The goal was to create an open, more connected flow, both vertically and horizontally. Two staircases make a big impact: A spiral staircase in the middle of the main home links the basement to the kitchen to the third floor, with its skylight and rooftop terrace, from which natural light flows down. A second staircase creates a promenade back through the courtyard to the carriage house. Floor-to-ceiling glass at the rear of the dining room and dramatic light fixtures draw the eye across the main structure to the carriage house.





FROM THE JUDGES:
"Warmth, charm, and material richness come together in a project that feels both carefully composed and genuinely livable. The staircase is especially beautiful, serving as a graceful connective element within the home."

PHOTOGRAPHS BY JENNIFER HUGHES





GENERAL AWARD

Setting the Scene

FIRM

Gardner Architects

DETAILS

The goal for this Virginia Piedmont project was to create a sustainability-minded home with distinct living and sleeping wings—oriented to capture light, breezes, and scenic views—plus a carport, outdoor areas, and native gardens that fit naturally on the 64-acre property. The result is a two-part house anchored by an entry foyer. To one side, a single-story space includes the kitchen; dining and living areas; a wall of sliding glass doors that open to a covered terrace overlooking a wildflower meadow; and a screened porch next to an outdoor bocce court and pool. To the other side, a two-story space holds three bedrooms and a TV room.

FROM THE JUDGES: "Elegant massing, spatial complexity, and a dynamic relationship to the site and landscape. This project is excellent."



PHOTOGRAPHS BY JOHN COLE PHOTO

MULTIFAMILY
AWARD

New Neighbors

FIRM
Studios Architecture

DETAILS
Connection between the building and the growing, walkable Crystal City neighborhood surrounding it was a primary goal in designing the Zoe, a new 19-story, 380-unit residential community on a pedestrian-friendly street next to the site of a future park. The green-brick facade, which the judges called "interesting, yet disciplined," was chosen for its character; energy-efficient fixtures helped achieve LEED Gold certification; and amenities—including bike storage, a rooftop pool, grilling areas, a lounge, a game room, coworking areas, and fitness spaces—were designed to promote healthy lifestyles.





MULTIFAMILY
AWARD

Eco-Affordability

FIRM
ECA

DETAILS
This new, "100-percent affordable" (based on area median income), eight-story, 125-unit apartment complex in Columbia Heights is touted as the greenest multifamily residential building in the District. Eco-friendly features include a green roof, shallow units that maximize natural light, and universal switches at each door that allow residents to easily turn off all fixtures when they leave. The building was reoriented to face 14th Street, which—along with a real-time transit information screen in the lobby—connects residents to public transportation. Features include a playground, fitness center, and library, as well as programming on healthy living, youth education, workforce development, and housing stability. Judges called the building "a tremendously successful example of urban infill, pairing ambitious affordability and sustainability goals with architecture that responds to context."

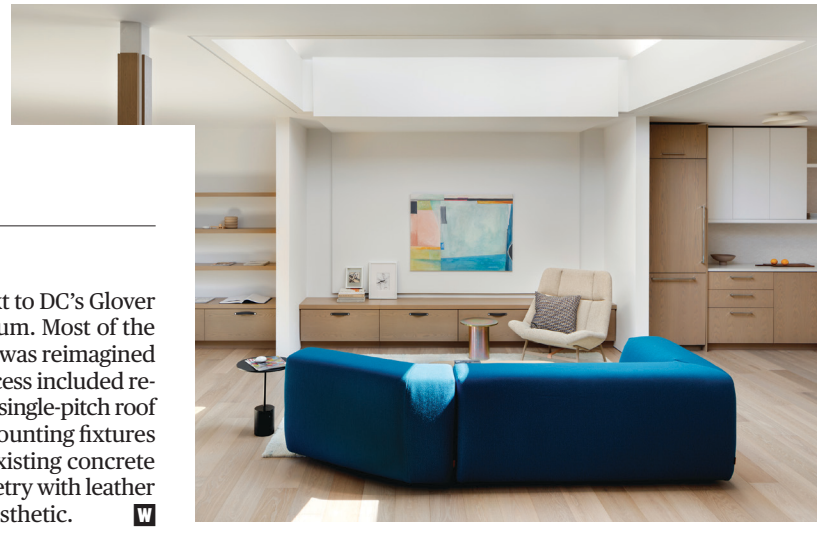
TOP PHOTOGRAPH BY ALEXANDER SEVERIN; BOTTOM BY ANICE HOACHLANDER



FROM THE JUDGES:
"The attention to detail around the existing structure and skylight elevates the experience in the existing penthouse."

SMALL PROJECT

Sky's the Limit



FIRM

Colleen Healey Architecture + Interiors

DETAILS

Penthouse units of the 60-year-old Cathedral West building next to DC's Glover Archbold Park each originally featured a private, open-air atrium. Most of the atriums have since been covered and converted, and this unit's was reimagined in a way that created a living room open to the kitchen. The process included removing the atrium and its glass walls and raised curb; installing a single-pitch roof with triangular side windows and an overhead skylight; wall-mounting fixtures where ceilings prohibited recessed lighting; and topping the existing concrete subfloor with wood that continues throughout. White-oak cabinetry with leather pulls were among the finishing touches for a warm, modern aesthetic. W

PHOTOGRAPHS BY JENNIFER HUGHES



Photographs by Greg Kahn

TOP DOCTORS 2026

Our all-new list: more than 2,000 of the region's best physicians, chosen by their peers

***WASHINGTONIAN* PUBLISHED ITS FIRST TOP DOCTORS** list in 1981. A lot has changed in medicine and in the city since then, of course, but one thing hasn't: The magazine still takes very seriously the task of making this list as useful and reliable as possible.

As it was 45 years ago, this guide is based on peer recommendations, because doctors see and can best judge one another's work. With the help of a company called DataJoe, we sent an online ballot to every physician in this region—more than 14,000—asking them which doctors, in 43 practice areas, they would trust with their own healthcare or that of their loved ones. They were allowed to nominate up to two physicians in each specialty. The more than 2,000 doctors who made this year's list received the most recommendations.

To vote, doctors had to have an active medical license, could vote only once, and could not vote for themselves or their business partners. (For more on the voting and vetting process, see page 84.)

For each listing that follows, we give the address and phone number for the physician's main office (many have multiple locations) and, for those who provided them, some special interests.

This region is lucky to have so many top-notch doctors. Our mission for more than four decades is still the same: providing a trusted resource to help you find the right care when you need it.

TOP DOCTORS ONLINE

Visit ***washingtonian.com/topdoctors*** to see this list in a searchable database, available by November 12.

74 Allergy/Immunology
76 Breast-Cancer Surgery
76 Cardiac Surgery
77 Cardiology
80 Cardiology, Interventional
84 Colon and Rectal Surgery
86 Dermatology
87 Endocrinology
88 Family Medicine
92 Foot Surgery
92 Gastroenterology
98 General Surgery
100 Geriatrics
100 Gynecological Oncology
100 Hand Surgery
100 Infectious Diseases
102 Infertility
102 Internal Medicine
106 Medical Genetics
106 Nephrology
106 Neurology
108 Neurosurgery
108 Obstetrics/Gynecology
110 Oncology/Hematology
114 Ophthalmology
114 Orthopedics
116 Otolaryngology
118 Pain Management
120 Pediatrics
122 Plastic Surgery
124 Psychiatry
124 Pulmonology
126 Radiation Therapy
126 Radiology, Interventional
128 Rehabilitation
128 Rheumatology
130 Sleep Medicine
130 Spinal Surgery
130 Sports Medicine
132 Thoracic Surgery
134 Transplant Surgery
134 Urology
136 Vascular Surgery

ATTENTION, TOP DOCTORS!
To update, amend, or correct a Top Doctors listing, email the new information to ***topdoctors@washingtonian.com.***

Separate votes were taken for the top pediatric specialists in some categories. Doctors with a **Pediatrics** designation were voted onto the list specifically as pediatric specialists.

ALLERGY/ IMMUNOLOGY

Allergists and immunologists diagnose and treat people with allergies and immunological disorders.

Oral Alpan
8260 Greensboro Dr., McLean; 571-308-1900.

Troy Baker
13285 Minnieville Rd., Woodbridge; 800-777-7904.

Courtney Jackson Blair
1360 Beverly Rd., McLean; 703-356-8290. Also Sterling.
Special interest in allergic rhinitis, chronic sinusitis, asthma. **Pediatrics.**

Dan T. Brody
3301 New Mexico Ave., NW; 202-695-7305. Also Northwest DC.
Special interest in asthma, rhinitis, urticaria.

Ahmed T. Butt
9010 Lorton Station Blvd., Lorton; 703-339-1660. Also Manassas, Fredericksburg.

Julie T. Cooper
8140 Ashton Ave., Manassas; 703-844-0440. Also Fredericksburg, Lorton.

Michelle C. Crank
2 Wisconsin Cir., Chevy Chase; 301-962-5800. Also Wheaton.

Ben Daghigh
19465 Deerfield Ave., Lansdowne; 703-726-9720. Also Purcellville.

Gina E. Dapul-Hidalgo
15200 Shady Grove Rd., Rockville; 240-243-6115.

Athena L. Economides
2 Wisconsin Cir., Chevy Chase; 800-777-7904. Also Wheaton. **Pediatrics.**

Burçin U. Fraser
8401 Connecticut Ave., Chevy Chase; 301-453-2530.
Special interest in food allergies, asthma, atopic dermatitis. **Pediatrics.**

Ahmad Hamad
8233 Old Courthouse Rd., Vienna; 703-775-4058.

Sadia Hayat
2 Wisconsin Cir., Chevy Chase; 301-962-5800. Also Wheaton.

Meredith L. Heltzer
8008 Westpark Dr., McLean; 800-777-7904.

Laura Ispas
19455 Deerfield Ave., Leesburg; 571-399-5132.

Supriya Jain
8280 Willow Oaks Corporate Dr., Fairfax; 571-472-4300.
Special interest in food allergy, asthma, eczema. **Pediatrics.**

Derek K. Johnson
3903-A Fair Ridge Dr., Fairfax; 703-648-0030. Also Woodbridge.
Special interest in allergy, asthma, immunology.

Leon W. Kao
19851 Observation Dr., Germantown; 301-972-3709.
Special interest in allergic rhinitis, drug and food allergy.

Karen B. Kaufman
1945 Gallows Rd., Vienna; 703-403-5413.
Special interest in adult and pediatric environmental allergy, food allergy, hives.

Theodore T. Kim
13135 US-50, Fairfax; 703-270-0399.
Special interest in allergic rhinitis/immunotherapy, asthma, food allergy.

H. Henry Li
11002 Veirs Mill Rd., Wheaton; 301-962-5800. Also Chevy Chase.

Stefano Luccioli
3800 Reservoir Rd., NW; 202-444-6200.

Barbara M. Mackie
311 Maple Ave. W., Vienna; 703-938-5660.
Special interest in allergies and asthma in pregnancy; atopic dermatitis; emotional toll of environmental and food allergies, atopic dermatitis, and asthma, particularly on children and teens.

Darlene Mansoor
8280 Willow Oaks Corporate Dr., Fairfax; 571-472-4300. Also Ashburn. **Pediatrics.**

Pavan Nataraj
4660 Kenmore Ave., Alexandria; 571-758-2593. Also Northwest DC.

Talal M. Nsouli
2600 Virginia Ave., NW; 202-342-1984. Also McLean.
Special interest in eczema, asthma, food allergy. **Pediatrics.**

Srinagesh Paluvoi
7576 Gardner Park Dr., Gainesville; 703-753-5518. Also Lansdowne.

Y. Howard Pung
11119 Rockville Pike, Rockville; 301-770-7756. Also Germantown.
Special interest in rhinitis, sinusitis, asthma for all ages.

Taryn Richardson
12164 Central Ave., Mitchellville; 240-206-9601.

Mark D. Scarupa
11002 Veirs Mill Rd., Wheaton; 301-962-5800. Also Chevy Chase.
Special interest in urticaria, food allergy, rhinitis.

Rachel L. Schreiber
9601 Blackwell Rd., Rockville; 301-545-5512.
Special interest in food allergy, oral immunotherapy, allergic rhinitis. **Pediatrics.**

Stephen Eric Scranton
13285 Minnieville Rd., Woodbridge; 800-777-7904.

Sudhir Sekhsaria
806 W. Diamond Ave., Gaithersburg; 301-948-4066. Also Olney, White Marsh, Baltimore.

Amir Shahlaee
6210 Old Keene Mill Ct., Springfield; 703-451-1210. Also Annandale.

Hemant Sharma
111 Michigan Ave., NW; 888-884-2327. Also Northwest DC, Fulton, Rockville.
Special interest in food allergy. **Pediatrics.**

Dipa Sheth
50 Irving St., NW; 202-745-8000.

Leo L. Shue
2401 Research Blvd., Rockville; 301-330-6983.

Julia K. Sohn
3301 New Mexico Ave., NW; 202-966-7100. Also Germantown.

Kristin Sokol
9601 Blackwell Rd., Rockville; 301-545-5512.
Special interest in food allergy, asthma, urticaria/angioedema.

Collette Spalding
700 Second St., NE; 800-777-7904. Also Gaithersburg.

Nithya Swamy
3833 N. Fairfax Dr., Arlington; 703-952-3841.

Ananth Thyagarajan
6035 Burke Centre Pkwy., Burke; 703-686-5999.
Special interest in allergic rhinitis, food allergy, asthma. **Pediatrics.**



What are healthy habits you recommend that people start for their hearts?

"TLC—which stands for total lifestyle change as I mean it. One miracle drug will help, but it takes a total change including diet, exercise, mental health, and sleep to make for a better lifestyle. I direct people to Life's Essential 8 at Heart.org. Click on each link—say, nutrition—and it has educational material as well as videos about healthy cooking. It does not take a lot: If you sit at your desk all day, stand up and raise up and down on your tiptoes 20 times. If you work on the third or fourth floor, start walking up the stairs."

Reginald L. Robinson,
a cardiologist with MedStar

Carla Ward
11002 Veirs Mill Rd., Wheaton; 301-962-5800. Also Chevy Chase.

Anita N. Wasan
6824 Elm St., McLean; 703-992-7065.
Special interest in cough, food allergies, atopic dermatitis/eczema.

Paula Whittington
1701 Twin Springs Rd., Halethorpe; 800-777-7904. Also Bowie, Lutherville.

BREAST-CANCER SURGERY

Breast-cancer surgeons are general surgeons who specialize in the removal of breast tumors and may also perform biopsies to diagnose or treat the cancer.

Stephanie R. Akbari
8613 US-29, Fairfax; 571-350-8400.

Marc E. Boisvert
1133 21st St., NW; 202-877-8484. Also Northwest DC.
Special interest in non-nuclear sentinel-node biopsy, wireless breast-lesion localization.

Sara B. Bruce
8081 Innovation Park Dr., Fairfax; 571-472-1600. Also Alexandria.

Costanza Cocilovo
8081 Innovation Park Dr., Fairfax; 571-472-1600.
Special interest in nipple sparing, genetic mutations, clinical trials.

Lucy Maria De La Cruz
1133 21st St., NW; 202-416-2000. Also Northwest DC.

Kirsten K. Edmiston
3580 Joseph Siewick Dr., Fairfax; 571-472-1600.
Special interest in benign breast disease, genetic predisposition to breast cancer.

Claire Edwards
19500 Sandridge Way, Leesburg; 703-724-9474. (Starting November: 5530 Wisconsin Ave., Chevy Chase; 301-656-9010.)

Elizabeth D. Feldman
1860 Town Center Dr., Reston; 571-350-8400.

Alison Goldenberg
1851 N. George Mason Dr., Arlington; 703-717-4217.

Regina Hampton
7140 Contee Rd., Laurel; 301-942-4080.

Matthew T. Hueman
44035 Riverside Pkwy., Leesburg; 571-350-8400.

Nini Khozeimeh
1221 Mercantile Ln., Largo; 800-777-7904. Also Northeast DC.

Sonya L. Krolik
13285 Minnieville Rd., Woodbridge; 800-777-7904.

Mami Nishiwaki Martin
8260 Willow Oaks Corporate Dr., Fairfax; 571-472-4670.

Anita McSwain
2300 M St., NW; 202-741-3270.
Special interest in cancer in the elderly.

Maureen O'Donnell-DeBritz
5275 Loughboro Rd., NW; 202-243-5230.

Karen Ospina
10810 Connecticut Ave., Kensington; 800-777-7904.

Marie Fernicola Pennanen
5530 Wisconsin Ave., Chevy Chase; 301-656-9010.

Cynthia V. Plate
11886 Healing Way, Silver Spring; 301-933-3216. Also Laurel.

Lindy M. Rosal
2280 Opitz Blvd., Woodbridge; 571-350-8400. Also Fairfax.

Mary L. (Molly) Sebastian
1851 N. George Mason Dr., Arlington; 703-717-4217.
Special interest in oncoplastic surgery, family history of breast cancer.

Surupa Sen Gupta
9905 Medical Center Dr., Rockville; 240-238-3566. Also Germantown.

Jennifer Son
3800 Reservoir Rd., NW; 202-295-0560. Also Chevy Chase, Olney.

Arielle Stafford
8081 Innovation Park Dr., Fairfax; 571-472-1600. Also Woodbridge.

Bonnie Sun
6420 Rockledge Dr., Bethesda; 301-530-5151.

Christine Brown Teal
2300 M St., NW; 202-741-3270.

Hanh-Tam Tran
5275 Loughboro Rd., NW; 202-243-5230.

Lauren C. Turza
3580 Joseph Siewick Dr., Fairfax; 571-472-1600.

Hernan I. Vargas
3700 Joseph Siewick Dr., Fairfax; 571-350-8400.
Special interest in oncoplastic surgery, breast cancer in young women, BRCA and breast-cancer genetic mutations.

Patricia Wehner
110 Irving St., NW; 202-877-7937. Also Clinton.

David Charles Weintritt
277 S. Washington St., Alexandria; 571-350-8400.
Special interest in oncoplastic surgery; ultrasound-guided biopsy and ablation of breast tumors; genetic and genomic testing.

Shawna C. Willey
8081 Innovation Park Dr., Fairfax; 571-472-1600.
Special interest in nipple-sparing mastectomy, oncoplastic surgery.

Pamela Wright
6420 Rockledge Dr., Bethesda; 301-530-5151.
Special interest in breast-conserving cancer surgery, nipple-sparing mastectomy, minimally invasive biopsy.

Thomas Gerard Zorc
5530 Wisconsin Ave., Chevy Chase; 301-656-6700.
Special interest in nipple-sparing mastectomy, minimally invasive biopsy, abnormal mammograms.

CARDIAC SURGERY

Cardiac surgeons perform coronary-bypass and other types of heart surgery.

Salim Aziz
2175 K St., NW; 202-775-5111. Also Northwest DC.
Special interest in thoracic aortic surgery, aneurysms, dissections.

Ammar S. Bafi
110 Irving St., NW; 202-877-4698.
Special interest in mitral-valve repair, off-pump coronary-artery bypass, aortic-valve and aortic aneurysm.

Steven Walter Boyce
2300 M St., NW; 202-823-4100.

Jeffrey E. Cohen
110 Irving St., NW; 202-877-7464.

Lucas R. Collazo
8081 Innovation Park Dr., Fairfax; 571-472-4600. Also Fairfax.
Special interest in surgery for congenital heart disease, minimally invasive surgery. **Pediatrics.**

Yves d'Udekem
111 Michigan Ave., NW; 888-884-2327. **Pediatrics.**

Chawki Elzein
8260 Willow Oaks Corporate Dr., Fairfax; 703-573-0504. Also Falls Church. **Pediatrics.**

Thomas MacGillivray
110 Irving St., NW; 202-877-7464.

Paul S. Massimiano
11886 Healing Way, Silver Spring; 240-637-7050.
Special interest in valve repair.

John W. Rhee
1625 N. George Mason Dr., Arlington; 703-558-6491.
Special interest in valve repair and replacement, coronary-artery bypass surgery, minimally invasive surgery.

Liam P. Ryan
8081 Innovation Park Dr., Fairfax; 571-472-4600.

Eric L. Sarin
8081 Innovation Park Dr., Fairfax; 571-472-4600.

Sadia J. Shafi
7350 Van Dusen Rd., Laurel; 301-560-4747. Also Columbia.

Christian C. Shults
110 Irving St., NW; 202-877-4698.

Ramesh Singh
8081 Innovation Park Dr., Fairfax; 571-472-4600.
Special interest in minimally invasive surgery, advanced heart failure.

Alan M. Speir
8081 Innovation Park Dr., Fairfax; 571-472-4600.
Special interest in aortic-valve disease, thoracic aneurysm.

Gregory D. Trachiotis
2150 Pennsylvania Ave., NW; 202-741-3220.
Special interest in OPCAB, valve and transcatheter-valve therapy, beating-heart surgery.

Hanghang Wang
8600 Old Georgetown Rd., Bethesda; 301-896-7610. Also Frederick.





What's the biggest lesson you've learned as a physician?

"Patients are usually the experts on their body. I tell my patients that they're the boss and that I work for them. My job is to help patients interpret their symptoms so they can better navigate their options for pain management. The healthcare system has so much to learn from the people it's supposed to be helping."

Stephanie Van,
a pain-management specialist with Johns Hopkins

CARDIOLOGY

Cardiologists diagnose and treat heart problems.

Amr Abdelbaky
5255 Loughboro Rd., NW; 202-960-1500. Also Bethesda.

Samir Ahuja
74 Thomas Johnson Dr., Frederick; 301-694-9033.

David L. Ain
655 Watkins Mill Rd., Gaithersburg; 800-777-7904. Also Northeast DC.

Ather Anis
19465 Deerfield Ave., Leesburg; 571-252-8119.
Special interest in cardiovascular/heart disease, hypertension, angina.

Annette K. Ansong
111 Michigan Ave., NW; 888-884-2327. Also Fairfax, Fredericksburg, Reston. Pediatrics.

Michael Banihashemi
1830 Town Center Dr., Reston; 703-481-9191. Also Leesburg.

Subash B. Bazaz
11800 Sunrise Valley Dr., Reston; 703-621-4501. Also Leesburg.
Special interest in echocardiography, nuclear cardiology.

Alan Benheim
8260 Willow Oaks Corporate Dr., Fairfax; 703-573-0504. Also Ashburn,Gainesville, Leesburg.
Special interest in congenital heart disease, bicuspid aortic valve, aortopathy. Pediatrics.

Catherine S. Bennet
5530 Wisconsin Ave., Chevy Chase; 301-656-5050. Also Northwest DC.

Casey R. Benton
3580 Joseph Siewick Dr., Fairfax; 703-621-4501.
Special interest in general cardiology, echocardiography, nuclear cardiology.

Rachel L. Berger
1005 N. Glebe Rd., Arlington; 703-621-4501.
Special interest in women's cardiology, echocardiology, nuclear cardiology.

Edward N. Bodurian
5255 Loughboro Rd., NW; 202-960-1500. Also Bethesda.
Special interest in clinical and interventional cardiology.



What's the biggest lesson you've learned as a physician?

"Knowing when not to operate matters more than knowing how. Most people don't need surgery. They need someone to explain what will settle on its own and what won't. More often than not, the right first step is to try everything short of an operation. And if surgery does end up being the answer, it only works if the patient trusts you."

George Aguiar,
an orthopedic surgeon with OrthoVirginia

Christine D. Bussey
8081 Innovation Park Dr., Fairfax; 571-472-2900. Also Fairfax.
Special interest in women's heart health, nuclear cardiology.

Patrick F. Callahan
8260 Willow Oaks Corporate Dr., Fairfax; 703-573-0504. Also Northwest DC, Alexandria, Silver Spring, Woodbridge, Gainesville.
Special interest in fetal cardiology, congenital heart disease. **Pediatrics.**

Carol Cardinale
655 Watkins Mill Rd., Gaithersburg; 800-777-7904. Also Largo.
Special interest in nuclear cardiology.

Brian Case
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Brian G. Choi
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Special interest in noninvasive cardiac imaging, coronary-artery disease, congestive heart failure.

Mariano D. Chutuape
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Sara Collins
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6410 Rockledge Dr., Bethesda; 301-897-5301. Also Rockville.
Special interest in cardiac imaging, women's heart disease.

Tung (Tony) Ngoc Dao
6410 Rockledge Dr., Bethesda; 301-897-5301.
Special interest in congestive heart failure, nuclear cardiology.

Karan Desai
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Special interest in cardiac arrhythmias, atrial fibrillation, genetics.

Adam S. Fein
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Daniel J. Fernicola
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Special interest in diabetes management.

Miriam L. Fishman
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Special interest in noninvasive cardiology, women's cardiology, cardio-oncology.

Jack L. Flyer
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Special interest in echocardiography, nuclear cardiology.

Carla Hanash
700 Second St., NE; 800-777-7904.
Special interest in fetal ultrasound, pediatric congenital and acquired heart disease. **Pediatrics.**

Eva Hausnerova
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Special interest in women's cardiology, cardiac imaging, preventive medicine.

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Special interest in echocardiography, preventive cardiology.

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6410 Rockledge Dr., Bethesda; 301-897-5301. Also Bethesda, Rockville.
Special interest in coronary-artery disease, CHF, valvular heart disease.

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Yaning Liu
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Joseph A. Lodato
1221 Mercantile Ln., Largo; 800-777-7904. Also Northeast DC.
Special interest in echocardiography, nuclear cardiology, cardiac CT.

Alireza Maghsoudi
2901 Telestar Ct., Falls Church; 703-621-4501. Also Fairfax.
Special interest in advanced cardiac imaging.

Marco A. Mercader
2150 Pennsylvania Ave., NW; 202-741-2323.
Special interest in arrhythmia management, with emphasis on catheter ablation.

Mark Robert Milner
6410 Rockledge Dr., Bethesda; 301-897-5301.
Special interest in echocardiography.

Jason L. Mitchell
700 Second St., NE; 800-777-7904.
Special interest in congenital heart disease. **Pediatrics.**

Azita Moalemi
6136 Brandon Ave., Springfield; 703-866-3131. Also Alexandria, Arlington.
Special interest in women and heart disease, preventive and nuclear cardiology.

Maryam Mohammadi
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Jason M. Morda
8101 Hinson Farm Rd., Alexandria; 703-780-9014. Also Alexandria, Fairfax, Woodbridge.
Special interest in lipids, valvular heart disease.

Edward I. Morris
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Special interest in nuclear cardiology.

Richard L. Morrissey
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Special interest in coronary and valvular heart disease, echocardiography, sports medicine.

Pradeep R. Nayak
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Special interest in adult congenital heart disease, echocardiography, nuclear cardiology.

Michael P. Notarianni
1005 N. Glebe Rd., Arlington; 703-621-4501.
Special interest in transesophageal echocardiography, congestive heart failure, pregnancy-induced cardiovascular disease.

Paul J. O'Brien
6715 Little River Tpk., Annandale; 703-751-6668.

Thomas J. Odar
15225 Shady Grove Rd., Rockville; 301-670-3000. Also Germantown.
Special interest in cardiovascular disease.

Jennifer B. O'Neil
8260 Willow Oaks Corporate Dr., Fairfax; 703-573-0504. Also Rockville, Frederick, Hagerstown, Northwest DC, Alexandria.
Special interest in fetal cardiology, outpatient management of complex congenital heart disease, preventive care. **Pediatrics.**

Antonio R. Parente
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Special interest in atrial fibrillation, chest-pain syndrome, coronary-artery disease.

Jin Hyuk Park
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Special interest in diagnostic and interventional catheterization. **Pediatrics.**

Young D. Park
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Paula Pinell-Salles
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Special interest in noninvasive cardiology.

Archana Reddy
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Manisha S. Reddy
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Special interest in vascular medicine, congestive heart failure.

Stephen P. Rosenfeld
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Richard E. Rubin
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Special interest in risk-factor modification, diagnostic testing.

Harish S. Rudra
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Special interest in general pediatric cardiology, noninvasive and fetal echocardiography. **Pediatrics.**

Peter J. Sabia
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Special interest in valve disease, coronary-artery disease, heart failure.

Sudip Saha
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Special interest in cardiac electrophysiology.

Daniel Judah Schwartz
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Special interest in echocardiography, vascular ultrasound.

Jonathan I. Segal
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Special interest in women's cardiovascular health.

Ankit B. Shah
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Special interest in sports cardiology.

Manish H. Shah
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Scott D. Shapiro
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Special interest in electrophysiology, ablation, arrhythmia.

Garima Sharma
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Special interest in preventive cardiology, nuclear cardiology.

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Special interest in nuclear cardiology.

Shubir Sofat
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Allen J. Solomon
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Special interest in electrophysiology, pacemaker, defibrillator.

Hassan Tabandeh
1851 N. George Mason Dr., Arlington; 703-717-7780. Also McLean, Alexandria.
Special interest in cardiovascular imaging.

Hamid Taheri
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Special interest in interventional cardiology.

Barry S. Talesnick
5530 Wisconsin Ave., Chevy Chase; 301-656-9080.
Special interest in echocardiography, nuclear cardiology, vascular disease.

Allen J. Taylor
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Special interest in cardiovascular imaging, critical-care cardiology, cardiovascular outcomes.

Behnam N. Tehrani
3833 N. Fairfax Dr., Arlington; 571-472-3401. Also Fairfax.

Ketan K. Trivedi
3580 Joseph Siewick Dr., Fairfax; 703-621-4501.
Special interest in nuclear cardiology, echocardiography.

Carolina Valdiviezo-Schlomp
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Joseph A. Vassallo
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Special interest in arrhythmogenic evaluation, cardiovascular disease.

Mark C. Vives
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Special interest in echocardiography, nuclear cardiology, vascular disease.

Raymond Vlacancich
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Erich Francis Wedam
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Shani Weerakoon
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Georgia S. Willie-Carnegie
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Jonathan E. Yager
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William E. Yang
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CARDIOLOGY, INTERVENTIONAL

Interventional caridologists use catheterization techniques to diagnose and treat coronary-artery disease with procedures such as balloon angioplasty and stenting.

David L. Ain
655 Watkins Mill Rd., Gaithersburg; 800-777-7904. Also Northeast DC.
Special interest in vascular medicine, endovascular intervention.

Ather Anis
19465 Deerfield Ave., Leesburg; 571-252-8119.

Itshac Itsik Ben-Dor
110 Irving St., NW; 202-877-5975.

Nelson L. Bernardo
110 Irving St., NW; 202-877-5975.

Elizabeth S. Biegelsen
1221 Mercantile Ln., Largo; 800-777-7904. Also Gaithersburg.

Jeremy Seth Bock
1005 N. Glebe Rd., Arlington; 703-621-4501. Also Falls Church.
Special interest in complex coronary interventions, endovascular intervention for peripheral arterial disease, pulmonary-embolism intervention.

Brian Case
7501 Surratts Rd., Clinton; 301-868-8000.

Yaser Cheema
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Joshua Kanter
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Joseph M. Kiernan
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Gregory Kumkumian
6410 Rockledge Dr., Bethesda; 301-897-5301. Also Bethesda, Rockville.

Junsoo Alexander Lee
3025 Hamaker Ct., Fairfax; 703-641-9161. Also Reston.





What do you love most about your field?

"What I love most is that we are not just treating a diagnosis or managing symptoms. We are helping children participate in school, sports, family activities. Watching a child regain function, achieve greater independence, or accomplish a goal is incredibly rewarding."

Justin Burton,
a pediatric-rehabilitation specialist at Children's National

Eric B. Lieberman
15005 Shady Grove Rd., Rockville; 240-238-3760. Also Bethesda.

Ramesh Mazhari
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Richard Preston Perrin II
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Special interest in trans-catheter aortic-valve replacement, PFO closure, coronary interventions.

Joseph A. Quash Jr.
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Jonathan S. Reiner
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Lowell F. Satler
110 Irving St., NW; 202-877-5975.

Fayaz A. Shawl
11886 Healing Way, Silver Spring; 301-891-8570.
Special interest in complex high-risk coronary interventions, TAVR, MitraClip.

Matthew Sherwood
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Hamid Taheri
8100 Ashton Ave., Manassas; 571-581-1771. Also Vienna.

Behnam N. Tehrani
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Catherine Tomasulo
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[1] The physicians who practice at Kaiser Permanente are recognized as Top Doctors in *Arlington Magazine* (2026), *Northern Virginia Magazine* (2026), *Washingtonian* magazine (2025), *Baltimore* magazine (2025), and *Bethesda* magazine (2025).

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WAIT, MY DOCTOR ISN'T ON THE LIST!



I have a doctor I love, but I don't see her on this list. Should I be worried?

If you like and trust that person, you should continue to see her. There are reasons why some physicians may not make the list that have nothing to do with their skill. A doctor could be fairly new or in an out-of-the-way or small practice with a limited referral network—votes often come from a professional referral circle. Someone could also make the list one year and not the next by a single vote. That's why we conduct a new survey every year.



Do doctors pay to get on this list?

Absolutely not. Top Doctors is based on the votes of physicians. After the list is done, we notify physicians who are on it, and some choose to buy ads. Many do not. The decision doesn't affect a doctor's listing.



Don't doctors just vote for their friends?

Physicians may sometimes vote for people they like, although that doesn't mean the doctor isn't good. If you ask your own internist for a referral, chances are he'll send you to someone he knows and likes. Still, to make this list as trustworthy as possible, we research every name, checking for things such as recent malpractice suits and disciplinary actions by a local medical board. We also look and correct for irregular voting patterns.



I saw one of the physicians on this list and he was terrible.

We're sorry to hear that. While doctors may be the best judges of a peer's medical skill, they often don't know if another doctor has a rude bedside manner or if waits for appointments are too long. Not every physician on this list will be right for everyone.



I don't see some specialties, such as anesthesiology, here.

This list is meant as a resource for readers looking to book appointments with medical specialists and primary-care physicians. We don't include practitioners chosen for patients—such as emergency-room doctors, anesthesiologists, diagnostic radiologists, and hospitalists, who are doctors that care for patients only in a hospital. We also tend not to include specialties with very few local practitioners. And we don't include alternative therapists, such as chiropractors and acupuncturists.

COLON AND RECTAL SURGERY

Colorectal surgeons treat disorders of the intestinal tract, colon, rectum, anal canal, and perianal area by medical and surgical means.

Andrea T. Badillo
111 Michigan Ave., NW; 888-884-2327. Pediatrics.

Mohammed Bayasi
1850 Town Center Pkwy., Reston; 703-570-5227. Also Manassas.

Brian L. Bello
1133 21st St., NW; 202-223-9040. Also Northwest DC, Olney.

Sara E. Berkey
1133 21st St., NW; 202-877-8484. Also Northwest DC.

Anne C. Fabrizio
3800 Reservoir Rd., NW; 202-295-0560.

Ada Graham
5215 Loughboro Rd., NW; 202-895-1440.

Katherine Khalifeh
2710 Prosperity Ave., Fairfax; 703-280-2841. Also Lansdowne.

Marian Khalili
2150 Pennsylvania Ave., NW; 202-741-3243.

Maria Kiely
4102 Wilson Blvd., Arlington; 703-462-1777. Also Northwest DC.

Rebekah S. Kim
2710 Prosperity Ave., Fairfax; 703-280-2841. Also Fairfax.
Special interest in minimally invasive colorectal surgery, fecal incontinence.

Marc Levitt
111 Michigan Ave., NW; 888-884-2327. Pediatrics.

Rami Makhoul
15001 Shady Grove Rd., Rockville; 240-702-0122. Also Bethesda.

Kimberly A. Matzie
2710 Prosperity Ave., Fairfax; 703-280-2841. Also Fair Oaks, Gainesville.
Special interest in robotic colon and rectal surgery.

Matthew Ng
2150 Pennsylvania Ave., NW; 202-741-3243.

Vincent J. Obias
5225 Wisconsin Ave., NW; 771-210-4437.

Vivek Patil
9905 Medical Center Dr., Rockville; 240-487-7522. Also Bethesda.
Special interest in laparoscopy, robotics.

Rodolfo Pigalarga
1851 N. George Mason Dr., Arlington; 703-717-4180. Also McLean, Alexandria, Fairfax.

Timothy A. Plerhoples
2710 Prosperity Ave., Fairfax; 703-280-2841. Also Lansdowne.

Craig Rezac
1851 N. George Mason Dr., Arlington; 703-717-4180. Also Fairfax, McLean.
Special interest in robotic colorectal surgery, minimally invasive surgery, transanal endoscopic microsurgery.

Irfan A. Rizvi
8008 Westpark Dr., McLean; 800-777-7904.
Special interest in rectal cancer, robotic surgery, complex diverticular disease.

Caroline Sanchez
2710 Prosperity Ave., Fairfax; 703-280-2841. Also Alexandria.
Special interest in robotic surgery, colorectal cancer, diverticulitis.

Paul E. Savoca
13135 Rt. 50, Fairfax; 703-359-8640.
Special interest in colorectal cancer, minimally invasive and robotic surgeries, IBD.

Matthew Skancke
10215 Fernwood Rd., Bethesda; 240-858-6764. Also Rockville.

Lawrence E. Stern
2710 Prosperity Ave., Fairfax; 703-280-2841. Also Alexandria.
Special interest in robotic and minimally invasive colorectal surgery, IBD, colorectal cancer.

Zhifei Sun
3800 Reservoir Rd., NW; 202-295-0560. Also McLean.

John Tillou
2710 Prosperity Ave., Fairfax; 703-280-2841. Also Fair Oaks, Gainesville.

Bindu Umapathi
5550 Friendship Blvd., Chevy Chase; 202-810-7751.

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DERMATOLOGY

Dermatologists diagnose and treat skin disorders.

Liana Abramova
3930 Pender Dr., Fairfax; 703-520-6863.

Melissa Abrams
10313 Georgia Ave., Silver Spring; 301-681-7000. Also Rockville. Pediatrics.

Danso Ako-Adjei
655 Watkins Mill Rd., Gaithersburg; 800-777-7904.

Blair S. Allais
8081 Innovation Park Dr., Fairfax; 571-472-1190. Also Leesburg.

Tina S. Alster
1430 K St., NW; 202-628-8855.
Special interest in laser surgery, cosmetic dermatology, product development.

Amber Atwater
8603 Westwood Center Dr., Vienna; 703-570-1192.

Rebecca Rudd Barry
243 Church St., NW, Vienna; 703-745-5090.

Nashida Beckett
6500 Rock Spring Dr., Bethesda; 301-530-8300.

Brenda J. Berberian
5530 Wisconsin Ave., Chevy Chase; 301-656-7660.

Paula Bourelly
18111 Prince Philip Dr., Olney; 301-260-9202.

David W. Bray
2900 S. Quincy St., Arlington; 703-212-7546.

Sara Brooks
1201 Seven Locks Rd., Rockville; 301-762-5020. Also Gaithersburg.
Special interest in skin-cancer screening, medical dermatology.

Kristin Cam Missmar
201 N. Washington St., Falls Church; 800-777-7904.

Asmaa Chaudhry
24560 Southpoint Dr., Aldie; 703-957-0416.
Special interest in medical, surgical, pediatric, and cosmetic dermatology.

Joy Y. Chen
11125 Rockville Pike, North Bethesda; 301-770-0033.
Special interest in medical, cosmetic, and surgical dermatology.

Amy Beth Cole
10313 Georgia Ave., Silver Spring; 301-681-7000. Also Rockville.

Colleen Cotton
111 Michigan Ave., NW; 888-884-2327. Also Rockville. Pediatrics.

Al Damavandy
1951 Kidwell Dr., Vienna; 703-992-9211.
Special interest in Mohs micrographic surgery, reconstructive surgery, dermatologic surgery.

Stephanie Daniel
22365 Broderick Dr., Sterling; 703-996-4000.

Ilana DeLuca
2150 Pennsylvania Ave., NW; 202-741-2600.

Brenda J. Dintiman
527 Maple Ave. E., Vienna; 703-229-2544.
Special interest in skin-cancer prevention and surgery; chemical peels; plasma therapy and microneedling.

Arden Fredeking Edwards
5602 Shields Dr., Bethesda; 301-985-2739.
Special interest in acne, skin cancer, cosmetic procedures.

Adam J. Friedman
2150 Pennsylvania Ave., NW; 202-741-2600.

Aaron Fuchs
6565 Arlington Blvd., Falls Church; 703-578-1770.
Special interest in skin cancer, psoriasis, eczema.

Noreen Galaria
24805 Pinebrook Rd., Chantilly; 703-327-3173. Also Brambleton.
Special interest in hair loss, skin cancer, skin of color.

Emily Porter Gerson
4910 Massachusetts Ave., NW; 202-991-9000.

Walter J. Giblin
15225 Shady Grove Rd., Rockville; 301-216-2980.
Special interest in acne, skin cancer, rashes.

Laura Gifford
1221 Mercantile Ln., Largo; 800-777-7904. Also Northeast DC. Pediatrics.

Cuong (Chris) Ha
7051 Heathcote Village Way, Gainesville; 571-261-1234.
Special interest in skin-cancer, laser, and cosmetic treatments.

Ali Hendi
5454 Wisconsin Ave., Chevy Chase; 301-986-1006.

Courtney Regan Herbert
1005 N. Glebe Rd., Arlington; 703-310-7400.
Special interest in full skin examinations, acne.

Sara Hogan
1250 23rd St., NW; 202-796-8886.

Yolanda C. Holmes
1737 20th St., NW; 202-737-6800.

Ahmad Reza Hossani-Madani
1221 Mercantile Ln., Largo; 800-777-7904.
Special interest in ethnic skin, pigmentary disorders.

Melda A. Isaac
1133 21st St., NW; 202-393-7546.
Special interest in cosmetic dermatology, Botox, fillers.

Rolla Jaber
1850 Town Center Pkwy., Reston; 703-753-9860. Also Manassas.

Mark J. Jaffe
6410 Rockledge Dr., Bethesda; 227-240-5551.

Mamta B. Jhaveri
655 Watkins Mill Rd., Gaithersburg; 800-777-7904.

Isabela T. Jones
3803 N. Fairfax Dr., Arlington; 703-881-9117.

Jessica Kalen
8100 Boone Blvd., Vienna; 703-213-5107. Also Chevy Chase.

Catharine Lisa Kauffman
3301 New Mexico Ave., NW; 202-363-9600.
Special interest in skin cancer, medical dermatopathology, cosmetic dermatology.

Terrence Keaney
1525 Wilson Blvd., Arlington; 703-966-7127.

Smeena Khan
19465 Deerfield Ave., Lansdowne; 703-914-3602.
Special interest in acne, cosmetic dermatology, anti-aging treatments.

Randa Khoury
6551 Loisdale Ct., Springfield; 800-777-7904.
Special interest in cosmetic dermatology.

Anna Yasmine Kirkorian
111 Michigan Ave, NW; 888-884-2327. Also Northwest DC, Rockville. Pediatrics.

Margaret Kopelman
407 N. Washington St., Falls Church; 703-343-1064.

Agnieszka Kupiec-Banasikowska
3301 New Mexico Ave., NW; 202-363-9600.
Special interest in medical and cosmetic dermatology.

Allison R. Larson
110 Irving St., NW; 202-877-2835. Also Chevy Chase.

Matthew Livingood
801 N. Quincy St., Arlington; 703-259-9561.

Benjamin N. Lockshin
15245 Shady Grove Rd., Rockville; 301-681-7397. Also Silver Spring.
Special interest in psoriasis, atopic dermatitis, clinical trials.

Patricia A. Lucey
8100 Boone Blvd., Vienna; 703-345-6677. Also Fairfax.

Michele Zerah Magnino
3025 Hamaker Ct., Fairfax; 703-849-8036.

Sherry L.H. Maragh
45155 Research Pl., Ashburn; 703-858-0500. Also Warrenton, Rockville.
Special interest in minimally invasive cosmetic procedures, laser rejuvenation, body and facial rejuvenation.

Gayle D. Masri-Fridling
8605 Westwood Center Dr., Vienna; 571-532-0717.

Emily Murphy
2150 Pennsylvania Ave., NW; 202-741-2600. Also Northwest DC.

Emily Nadelmann
2150 Pennsylvania Ave., NW; 202-741-2600. Also Bethesda.

Mark A. Naftanel
201 N. Washington St., Falls Church; 800-777-7904.

Lina Naga
1525 Wilson Blvd., Arlington; 703-966-7127.
Special interest in cosmetic dermatology, laser surgery, fillers.

Sarah Nakib
2970 Chain Bridge Rd., Oakton; 703-574-7510.

Maithily A. Nandedkar-Thomas
1801 Robert Fulton Dr., Reston; 703-860-1818.

Koji Ota
5530 Wisconsin Ave., Chevy Chase; 301-652-8081.

Anju Pabby
1828 L St., NW; 202-664-8342.
Special interest in cosmetic, surgical, and medical dermatology.

Helena Beth Pasieka
110 Irving St., NW; 301-951-2400. Also Chevy Chase.
Special interest in complex medical dermatology, immunodermatology, life-threatening drug reactions.

Todd E. Perkins
900 17th St., NW; 202-659-2223.
Special interest in acne-scar revision; cosmetic dermatology; skin-cancer detection and surgery.

Michelle A. Rivera
1635 N. George Mason Dr., Arlington; 703-524-7206.

Ife J. Rodney
11711 E. Market Pl., Fulton; 301-479-6544.

Sanna Ronkainen
6711 Whittier Ave., McLean; 703-992-9211. Also Vienna.
Special interest in acne, rosacea, psoriasis.

Kristen Russomanno
1133 21st St., NW; 202-416-2000.

Olivia Schenck
6711 Whittier Ave., McLean; 703-992-9211. Also Vienna.

Kaitlyn Mula Schiavone
6849 Old Dominion Dr., McLean; 703-356-5111.

Theodore S. Sebastien
1800 Town Center Dr., Reston; 703-709-1492.
Special interest in skin cancer, Mohs surgery, cosmetic dermatology.

Sahil Sekhon
9707 Medical Center Dr., Rockville; 301-202-4707.

Geeta M. Shah
5471 Wisconsin Ave., Chevy Chase; 301-579-3628.

Shabnam Shahabadi
8501 Arlington Blvd., Fairfax; 703-645-0077. Also Chevy Chase.
Special interest in skin checks, cosmetic dermatology, skin-cancer surgery.

Kevin Sharghi
5215 Loughboro Rd., NW; 410-955-5933.

Saurabh Singh
10313 Georgia Ave., Silver Spring; 301-681-7000. Also Fairfax.

Maral Kibarian Skelsey
5530 Wisconsin Ave., Chevy Chase; 301-652-8081.
Special interest in Mohs micrographic surgery, skin cancer, melanoma.

Brittany Smirnov
6565 Arlington Blvd., Falls Church; 703-578-1770.

Sarika Snell
1120 19th St., NW;
202-955-6995.

Stephen Suah
4910 Massachusetts Ave.,
NW; 202-695-1000.

Reem Kaiser Tadros
8200 Greensboro Dr.,
McLean; 703-942-9787.

Pantea Tamjidi
2 Wisconsin Cir.,
Chevy Chase; 301-
578-2369. Also Vienna.
Special interest in cosmetic dermatology, fillers, neuromodulators.

Samantha A. Toerge
5454 Wisconsin Ave.,
Chevy Chase; 301-951-7905.
Special interest in cosmetic dermatology.

Suraj S. Venna
8081 Innovation Park Dr.,
Fairfax; 571-472-1190.
Also Leesburg.
Special interest in melanoma, skin cancer.

John Richard Vu
655 Watkins Mill Rd.,
Gaithersburg; 800-777-7904.

Sunny Walia
9601 Blackwell Rd.,
Rockville; 301-610-0663.
Special interest in medical dermatology (acne, skin cancer), cosmetic dermatology (lasers).

Daniel A. Yanes
1005 N. Glebe Rd.,
Arlington; 703-310-7400.
Also Chevy Chase.

ENDOCRINOLOGY

Endocrinologists specialize in glandular and hormonal disorders, such as thyroid problems and diabetes.

Shabina Roohi Ahmed
7315 Wisconsin Ave.,
Bethesda; 240-235-9100.
Special interest in thyroid and thyroid cancer, diabetes, PMOS.

Melissa J. Antonik
19500 Sandridge Way,
Leesburg; 703-673-0171.

Denise Armellini
3025 Hamaker Ct.,
Fairfax; 703-873-7425.
Special interest in thyroid cancer, thyroid conditions, diabetes.

Thien-Giang Bach-Huynh
200 Park Ave., Falls Church;
571-634-3636.
Special interest in thyroid, diabetes, calcium.

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CONGRATULATIONS

TOP DOCTOR WASHINGTONIAN 2026



Melissa Abrams, MD



Amy Cole, MD



Benjamin Lockshin, MD



Saurabh Singh, MD

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Lexin Realty

David R. Brown
2401 Research Blvd., Rockville; 301-977-9272.
Special interest in diabetes, thyroid disease, lipid disorders.

Kenneth D. Burman
110 Irving St., NW; 202-877-0333. Also Olney.
Special interest in thyroid disease.

Albert W. Coo
6300 Stevenson Ave., Alexandria; 703-823-9570.
Special interest in thyroid, diabetes.

Laura E. Cowen
3800 Reservoir Rd., NW; 202-687-2818.

Andrew Dauber
111 Michigan Ave., NW; 888-884-2327. Also Fredericksburg. Pediatrics.

Paulomi Dave
4240 Altamont Pl., Waldorf; 240-518-6020.

Michael A. Dempsey
3200 Tower Oaks Blvd., Rockville; 301-770-7373.

Amita De Souza
6000 Executive Blvd., North Bethesda; 240-553-5003. Pediatrics.
Special interest in diabetes, obesity.

Kevin Donohue
1715 N. George Mason Dr., Arlington; 571-634-3636. Also Falls Church.

Anuradha Puri Dua
6300 Stevenson Ave., Alexandria; 703-823-9570.

Nadine El Asmar
2300 M St., NW; 202-741-3422.

Rachna M. Goyal
3800 Reservoir Rd., NW; 202-687-2818.

Anurag Gupta
15200 Shady Grove Rd., Rockville; 301-297-3330.

Rasha Haykal
2300 M St., NW; 202-741-3422.

Caroline Huang
200 Park Ave., Falls Church; 571-634-3636.

Mehreen Husain
12480 Dillingham Sq., Woodbridge; 703-491-7177.
Special interest in diabetes, thyroid, adrenal disorders.

Kavita Iyengar
1400 Forest Glen Rd., Silver Spring; 301-919-7544.

Natasa Janicic-Kahric
3800 Reservoir Rd., NW; 202-687-2818.

Rida Javaid
8280 Willow Oaks Corporate Dr., Fairfax; 571-472-4300. Pediatrics.

Jacqueline Jonklaas
3800 Reservoir Rd., NW; 877-687-2818.
Special interest in thyroid disease.

Silpa P.K. Joshi
19500 Sandridge Way, Leesburg; 703-673-0171.

Deepak K. Kashyap
13285 Minnieville Rd., Woodbridge; 800-777-7904.
Special interest in thyroid biopsy, diabetes, pituitary.

Roy W. Langley
2826 Old Lee Hwy., Fairfax; 703-849-8440.

Oksana Lazareva
8280 Willow Oaks Corporate Dr., Fairfax; 571-472-4300. Also Ashburn. Pediatrics.

Melissa H. Loughney
1120 19th St., NW; 202-296-0670.
Special interest in thyroid, diabetes, calcium.

Supna B. Lowery
3580 Joseph Siewick Dr., Fairfax; 877-511-4625.
Special interest in diabetes, thyroid.

John J. Merendino Jr.
10215 Fernwood Rd., Bethesda; 301-230-0300.

Abbas Motazedi
1160 Varnum St., NE; 202-269-0381.
Special interest in diabetes.

Rosalie Naglieri
7315 Wisconsin Ave., Bethesda; 240-235-9100.

Barbara M. Onumah
9701 Apollo Dr., Largo; 240-825-3040.

Maureen D. Passaro
18109 Prince Philip Dr., Olney; 301-774-4529.
Special interest in diabetes, thyroid, osteoporosis.

Jill Paulson
6903 Rockledge Dr., Bethesda; 240-552-9870. Also Baltimore.
Special interest in diabetes mellitus types 1 and 2, obesity, cardio-metabolic health.

J. Desiree Pineda
2440 M St., NW; 202-828-0935.

Nagashree Gundu Rao
3580 Joseph Siewick Dr., Fairfax; 877-511-4625. Also Ashburn.

Anis Rehman
5210 Lyngate Ct., Burke; 703-214-9773. Also Woodbridge.

John J. Reyes-Castano
13285 Minnieville Rd., Woodbridge; 800-777-7904.

Suzanne Rogacz
2826 Old Lee Hwy., Fairfax; 703-849-8440.
Special interest in gestational endocrinology.

Ali M. Safa
301 Maple Ave. W., Vienna; 703-938-8885.
Special interest in diabetes, thyroid disorders.

Romona Satchi
3025 Hamaker Ct., Fairfax; 703-873-7425.
Special interest in diabetes, menopause, perimenopause.

Nazia Shamsuddin
21785 Filigree Ct., Ashburn; 703-554-1122. Also Leesburg.

Meeta Sharma
5454 Wisconsin Ave., Chevy Chase; 301-215-9420. Also Northwest DC, Olney.
Special interest in diabetes, pituitary, thyroid.

Vikram Kudgi Shenoy
7315 Wisconsin Ave., Bethesda; 240-235-9100.

Yi Brenda Shue
655 Watkins Mill Rd., Gaithersburg; 800-777-7904. Also Largo.

Katherine T. Stanley
700 Second St., NE; 800-777-7904. Pediatrics.

Stephanie Aleskow Stein
5530 Wisconsin Ave., Chevy Chase; 301-941-3090.

Lida Tabatabaeian
201 N. Washington St., Falls Church; 800-777-7904.

Michael J. West
1900 L St., NW; 202-570-5151.
Special interest in diabetes, hypo- and hyperthyroidism, hypogonadism.

Jason A. Wexler
6410 Rockledge Dr., Bethesda; 202-877-2300. Also Northwest DC, Olney.
Special interest in thyroid cancer, thyroid diseases, osteoporosis.

Farhad Zangeneh
46090 Lake Center Plaza, Sterling; 703-444-4450.
Special interest in type 2 diabetes, PCOS, thyroid disorders.

Mihail Zilbermint
8600 Old Georgetown Rd., Bethesda; 301-896-3100. Also Northwest DC, Columbia, Baltimore.

FAMILY MEDICINE

Family or general practitioners are primary-care doctors who treat children and adults, usually on an ongoing basis. Some listed are internists with broad general practices.

Alec Anders
9715 Medical Center Dr., Rockville; 240-386-8379.

Andrea A. Anderson
1101 15th St., NW; 833-694-9362.

Elias B. Awad
12255 Fair Lakes Pkwy., Fairfax; 800-777-7904.

Zareen Babar
225 Oak Springs Dr., Warrenton; 540-680-2256.

Samuel Stone Ballew
700 Second St., NE; 800-777-7904.

Lee I. Blecher
3650 Joseph Siewick Dr., Fairfax; 703-391-2020.

Reena Rao Bommasani
11213 Lee Hwy., Fairfax; 703-372-4429. Also Sterling, Herndon, Manassas, Woodbridge.

Hakima Bouhouch
3914 Centreville Rd., Chantilly; 703-435-1223.

Sean Bourne
7190 Crestwood Blvd., Frederick; 240-529-1700.

Kelsey Boyle
5215 Loughboro Rd., NW; 202-537-4400.

Julia A. Bruce
7500 Iron Bar Ln., Gainesville; 703-753-1200.

Lauren B. Cianciaruso
711-C E. Main St., Purcellville; 540-338-7116.

Mindi E. Cohen
5413 W. Cedar Ln., Bethesda; 301-530-4383.

BEST EMERGENCY ROOMS

In our survey of more than 14,000 area physicians, we also asked:
What's the best ER in the region?
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Here are the top 12, by total votes.

1. Inova Fairfax Hospital
2. Suburban Hospital
3. Sibley Memorial Hospital
4. VHC Health (formerly Virginia Hospital Center)
5. MedStar Georgetown University Hospital
6. MedStar Washington Hospital Center
7-8. *Tie:* Inova Fair Oaks Hospital and Holy Cross Hospital
9. Inova Alexandria Hospital
10-11. *Tie:* Reston Hospital Center and Adventist HealthCare Shady Grove Medical Center
12. Children's National

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Subash B. Bazaz, MD
Casey R. Benton, MD
Rachel L. Berger, MD
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Lindsey A. Cilia, MD
Stephen M. Day, MD
Karan Desai, MD
Hazim El-Haddad, MD
Adam S. Fein, MD
Tariq Haddad, MD
Edward Howard, MD
Arjun S. Kanwal, MD
Joseph M. Kiernan, MD
Alireza Maghsoudi, MD
Pradeep R. Nayak, MD
Michael P. Notarianni, MD
Antonio R. Parente, MD
Amit V. Patel, MD
Eric D. Pauley, MD
Paula Pinell-Salles, MD
Gautam Ramakrishna, MD
Jessica A. Riggs, MD
Stephen P. Rosenfeld, MD
Jonathan I. Segal, MD
Jennifer A. Shea, MD
Stuart E. Sheifer, MD
Ketan K. Trivedi, MD
Tajender Singh Vasu, MD
Mark C. Vives, MD
Raymond Vlacancich, DO

Alexandria • Arlington • Fair Oaks • Fairfax • Lansdowne • Loudoun • Purcellville • Reston • Stone Springs • Vienna

SHOULD YOU SEE A PHYSICIAN ASSISTANT?

If you're having trouble getting an appointment with your doctor, PAs can provide almost the same care

There's a common misconception that physician assistants are inferior to physicians, when in reality they're able to offer most of the same care—and often sooner than a doctor's calendar might allow. Here's what to know about PAs versus MDs.

PAs Are Highly Trained

Physician assistants generally have a shorter path to their medical career, needing to complete a bachelor's degree, a two-to-three-year PA master's program, and anywhere from 500 to 4,000 hours of clinical practice, versus a physician's typical four-year bachelor's, four years of medical school, and three to seven years of hands-on residency. However, that doesn't mean they're not skilled.

"PAs are trained to evaluate patients, diagnose and treat illness, order and interpret tests, prescribe medications, perform procedures, provide preventive care, and make referrals," says David J. Bunnell, the American Academy of Physician Associates' president and chair of the board of directors. One of the ways they're different: PAs cannot perform or order surgery.

As with physicians, PAs are required to take continuing education to maintain their licenses. And many times they'll declare a specialty and may pursue additional credentials.

They Often Can See You Sooner

PAs may sometimes seem like a last-ditch effort to get medical care when your primary-care physician isn't available, but Baltimore PA Laurarose Dunn insists that a physician assistant can take care of you just as a doctor would—and research confirms it.

In 2021, *PLOS One* published a review indicating that "PAs delivered the same or better care outcomes as physicians." Meanwhile, according to a 2025 article in the *BMJ* (formerly the *British Medical Journal*), researchers found no difference in patient satisfaction between physician assistants and physicians.

If your doctor's office has an appointment with a PA much sooner than with the physician, there's another reason to schedule it: Getting faster care isn't just convenient for minor ailments, but it could also detect bigger problems, like cancer, earlier. "PAs in our practice open that door—we can do that initial assessment and get them access into our healthcare system," says Elizabeth Donovan, a physician assistant in Montgomery County. She points out that although PAs aren't allowed to sign off on major surgeries, such as for breast cancer, they can sometimes perform biopsies.

They're Not Really Assistants

Another misconception—debunked by FAQs from numerous medical-malpractice law firms—is that PAs aren't liable for their medical actions. This is not true. "PAs can be sued for malpractice—every clinician throughout the healthcare system is accountable for the care they provide," Bunnell adds.

The problem for PAs may largely be due to the word "assistant" in their very title. In recognition of just how much PAs are trained for and capable of, and how far the role has evolved since its inception in 1965, the American Academy of Physician Assistants House of Delegates adopted a title change in 2021, rebranding PAs as physician associates. While the new name requires legislative updates at the state level, AAPA aims to have title-recognition legislation passed in all 50 states.

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THE SLEEP APNEA PATIENT NOBODY IS LOOKING FOR

By Dr. Pamela Marzban

You exercise. You eat well. You're productive. You're not falling asleep at your desk. Could you still have sleep apnea?

For decades, we've had an image of what a person with sleep apnea looks like: overweight, male, a loud snorer, exhausted during the day.

That person certainly exists.

But so does another patient, one who is much easier to miss.
She may be fit. Successful. Busy. Health-conscious. She gets through her day just fine. She may even tell you she sleeps seven or eight hours a night.

Yet she wakes up tired.

Maybe she has headaches in the morning. She clenches or grinds her teeth. She wakes several times during the night for no apparent reason. Her sleep has become lighter or more fragmented. She has brain fog, struggles with insomnia, or simply says, "I sleep, but I never feel rested."

And because she doesn't look like the stereotypical sleep apnea patient, no one thinks to ask whether she is actually **breathing well while she sleeps.**

Sleep Apnea Doesn't Always Look Like Sleep Apnea

Obstructive sleep apnea occurs when the airway repeatedly narrows or closes during sleep, disrupting normal breathing and sleep quality.

But the symptoms aren't identical in everyone.

Women, in particular, may experience fatigue, insomnia, frequent awakenings and morning headaches rather than the classic picture of loud snoring and obvious daytime sleepiness. The risk of obstructive sleep apnea also increases during and after menopause.

That means someone can appear healthy, energetic and highly functional during the day while her body may still be struggling at night.

And being thin or physically fit does not automatically rule out an airway problem.

Anatomy matters, too.

The size and position of the jaws, tongue posture, available airway space and other aspects of craniofacial anatomy can all be pieces of the puzzle.

Your Body May Be Leaving Clues

How many of these sound familiar?

- □ Morning headaches
- □ Waking frequently during the night
- □ Insomnia or restless sleep
- □ Feeling tired despite spending enough hours in bed
- □ Difficulty concentrating or brain fog
- □ Snoring, gasping or witnessed pauses in breathing
- □ Clenching or grinding your teeth
- □ Waking up without feeling truly rested

In my dental practice, I also pay attention to what I see happening to the teeth, jaws and surrounding structures. Significant tooth wear, clenching or grinding, a retrusive jaw, a crowded oral environment and other structural findings do not automatically mean someone has sleep apnea, but they can be important pieces of a much larger picture.

Women May Be Especially Easy to Miss

This is particularly important for women in midlife.

Hormonal changes associated with menopause can increase the risk for obstructive sleep apnea, while poor sleep, fatigue, headaches, insomnia and cognitive changes can easily be attributed to menopause, stress or simply getting older.

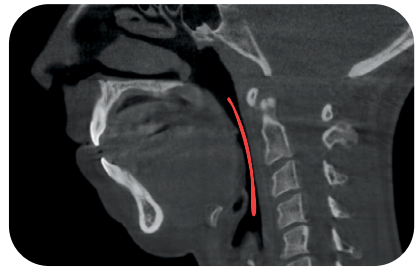
Women may also present differently than the patient most people picture when they think of sleep apnea. They may not report dramatic snoring or overwhelming daytime sleepiness. Instead, the symptoms may be quieter and easier to explain away, which can make an underlying sleep-related breathing disorder easier to miss.

Finding Out What Is Actually Happening

Symptoms, dental findings and anatomy can raise suspicion, but the only way to determine what is happening with your breathing while you sleep is through an appropriate **sleep study**.

If that testing identifies obstructive sleep apnea or upper airway resistance syndrome, the next step should include understanding **why** the airway is compromised.

This is where anatomy becomes important. Three-dimensional CT imaging allows us to evaluate the jaws, nasal structures, airway space and surrounding craniofacial anatomy in a way that a list of symptoms simply cannot.



CBCT reveals significant airway restriction, making this patient a strong candidate for custom sleep appliance therapy.

Once we understand both the sleep study and the anatomy, we can have a much more meaningful conversation about treatment options. Depending on the individual, those options may include positive airway pressure therapy, oral appliance therapy or other medical, dental or surgical approaches.

The goal isn't to fit every patient into the same treatment. It is to understand the problem well enough for that patient to know all of their options.

If you're doing everything right and still waking up feeling like something isn't right, it may be time to find out what's happening while you sleep.



Dr. Pamela Marzban focuses on the relationship between dentistry, craniofacial structure, airway, sleep and temporomandibular disorders. Her Fairfax practice provides comprehensive evaluation and treatment for **adults and children.** If you have any questions you can call her at **703-323-8200** or visit her at **ww w.marzbandds.com**. ***Author of Amazon E-Book: Craniofacial Development: from infancy to adult***
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COULD AI ACTUALLY KEEP US HEALTHY, NOT KILL US?

More doctors are using AI note-takers. Here's what to know.

It seems like every day, more news emerges about the threat of artificial intelligence and how it will soon outsmart us all. Yet when it comes to medicine at least, a 2025 analysis by the Permanente Medical Group overwhelmingly concluded that AI has improved care, making it feel, well, more human.

According to the analysis, published in the *New England Journal of Medicine*, researchers found that over the course of one year, AI scribes saved 7,260 physicians an estimated 15,791 hours, significantly reducing chart paperwork and, in turn, physician burnout.

That benefits not just doctors. With AI taking notes, clinicians don't need to type every detail a patient utters, thereby allowing them to be more present with patients and to focus on what's being discussed, says Dr. Sos Mboijana, Kaiser Permanente Regional's medical director for AI and emerging technology.

According to the American Medical Association, more than 80 percent of doctors now use AI, for tasks such as note-taking, summarizing medical research, and creating discharge instructions. Advanced models even offer diagnosis summaries. But these programs come with risk—an AI "hallucination" or inaccurate transcription could lead to a misdiagnosis, for example. How can patients trust that their medical needs are being met?

Physician oversight at Kaiser Permanente is mandatory, Mboijana says. AI scribes aren't meant to replace doctors. "Nothing ends up in the medical record without the clinician signing off on it," he says. "While the note-taker generates a note, [the diagnosis] remains on the clinician. There's no way around it—the clinician must review it."

While some patients may want to see the AI notes, Mboijana says doctors typically share only the physician-reviewed chart—not the rough transcription. It never hurts to ask, though, if you have concerns about AI scribes.

Mboijana says physicians should ask for consent to use AI in each new encounter. If at any point, even after giving consent, you decide that you don't want to continue being recorded or that you want what's been recorded to be disregarded, Mboijana says you have the right to say so.

If your concern with AI scribes centers on potential HIPAA violations, know that the vendors who market these scribes have to abide by the same privacy rules as other outside contractors, such as labs that analyze bloodwork or do imaging. The business agreement, Mboijana says, "essentially wraps the vendor and us inside of the same HIPAA protection envelope, so they are just as accountable for anything that may go wrong as we are."

Also, whatever is transcribed is encrypted, so while an external server may seem like a questionable place for sensitive medical information, Mboijana says it's protected: "When the data travels from my office to the vendor, it's encrypted, meaning the identifiable information is essentially scrambled while it travels to be processed. It then travels back to our system and is decrypted."

At the end of the day, he says, "patients remain in control." You don't have to give consent. If you're at all concerned, ask how your information will be stored and used. And remember: A human has to sign off on any diagnosis, so your fate isn't in the hands of AI.

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Sean M. Karp
7350 Van Dusen Rd., Laurel; 301-867-0492. Also Columbia.
Special interest in GERD, IBD, colorectal-cancer screening.

Rahul Kataria
19455 Deerfield Ave., Lansdowne; 703-723-3670.

Margaret "Geri" Keane
5215 Loughboro Rd., NW; 410-933-7495.

Ali A. Khan
3025 Hamaker Ct., Fairfax; 703-717-4175. Also Arlington.

Nadeem A. Khan
19450 Deerfield Ave., Leesburg; 703-858-3060.
Special interest in liver disease.

Sameer Khan
5215 Loughboro Rd., NW; 410-933-7495.

Asma Khapra
3028 Javier Rd., Fairfax; 703-698-8960. Also Chantilly, Fairfax.
Special interest in IBD, women's digestive health.

Kathryn E. Kirk
5550 Friendship Blvd., Chevy Chase; 240-737-0085.

Jonathan M. Koff
5550 Friendship Blvd., Chevy Chase; 240-737-0085. Also National Harbor.
Special interest in colon-cancer screening, IBD, swallowing disorders.

Jessica D. Korman
6100 Executive Blvd., North Bethesda; 240-737-0085. Also Northwest DC.

Roderick B. Kreisberg
10801 Lockwood Dr., Silver Spring; 301-825-9680. Also Rockville.

Anita Bakshi Kumar
3620 Joseph Siewick Dr., Fairfax; 703-776-2346. Also Fairfax, Leesburg.
Special interest in women's health.

Diego I. Kuperschmit
1715 N. George Mason Dr., Arlington; 703-522-7476. Also Annandale.
Special interest in colon-cancer screening, heartburn, pancreatic/bile-duct diseases.

Shilen V. Lakhani
1939 Roland Clarke Pl., Reston; 703-766-2650.
Special interest in colon-cancer screening, GERD, advanced therapeutic endoscopic procedures.

Peter Lee Jr.
111 Michigan Ave., NW; 888-884-2327. Also Fairfax, Ashburn.
Special interest in hepatology. Pediatrics.

Ian H. Leibowitz
111 Michigan Ave., NW; 888-884-2327. Also Fairfax. Pediatrics.

Thomas M. Loughney
3800 Reservoir Rd., NW; 202-444-8541. Also Northwest DC.
Special interest in biliary and pancreatic disease, endoluminal stenting.

Dhruv Lowe
501 N. Frederick Ave., Gaithersburg; 410-290-6677. Also Riverdale.

Leigh Bornstein Lurie
15001 Shady Grove Rd., Rockville; 301-340-3252.
Special interest in women's health, IBD, colon-cancer screening.

Atul Marathe
14010 Smoketown Rd., Woodbridge; 703-580-0181. Also Manassas.

Mark Mattar
3800 Reservoir Rd., NW; 202-444-8541.

Megan Murphy
5215 Loughboro Rd., NW; 410-933-7495.

Robert F. Musselman
10801 Lockwood Dr., Silver Spring; 301-593-2002. Also Olney, Rockville.
Special interest in colon-cancer screening, GERD, IBD.

Angelica Nocerino
1133 21st St., NW; 202-416-2000. Also Northwest DC.

Olanma Y. Okoji
15001 Shady Grove Rd., Rockville; 301-340-3252.

Caren S. Palese
3800 Reservoir Rd., NW; 202-444-8541.
Special interest in GERD, swallowing disorders, upper endoscopy and colonoscopy for cancer prevention.

Jin-Hong Park
8700 Sudley Rd., Manassas; 703-396-5292. Also Haymarket.
Special interest in colon cancer; acid reflux/heartburn; bile-duct and pancreatic disease.

Ami P. Patel
1851 N. George Mason Dr., Arlington; 703-717-4792. Also Alexandria.

Minal M. Patel
1939 Roland Clarke Pl., Reston; 703-435-3366.
Special interest in endoscopic ultrasound procedures.

Nina Phatak
8640 Sudley Rd., Manassas; 703-368-6819. Also Warrenton, Gainesville.
Special interest in colon polyps and cancer, gastroenterological bleeding, IBD.

Alan J. Plotner
1939 Roland Clarke Pl., Reston; 703-766-2650.
Special interest in IBD, diagnostic and therapeutic endoscopy.

Eric A. Pollack
6100 Executive Blvd., North Bethesda; 240-737-0085.
Special interest in cancer screening, IBD, eosinophilic esophagitis.

Frank Procaccino
1800 N. Beauregard St., Alexandria; 703-823-3750.

Mohammad Hossein Razavi
14904 Richmond Hwy., Woodbridge; 703-497-4222.
Special interest in colonoscopy, upper endoscopy, cancer prevention.

Antoinette R. Saddler
5215 Loughboro Rd., NW; 410-933-7495.

Julio A. Salcedo
2000 Pennsylvania Ave., NW; 240-737-0085.
Special interest in biliary and pancreatic disorders, colon-cancer screening, IBD.

Michael S. Schindler
20528 Boland Farm Rd., Germantown; 301-593-2002. Also Rockville, Silver Spring, Olney.
Special interest in colorectal-cancer screening.

Samuel Schueler
2150 Pennsylvania Ave., NW; 202-741-2160.

Mariastella Serrano
4200 Wisconsin Ave., NW; 202-243-3400.
Special interest in IBD, pediatric nutrition, pediatric liver disease. Pediatrics.

Shervin Shafa
3800 Reservoir Rd., NW; 202-444-8541.

Amy Shah
5550 Friendship Blvd., Chevy Chase; 240-737-0085. Also Northwest DC.

Zaifi Shanavas
20528 Boland Farm Rd., Germantown; 301-593-2002. Also Rockville, Olney.
Special interest in colon-cancer screening.

Nalini Kumari Sharma
700 Second St., NE; 800-777-7904. Also Largo.

Ira David Shocket
106 Irving St., NW; 202-877-7108. Also Chevy Chase, Northwest DC.
Special interest in colon-cancer screening, IBD.

Sindu Stephen
4660 Kenmore Ave., Alexandria; 703-751-5763.
Special interest in colon-cancer screening.

Ann Marie Stephenson Thomas
15001 Shady Grove Rd., Rockville; 301-340-3252.
Special interest in colorectal-cancer screening, irritable-bowel syndrome, hepatitis B and C.

Jeremias C. Tan
3700 Joseph Siewick Dr., Fairfax; 703-698-8960. Also Fairfax.

Bezawit Tekola
3028 Javier Rd., Fairfax; 703-698-8960. Also Fairfax.

Jessica M. Trevino
1939 Roland Clarke Pl., Reston; 703-766-2650.

Truc T. Trinh
1715 N. George Mason Dr., Arlington; 703-522-7476. Also Annandale.
Special interest in IBD, women's gastrointestinal health, colon-cancer screening.

Emil F. Valle
1939 Roland Clarke Pl., Reston; 703-766-2650.
Special interest in IBD, small-bowel capsule endoscopy, liver disease.

Arthur N. West
106 Irving St., NW; 202-877-5840.
Special interest in dysphagia.

Eric R. Wollins
201 N. Washington St., Falls Church; 800-777-7904.
Special interest in colon-cancer screening, Barrett's esophagus.

Soonbok Grace Woo
6100 Executive Blvd., Rockville; 301-530-2800. Also Potomac.

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GENERAL SURGERY

General surgeons usually perform surgery on the abdominal region and alimentary tract; the endocrine system; head and neck; and breast, skin, and soft tissue.

Bruce Mathison Abell
2150 Pennsylvania Ave., NW; 202-741-3200.
Special interest in breast cancer, critical care, complex abdominal-wall reconstruction.

Stefano F. Agolini
4660 Kenmore Ave., Alexandria; 703-823-4066.
Special interest in laparoscopic/minimally invasive surgery.

Robert F. Ahmed
13135 Rt. 50, Fairfax; 703-359-8640. Also Fairfax, Leesburg.

Yewande R. Alimi
3800 Reservoir Rd., NW; 202-295-0560. Also Northwest DC.

Yasmine Assadipour
8081 Innovation Park Dr., Fairfax; 571-472-1380.

Mark A. Bartolozzi
9001 Digges Rd., Manassas; 571-535-3163. Also Haymarket.
Special interest in breast surgery.

Mohammed Bayasi
1850 Town Center Pkwy., Reston; 703-570-5227. Also Manassas.

Parag Bhanot
3800 Reservoir Rd., NW; 202-295-0560. Also McLean.
Special interest in abdominal-wall reconstruction, hernia surgery.

Richard V. Brenner
13135 Rt. 50, Fairfax; 703-359-8640. Also Fairfax.
Special interest in laparoscopic and robotic-assisted surgery, complex hernia repair.

Jason A. Brodsky
9715 Medical Center Dr., Rockville; 240-403-0621.
Special interest in laparoscopic surgery.

John Davis Butler Jr.
700 Second St., NE; 800-777-7904. Also Gaithersburg.

Jerome Byam
6420 Rockledge Dr., Bethesda; 240-762-5130.

Gao Chen
12255 Fair Lakes Pkwy., Fairfax; 800-777-7904. Also Tysons.
Special interest in robotic and advanced laparoscopic surgery, complex hernia repair, abdominal-wall reconstruction.

Kathleen M. Cleland
1800 N. Beauregard St., Alexandria; 703-359-8640. Also Alexandria, Fairfax.
Special interest in breast surgery.

George T. Conrad Jr.
12850 Middlebrook Rd., Germantown; 240-278-7822. Also Silver Spring.
Special interest in laparoscopic abdominal procedures, robotic surgery, breast surgery.

Bobby David
11886 Healing Way, Silver Spring; 240-637-6000.

C. Steeve David
3025 Hamaker Ct., Fairfax; 703-717-4172. Also Arlington.
Special interest in minimally invasive robotic and laparoscopic bariatric, foregut, and hernia surgery.

Rahil Dharia
44055 Riverside Pkwy., Leesburg; 703-858-8878.

Eleanor Drew
1133 21st St., NW; 202-416-2000.

C. Francisco Espinel
18101 Prince Philip Dr., Olney; 301-774-8962.
Special interest in acute-care and gastrointestinal surgery.

Joshua J. Felsher
9715 Medical Center Dr., Rockville; 240-403-0621.
Special interest in laparoscopic and robotic surgery.

Shimae C. Fitzgibbons
1133 21st St., NW; 202-416-2000. Also Northwest DC.

George Kevin Gillian
8988 Lorton Station Blvd., Lorton; 703-372-2280.
Special interest in LINX procedure for reflux, sports-hernia repair, laparoscopic hernia repair.

Joseph Greene
3800 Reservoir Rd., NW; 202-295-0560.
Special interest in advanced laparoscopic surgery, robotic and bariatric surgery.

Jenny Hong
8008 Westpark Dr., McLean; 800-777-7904.

Salini Hota
24430 Stone Springs Blvd., Dulles; 703-858-3200.

Gabriel Ivey
5255 Loughboro Rd., NW; 202-660-7085. Also Arlington.

Patrick Graves Jackson
1800 Town Center Dr., Reston; 703-435-8000. Also Northwest DC.
Special interest in surgical oncology, minimally invasive surgery, GERD.

Andrew Jung
5215 Loughboro Rd., NW; 202-895-1440.

Timothy D. Kane
111 Michigan Ave., NW; 888-884-2327. Also Fairfax, Fredericksburg. Pediatrics.

Nini Khozeimeh
1221 Mercantile Ln., Largo; 800-777-7904. Also Northeast DC.

Stephen S. Kim
8280 Willow Oaks Corporate Dr., Fairfax; 571-472-4300. Also McLean.
Special interest in colorectal surgery, gallbladder surgery, hernia. Pediatrics.

Katherine Graw Lamond
5215 Loughboro Rd., NW; 202-895-1440.

Juliet Lee
2150 Pennsylvania Ave., NW; 202-741-3200.
Special interest in minimally invasive surgery, bariatrics.

Paul P. Lin
2150 Pennsylvania Ave., NW; 202-741-3200.

Manoj K. Maloo
13135 Lee Jackson Memorial Hwy., Fairfax; 888-522-3483. Also Woodbridge, Fredericksburg.

Chaitanya S. Mangalmurti
12255 Fair Lakes Pkwy., Fairfax; 800-777-7904. Also Stafford.

Mami Nishiwaki Martin
8260 Willow Oaks Corporate Dr., Fairfax; 571-472-4670.
Special interest in breast cancer.

Steven K. Nakao
2280 Opitz Blvd., Woodbridge; 703-523-9750. Also Stafford.

Bharath Nath
8280 Willow Oaks Corporate Dr., Fairfax; 571-472-4300. Also McLean. Pediatrics.

Salem Noureldine
1500 N. Beauregard St., Alexandria; 202-741-3200. Also Northwest DC, Reston.

Karen Ospina
10810 Connecticut Ave., Kensington; 800-777-7904.
Special interest in surgical management of breast disorders.

Ivanesa Pardo Lameda
106 Irving St., NW; 202-877-7788.

Brett Colton Parker
5215 Loughboro Rd., NW; 202-895-1440. Also Northwest DC.
Special interest in minimally invasive gastroesophageal and bariatric surgery.

Hiral K. Patel
1800 N. Beauregard St., Alexandria; 703-359-8640. Also Alexandria, Fairfax.
Special interest in hernia repair.

Marie Fernicola Pennanen
5530 Wisconsin Ave., Chevy Chase; 301-656-9010.

Anuj Prashar
1400 Forest Glen Rd., Silver Spring; 800-777-7904.

James W. Robey
5215 Loughboro Rd., NW; 202-895-1440.
Special interest in laparoscopic gallbladder, colon, and appendix surgery; hernia repair.

Alexandra Roginsky Tsesis
6420 Rockledge Dr., Bethesda; 240-762-5130.

Jennifer E. Rosen
106 Irving St., NW; 202-877-3158. Also Northwest DC.

Adheesh Ashok Sabnis
1221 Mercantile Ln., Largo; 800-777-7904.

Brett A. Sachse
1830 Town Center Dr., Reston; 571-512-5300.
Special interest in robotic surgery, single-incision gallbladder removal, anti-reflux surgery.

Jihad R. Salameh
3025 Hamaker Ct., Fairfax; 703-717-4172. Also Arlington.
Special interest in laparoscopic and robotic gastrointestinal, hernia, and weight-loss surgery.

Anthony D. Sandler
111 Michigan Ave., NW; 888-884-2327.
Special interest in solid tumors, neonatal surgery, autologous intestinal lengthening. Pediatrics.

Glenn Lewis Sandler
9715 Medical Center Dr., Rockville; 301-251-4128.
Special interest in open and laparoscopic/robotic surgery, gallbladder and hernia surgery.

Matthew H. Scriven
13135 Rt. 50, Fairfax; 703-359-8640. Also Fairfax.
Special interest in anti-reflux surgery, complex abdominal-wall hernia repair, minimally invasive and robotic surgery.

Jeffrey S. Sinclair
2280 Opitz Blvd., Woodbridge; 703-523-9750. Also Stafford.
Special interest in endocrine, advanced laparoscopic, and da Vinci robotic surgery.

Michael Svestka
3700 Joseph Siewick Dr., Fairfax; 703-452-4024.
Special interest in abdominal-wall reconstruction, minimally invasive surgery, robotic surgery.

Wudneh Temesgen
10810 Connecticut Ave., Kensington; 800-777-7904.

Rahul D. Tevar
1221 Mercantile Ln., Largo; 800-777-7904. Also Gaithersburg.
Special interest in robotic surgery, complex hernia repair, foregut surgery.

Manuel Torres
111 Michigan Ave, NW; 888-884-2327. Also Northwest DC. Pediatrics.

Christine T. Trankiem
110 Irving St., NW; 202-877-5190.

Shawn Tweedt
18109 Prince Philip Dr., Olney; 301-774-8962.
Special interest in breast, robotic, and laparoscopic surgery.

Khashayar Vaziri
2150 Pennsylvania Ave., NW; 202-741-3200.
Special interest in minimally invasive bariatric and anti-reflux surgery.

Joyce Wong
700 Second St., NE; 800-777-7904.

George Younan
1851 N. George Mason Dr., Arlington; 703-717-4250. Also Fairfax.

Thomas Gerard Zorc
5530 Wisconsin Ave., Chevy Chase; 301-656-6700.
Special interest in breast, hernia, gallbladder, colon, appendix, and hemorrhoid surgery; minimally invasive laparoscopic surgery; treatment of abdominal pain and infections.



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NoVa Ortho & Spine Care
Dr. Paymaun Lotfi

Orthopaedic Medicine & Surgery
Dr. Noah Raizman
Dr. Benjamin Eric Stein

Prince William Orthopaedics
Dr. Subir Jossan

Summit Orthopedics
Dr. Steven H. Bernstein
Dr. Steven A. Bleckner
Dr. Michael E. Goldsmith
Dr. Mustafa A. Haque
Dr. Alison F. Kitay
Dr. Marc E. Rankin
Dr. Gautam Siram

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GERIATRICS

Geriatricians specialize in problems of the elderly, such as Alzheimer's disease, Parkinson's disease, incontinence, and other conditions.

Tania A. Alchalabi
2150 Pennsylvania Ave., NW; 202-741-2870.
Special interest in brain health and memory; long-term care; healthy aging.

Zoovia Aman
3305 N. Leisure World Blvd., Silver Spring; 301-598-1590.

K. Eric De Jonge
106 Irving St., NW; 202-877-0570.

Nadine Dubowitz
1420 Beverly Rd., McLean; 703-852-8287.

Roma Edoo-Sowah
6845 Elm St., McLean; 703-848-8500. Also Vienna.

Heba K. Elzawahry
3650 Joseph Siewick Dr., Fairfax; 703-391-2020.

Angela Hsu
8008 Westpark Dr., McLean; 703-287-6400.
Special interest in frailty, complex disease management.

Saadia Husain
1500 Forest Glen Rd., Silver Spring; 301-754-7126.

Bindu Joseph
1160 Varnum St., NE; 202-854-7785.

Rezanne Khalil
18100 Slade School Rd., Sandy Spring; 301-570-7400. Also Olney.

Mikhail Kogan
2150 Pennsylvania Ave., NW; 202-741-2870. Also Northwest DC.

Faiqa Mahmud
6035 Burke Centre Pkwy., Burke; 703-828-2350.

Amtul M. Malik
3251 Blenheim Blvd., Fairfax; 703-270-4300.

Lee Jonathan Musher
5530 Wisconsin Ave., Chevy Chase; 301-986-4774.
Special interest in adult, geriatric, health-and-wellness, and anti-aging medicine.

Cissy P. Pottanat
7115 Leesburg Pike, Falls Church; 703-532-1111.

Christina P. Prather
2150 Pennsylvania Ave., NW; 202-741-2870.

Christina M. Puchalski
2150 Pennsylvania Ave., NW; 202-741-2222.
Special interest in spirituality and medicine, palliative care in oncology.

Hina Syed
1500 Forest Glen Rd., Silver Spring; 800-777-7904. Also Haymarket.

Louisa Whitesides
4910 Massachusetts Ave., NW; 202-953-0990.

GYNECOLOGICAL ONCOLOGY

Gynecological oncologists treat cancers of women's reproductive organs

Margaret N. Alexander
9100 Old Georgetown Rd., Bethesda; 301-564-4966.

Annette Bicher
10801 Lockwood Dr., Silver Spring; 571-308-1830. Also Fairfax.

Mildred R. Chernofsky
5275 Loughboro Rd., NW; 202-243-5295.
Special interest in ovarian-cancer cytoreductive surgery, robotic surgery, genital dysplasia.

Jasmine Ebott
11886 Healing Way, Silver Spring; 301-933-3216.

John C. Elkas
9450 Innovation Dr., Manassas; 571-308-1830. Also Winchester, Fairfax.
Special interest in fibroids, minimally invasive surgery, ovarian cancer.

Charlotte Gamble
13950 Brandywine Rd., Brandywine; 301-782-2220. Also Northwest DC.

Ebony R. Hoskins
110 Irving St., NW; 202-877-2391. Also Mitchellville.
Special interest in vulva dysplasia, cervical dysplasia, robotic surgery.

Jessica Lee
9450 Innovation Dr., Manassas; 571-308-1830. Also Fairfax, Winchester.

Jeffrey Y. Lin
3800 Reservoir Rd., NW; 202-295-0560.
Special interest in ovarian, cervical, uterine, and vulvar cancer.

Micael Lopez-Acevedo
2150 Pennsylvania Ave., NW; 202-741-2210.
Special interest in gynecologic cancers.

Andrew K. Saltzman
1400 Forest Glen Rd., Silver Spring; 800-777-7904.
Special interest in endometrial, ovarian, and cervical cancer.

Jeanine Nicole Staples
5275 Loughboro Rd., NW; 202-243-5295. Also McLean.

Albert J. Steren
9905 Medical Center Dr., Rockville; 240-238-3552.

Edward J. Tanner
10215 Fernwood Rd., Bethesda; 202-243-5295. Also Northwest DC.

Irina Tunnage
5275 Loughboro Rd., NW; 202-243-5295. Also McLean.

HAND SURGERY

These are orthopedic, plastic, or general surgeons who treat problems of the hand, wrist, and forearm, including carpal-tunnel syndrome, sports injuries, and other conditions.

Omkar Baxi
13285 Minnieville Rd., Woodbridge; 703-490-8400.

Sunjay Berdia
14995 Shady Grove Rd., Rockville; 301-251-1433. Also Germantown, Northwest DC.
Special interest in arthritis, fractures, rotator-cuff tears.

Edward J. Bieber
10215 Fernwood Rd., Bethesda; 301-530-1010.
Special interest in upper extremity.

Mahidhar M. Durbhakula
10215 Fernwood Rd., Bethesda; 301-962-2102.

Peter G. Fitzgibbons
6710-A Rockledge Dr., Bethesda; 301-515-0900. Also Germantown.

Mustafa A. Haque
7500 Old Georgetown Rd., Bethesda; 301-657-9876. Also Northwest DC.
Special interest in hand and wrist arthritis and trauma, elbow problems, rotator-cuff injuries.

Curtis M. Henn
3800 Reservoir Rd., NW; 202-444-3668. Also Northwest DC.

Haroon Hussain
1221 Mercantile Ln., Largo; 800-777-7904.

Ryan M. Jander
13950 Brandywine Rd., Brandywine; 301-856-1682. Also Lorton.

Sean T. Johnson
655 Watkins Mill Rd., Gaithersburg; 240-632-4000.
Special interest in hand/upper extremity, compressive neuropathy, fractures.

Subir S. Jossan
8525 Rolling Rd., Manassas; 703-393-1667. Also Fairfax.
Special interest in carpal-tunnel syndrome, arthritis, fractures.

Terrill P. Julien
10810 Connecticut Ave., Kensington; 800-777-7904.
Special interest in carpal tunnel; wrist and finger fractures; tendon and nerve injuries.

Michael W. Kessler
1120 20th St., NW; 202-444-5391. Also Northwest DC, Chevy Chase.
Special interest in hand and wrist conditions; elbow conditions; advanced arthroscopic techniques.

Imran Khan
46000 Center Oak Plaza, Sterling; 571-472-6464.

Mohammad Ali Khoshnevisan
6201 Centreville Rd., Centreville; 703-435-6604. Also Reston, Ashburn, Fairfax.

Alison F. Kitay
7500 Old Georgetown Rd., Bethesda; 301-657-9876. Also Northwest DC.
Special interest in arthritis, traumatic injuries of the hand and upper extremity, trigger finger.

Daniel K. Laino
1850 Town Center Pkwy., Reston; 703-810-5202.

David Robert Miller
1860 Town Center Dr., Reston; 703-435-6604. Also Fairfax, Ashburn. Centreville.

Sam Moghtaderi
2300 M St., NW; 202-741-3300.

David Philip Moss
5454 Wisconsin Ave., Chevy Chase; 301-882-2000.
Special interest in arthritis, fractures, carpal tunnel.

George Peter Nanos III
6420 Rockledge Dr., Bethesda; 301-530-3220. Also Northwest DC, Odenton.

Nikhil R. Oak
8008 Westpark Dr., McLean; 800-777-7904.

Kevin O'Malley
106 Irving St., NW; 202-877-6000. Also Chevy Chase, Southeast DC.
Special interest in CTS; arthritis and tendinitis of the hand; minimally invasive and reconstructive surgery of the hand.

Noah Raizman
1015 18th St., NW; 202-835-2222. Also Germantown.

Cassie G. Root
1715 N. George Mason Dr., Arlington; 703-525-2200.
Special interest in sports medicine, tendon injuries, arthritis.

Harrison B. Solomon
8401 Connecticut Ave., Chevy Chase; 301-949-8100.
Special interest in endoscopic carpal-tunnel release, hand and wrist fractures, hand and wrist pain/arthritis.

Peter R. Thomas
1920 Ballenger Ave., Alexandria; 703-277-2663. Also Alexandria.
Special interest in sports-related hand and upper-extremity injuries, shoulder arthroplasty, upper-extremity trauma.

INFECTIOUS DISEASES

Infectious-disease specialists diagnose and treat all infectious diseases—fungal, bacterial, viral, and tropical—including AIDS.

Mark R. Abbruzzese
3301 New Mexico Ave., NW; 202-243-2500.
Special interest in general and surgical infectious disease, limb salvage.

Gloria Aggrey
10110 Molecular Dr., Rockville; 301-279-2779.

Sameh A. Aly
10110 Molecular Dr., Rockville; 301-605-7468.
Special interest in HIV, wound infection, plastic surgery.

Sujata H. Ambardar
3289 Woodburn Rd., Annandale; 703-560-7900.

Alexander U. Bagasra
11211 Waples Mill Rd., Fairfax; 703-246-9560.

Vijender S. Bajwa
11211 Waples Mill Rd., Fairfax; 703-246-9560.

Gayle Phadungchai Balba
3800 Reservoir Rd., NW; 202-444-0086.
Special interest in HIV, HCV, pandemic response.

Karen V. Beydoun
9455 Lorton Market St., Lorton; 703-339-3524.

Imtiaz A. Choudhary
4320 Seminary Rd., Alexandria; 703-313-5060. Also Alexandria.

Sarfraz A. Choudhary
44035 Riverside Pkwy., Leesburg; 703-858-9966.

Arthur D. Chutuape
9455 Lorton Market St., Lorton; 703-339-3524.

Matthew Copeland
3800 Reservoir Rd., NW; 202-444-0086.

Patricia Dandache
3289 Woodburn Rd., Annandale; 703-560-7900.

Krishna Dass
106 Irving St., NW; 202-291-4101.

William A. Davis
3800 Reservoir Rd., NW; 202-444-0086.

Roberta L. DeBiasi
111 Michigan Ave., NW; 888-884-2327. Also Annapolis, Frederick.
Special interest in severe and emerging viral infections. Pediatrics.

Maria Del Castillo Garcia
1221 Mercantile Ln., Largo; 800-777-7904. Also Northeast DC.

Mark Delman
6300 Stevenson Ave., Alexandria; 703-212-8750. Also Annandale, Fairfax.

Nhat Minh Doan
13890 Braddock Rd., Centreville; 703-758-2664.

Faria Farhat
1221 Mercantile Ln., Largo; 800-777-7904.

Peter Kadlecik
700 Second St., NE; 202-346-3000. Also Largo.
Special interest in HIV, complications of HIV therapy.

Princy N. Kumar
3800 Reservoir Rd., NW; 202-444-0086.

Rebecca Kumar
3800 Reservoir Rd., NW; 202-444-0086.

Jose A. Lucar
2150 Pennsylvania Ave., NW; 202-741-2234.

Renata G. Medina
655 Watkins Mill Rd., Gaithersburg; 800-777-7904.

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Special interest in HIV, staph infection.

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Ligia Pic-Aluas
5999 Burke Commons Rd., Burke; 703-359-7878.
Special interest in transplant, HIV, hospital-acquired infection.

Donald M. Poretz
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Lynette H. Posorske
8630 Fenton St., Silver Spring; 301-588-2525.
Special interest in HIV.

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Special interest in HIV, antimicrobial resistance.

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Special interest in HIV, device infections, transplant.

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Special interest in HIV, hepatitis C.

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Anuradha Subramanian
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Special interest in HIV and related pulmonary infections.

Preethi Sural
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Special interest in HIV, IV infusion therapy, wound/soft-tissue infection.

David A. Wheeler
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Special interest in HIV, hepatitis C, diagnostic dilemmas.

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INFERTILITY

Infertility specialists may be trained in gynecology or urology. Some have additional training in genetics or reproductive endocrinology.

Rafat A. Abbasi
2440 M St., NW; 202-293-6567.
Special interest in reproductive immunology.

Chantel Cross
8010 Towers Crescent Dr., Vienna; 571-789-2100. Also Rockville.

Kate Devine
1801 K St., NW; 202-296-2595.

Michael DiMattina
4040 N. Fairfax Dr., Arlington; 703-920-3890. Also Bethesda.
Special interest in stimulated IVF, preimplantation genetic testing, male-factor infertility.

Joseph Doyle
9601 Blackwell Rd., Rockville; 301-340-1188.
Special interest in IVF, preimplantation genetic screening.

Nicole P. Doyle
5215 Loughboro Rd., NW; 202-677-4720.

Jennifer Y. Hsu
13580 Groupe Dr., Woodbridge; 703-680-1770.

Kathryn Humm
5215 Loughboro Rd., NW; 202-677-4720. Also Rockville.
Special interest in fertility preservation in the setting of cancer; in vitro fertilization; PMOS.

Naveed M. Khan
19500 Sandridge Way, Leesburg; 703-723-1757. Also Winchester.
Special interest in endometriosis, PMOS, male-factor infertility.

Eric Levens
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Shruti Malik
901 N. Stuart St., Arlington; 703-574-3772.

Kimberly S. Moon
1801 K St., NW; 202-296-2595.
Special interest in non-ART treatment, IVF, fertility preservation.

Anitha S. Nair
901 N. Stuart St., Arlington; 703-574-3772.
Special interest in fertility preservation; donor egg and gestational carrier; recurrent pregnancy loss.

Jeanne E. O'Brien
9601 Blackwell Rd., Rockville; 301-340-1188.
Special interest in IVF, genetics, preimplantation genetic testing.

Carter M. Owen
8010 Towers Crescent Dr., Vienna; 571-789-2100. Also Northwest DC.
Special interest in genetics.

Mark Payson
8010 Towers Crescent Dr., Vienna; 571-789-2100. Also Rockville.

Andrea E. Reh
901 N. Stuart St., Arlington; 703-574-3772.

Preston C. Sacks
2440 M St., NW; 202-293-6567.
Special interest in IVF, egg donation, LGBT issues.

Abbaa Sarhan
8010 Towers Crescent Dr., Vienna; 571-789-2100.
Special interest in egg freezing.

Fady I. Sharara
11150 Sunset Hills Rd., Reston; 703-437-7722.
Special interest in IVF, genetic testing, donor egg.

INTERNAL MEDICINE

Internists diagnose and treat illnesses involving the major organ systems.

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Tareq Abedin
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Venkateswer Addanki
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12731 Marblestone Dr., Woodbridge; 703-897-4700.
Special interest in obesity.

Nazanin Alemzadeh
12731 Marblestone Dr., Woodbridge; 703-897-4700. Also Stafford.
Special interest in obesity, women's health.

Niloufar Alimohammadi
13950 Brandywine Rd., Brandywine; 301-782-2220.

Khadija I. Alvi
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Timothy Arling
5215 Loughboro Rd., NW; 202-237-2911.
Special interest in diabetes; mood and anxiety; hypertension.

Mariam H. Ayub
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Madan Bangalore
20410 Observation Dr., Germantown; 301-407-1466.
Special interest in diabetes, high blood pressure.

Edward Barbano
8996 Burke Lake Rd., Burke; 703-764-2111.

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Special interest in asthma, COPD, chronic cough.

Ida Bergstrom
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Special interest in preventive care.

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Special interest in primary care for cancer survivors, cancer prevention.

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Special interest in geriatrics, primary care, urgent care.

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Special interest in health equity; minority and women's health.

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Special interest in hypertension, women's health.

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Special interest in diabetes, obesity.

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Special interest in preventive medicine.

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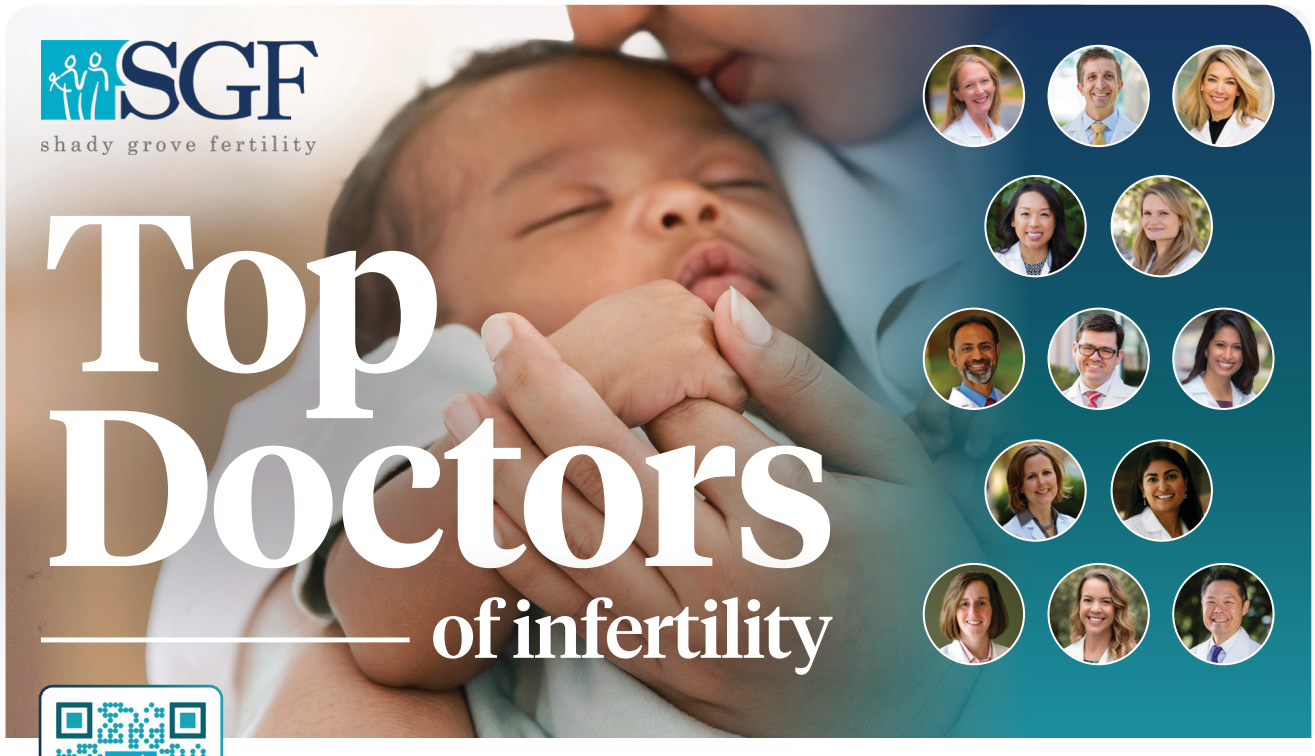
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Special interest in geriatric care, women's health.

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Special interest in type 2 diabetes, obesity management, hypertension.

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Special interest in chronic disease, headache, diabetes.

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Special interest in women's health.

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Medical geneticists specialize in diagnosing and treating hereditary disorders.

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Special interest in hypertension.

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Special interest in chronic kidney disease, acute kidney injury, proteinuria.

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Ashté Collins
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Special interest in home hemodialysis, hypertension, chronic kidney disease.

Anand Gaurang Desai
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Special interest in hypertension, kidney transplant.

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Kevin Lowery
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Special interest in interventional nephrology, electrolyte abnormalities.

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Special interest in glomerulonephritis, kidney transplant.

Jeremy Marcus
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Special interest in chronic kidney disease, kidney transplant, home dialysis.

Ronaldo S. Mayuga
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Special interest in chronic kidney disease, hypertension, dialysis.

Paul S. Modlinger
1635 N. George Mason Dr., Arlington; 703-841-0707. Also Fairfax.
Special interest in chronic kidney disease, hypertension.

Davoud Mohtat
8280 Willow Oaks Corporate Dr., Fairfax; 571-472-4300. Also Northwest DC, Ashburn. Pediatrics.

Nana T. Nikoi
700 Second St., NE; 202-346-3000.

Jagdeep S. Obhrai
5550 Friendship Blvd., Chevy Chase; 202-337-7660. Also Northeast DC, Hyattsville.

Kinjal Patel
3930 Walnut St., Fairfax; 703-246-9246.

Jeffrey A. Perlmutter
18101 Prince Philip Dr., Olney; 301-231-7111. Also Rockville.
Special interest in chronic kidney disease; kidney stones; end-stage kidney disease, including post-transplant care.

Irmindra S. Rana
611 S. Carlin Springs Rd., Arlington; 703-998-0480. Also Alexandria.
Special interest in hypertension.

Manoj S. Reddy
8101 Hinson Farm Rd., Alexandria; 703-360-3100. Also Alexandria, Clinton.

Tariq Rehman
2030 Opitz Blvd., Woodbridge; 703-490-9080. Also Alexandria.

Harminder S. Sandhu
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Khalid M. Shumburo
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V. Bala Subramanian
4141-A Duke St., Alexandria; 703-461-3556.

Neeraja Tandra
1897 Preston White Dr., Reston; 703-468-1270. Also Lansdowne.
Special interest in glomerulonephritis; pregnancy and kidney disorders; home dialysis and ESRD/CKD care.

Stephen Vaccarezza
6240 Montrose Rd., Rockville; 301-231-7111. Also Olney.
Special interest in chronic kidney disease, kidney stones, hypertension.

Judith H. Veis
106 Irving St., NW; 202-877-2300.
Special interest in fluid and electrolyte disorders; chronic kidney disease and resistant hypertension; women's health issues in nephrology.

Gregory S. Wang
13135 Lee Jackson Memorial Hwy., Fairfax; 703-961-0488. Also Chantilly, Herndon, Leesburg, Manassas, Sterling.

Misbah Zaheer
13135 Lee Jackson Memorial Hwy., Fairfax; 703-961-0488. Also Leesburg, Sterling.

NEUROLOGY

Neurologists diagnose and treat nervous-system disorders such as multiple sclerosis, epilepsy, and Parkinson's disease.

Syed Saif Ahmed
20680 Seneca Meadows Pkwy., Germantown; 301-339-8027. Also McLean.

Jessica Ailani
1420 Beverly Rd., McLean; 703-852-8588.

David W. Alway
4320 Seminary Rd., Alexandria; 571-472-4100.
Special interest in stroke, headache.

Harman P. Bajwa
13285 Minnieville Rd., Woodbridge; 800-777-7904. Also Stafford.

Sairah Bashir
3300 Gallows Rd., Falls Church; 571-472-4200. Also Alexandria, Fairfax.

Stephanie C. Block
1201 Seven Locks Rd., Rockville; 301-562-7200. Also Silver Spring.

Candace V. Bryan
3020 Hamaker Ct., Fairfax; 703-876-0800.
Special interest in Alzheimer's, headache, memory loss.

Parminder Chawla
19420 Golf Vista Plaza, Lansdowne; 703-729-1900.

Nanak Chugh
5255 Loughboro Rd., NW; 240-235-9120. Also Bethesda.

Matthew R. Churchill
3020 Hamaker Ct., Fairfax; 703-876-0800.

Ruben Cintron
1420 Beverly Rd., McLean; 703-560-7270.
Special interest in migraines, movement disorders, Parkinson's neuromuscular disorders.

Ezra D. Cohen
1201 Seven Locks Rd., Rockville; 301-562-7200. Also Northwest DC.

Mary Carter Denny
3800 Reservoir Rd., NW; 202-444-8525.

Marc P. DiFazio
111 Michigan Ave., NW; 888-884-2327. Also Rockville, Lanham. Pediatrics.

Marc DiSabella
111 Michigan Ave., NW; 888-884-2327. Also Lanham. Pediatrics.

Taryn K. Fortuné
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Kalpana M. Hari Hall
6931 Arlington Rd., Bethesda; 301-562-7200. Also Chevy Chase.

Shabih U. Hasan
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Rhanni N. Herzfeld
2021 K St., NW; 301-562-7200.

Eric M. Jeffries
10750 Columbia Pike, Silver Spring; 301-562-7200.
Special interest in epilepsy, MS.

Peter Alexander Keszler
7315 Wisconsin Ave., Bethesda; 240-235-9100.

Melvin Woodao Kong
1221 Mercantile Ln., Largo; 800-777-7904.

Mohamad Koubeissi
2150 Pennsylvania Ave., NW; 202-741-2700.

Robert N. Kurtzke
3020 Hamaker Ct., Fairfax; 703-876-0800.
Special interest in nerve and muscle disorders.



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Omid Motabar
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Gholam Motamedi
3800 Reservoir Rd., NW; 202-444-8525.

Isaac Naggar
5215 Loughboro Rd., NW; 240-235-9120.

Thuy Nguyen
1133 21st St., NW; 202-416-2000. Also Northwest DC, McLean. Pediatrics.

Nirjal K. Nikhar
3202 Tower Oaks Blvd., Rockville; 301-260-7600. Also Olney.
Special interest in neuromuscular disease, movement disorders.

Fernando L. Pagan
3800 Reservoir Rd., NW; 202-444-8525. Also McLean.
Special interest in Parkinson's and related disorders, Lewy body disease, essential tremor.

Sonal G. Patel
4416 East-West Hwy., Bethesda; 301-652-6800. Pediatrics.

Zahra Rezvani
8008 Westpark Dr., McLean; 703-287-6400.
Special interest in movement and related disorders.

Faye Rosenbaum
1635 N. George Mason Dr., Arlington; 703-536-4000.

Priyanka Sabharwal
1133 21st St., NW; 202-416-2000.

Ejaz A. Shamim
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Harmeet M. Singh
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3020 Hamaker Ct., Fairfax; 703-876-0800.
Special interest in Parkinson's disease, movement disorders.

Amy R. Stone
3020 Hamaker Ct., Fairfax; 703-876-0800.
Special interest in electromyography, botulinum-toxin therapy, neuromuscular disorders.

Mark C. TeKrony
1830 Town Center Dr., Reston; 703-876-0800.
Special interest in neuromuscular disorders, spine, botulinum toxin.

Carlo Tornatore
3800 Reservoir Rd., NW; 202-444-8525.
Special interest in multiple sclerosis, neuro-immunology.

Alpa Vashist
700 Second St., NE; 202-346-3000. Pediatrics.

Brigit Rose Venza
700 Second St., NE; 202-346-3000. Also Gaithersburg.

Carolyn Wang
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Nadia Yusuf
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NEUROSURGERY

Neurosurgeons operate on the brain and the spinal-cord region.

Joshua M. Ammerman
5215 Loughboro Rd., NW; 202-966-6300.
Special interest in minimally invasive spine surgery.

Matthew D. Ammerman
5215 Loughboro Rd., NW; 202-966-6300.
Special interest in traumatic brain injury.

Amjad Nasr Anaizi
3800 Reservoir Rd., NW; 202-856-2323. Also Chevy Chase, Clinton.
Special interest in minimally invasive brain and cranial-base surgery, open and endoscopic skull-base surgery, minimally invasive spine surgery.

Edward F. Aulisi
110 Irving St., NW; 202-877-2171. Also McLean.
Special interest in neurocritical care, brain and tumor surgery, neuroendocrinology.

Sid Chandela
3300 Gallows Rd., Falls Church; 571-472-4100. Also Arlington, Dumfries, Leesburg.
Special interest in minimally invasive spine surgery, brain aneurysms, endovascular neurosurgery.

Louis Chang
10215 Fernwood Rd., Bethesda; 301-896-6069. Also Baltimore.

Lekhaj Daggubati
3202 Tower Oaks Blvd., Rockville; 301-718-9611. Also Silver Spring, Vienna, Frederick.

Vinay Deshmukh
5454 Wisconsin Ave., Chevy Chase; 301-215-9420. Also Woodbridge, Northwest DC, McLean.

Andrew Fanous
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Daniel Roque Felbaum
18109 Prince Philip Dr., Olney; 301-570-8554.

John F. Hamilton
8081 Innovation Park Dr., Fairfax; 571-472-4100. Also Alexandria, Dumfries, Fairfax, Gainesville, Leesburg.

David Herzig
3202 Tower Oaks Blvd., Rockville; 301-718-9611. Also Silver Spring, Vienna, Frederick.

Christopher G. Kalhorn
3800 Reservoir Rd., NW; 202-444-4972. Also Chevy Chase.
Special interest in deep-brain-stimulation surgery, spinal surgery, brain tumors.

Robert F. Keating
111 Michigan Ave., NW; 888-884-2327. Also Fairfax, Fulton, Annapolis. Pediatrics.

Zachary T. Levine
3202 Tower Oaks Blvd., Rockville; 301-718-9611. Also Silver Spring, Vienna, Frederick.
Special interest in cranial-base surgery, stereotactic/functional surgery for movement disorders and epilepsy.

Shih-Chun David Lin
10215 Fernwood Rd., Bethesda; 301-896-6069.
Special interest in minimally invasive brain and spine surgery, endoscopic surgery.

Kevin M. McGrail
3800 Reservoir Rd., NW; 202-444-4972.
Special interest in brain aneurysms and AVMs; brain tumors; spinal surgery.

Leon E. Moores
8280 Willow Oaks Corporate Dr., Fairfax; 571-472-4300. Also Ashburn, Fairfax.
Special interest in brain and spinal-cord tumors, spina bifida, craniofacial reconstruction. Pediatrics.

Richard D. Murray
1715 N. George Mason Dr., Arlington; 703-248-0111.
Special interest in skull-base disorders, microvascular-compression syndromes.

John Socrates Myseros
111 Michigan Ave., NW; 888-884-2327. Also Fairfax, Annapolis. Pediatrics.

Vikram Nayar
3800 Reservoir Rd., NW; 202-444-4972.
Special interest in brain aneurysms, brain tumors, spine surgery.

Jay Won Rhee
3202 Tower Oaks Blvd., Rockville; 301-718-9611. Also Vienna, Frederick, Alexandria.

Carlos Sanchez
2150 Pennsylvania Ave., NW; 202-741-2750.

Faheem A. Sandhu
3800 Reservoir Rd., NW; 202-295-0540. Also Chevy Chase, Clinton, Prince Frederick.
Special interest in minimally invasive and complex spine surgery.

Alexander Tai
3202 Tower Oaks Blvd., Rockville; 301-718-9611. Also Silver Spring, Vienna, Frederick.

Jean-Marc Voyadzis
5454 Wisconsin Ave., Chevy Chase; 301-856-2323. Also Northwest DC, Prince Frederick, Clinton.
Special interest in brain and spine tumors, minimally invasive techniques, degenerative spine conditions.

Nilesh Vyas
3300 Gallows Rd., Falls Church; 703-970-2670. Also Fairfax, Leesburg, Dumfries.
Special interest in brain injury, minimally invasive surgery, neck problems.

Joseph C. Watson
8230 Boone Blvd., Vienna; 703-748-1000.
Special interest in brain tumors, pituitary tumors, AVMs.

Joshua James Wind
7051 Heathcote Village Way, Gainesville; 571-472-4100. Also Arlington, Fairfax, Leesburg.

Mateo Ziu
8081 Innovation Park Dr., Fairfax; 571-472-4100. Also Alexandria, Gainesville, Fairfax.

OBSTETRICS/GYNECOLOGY

Obstetricians and gynecologists specialize in pregnancy and labor and in the treatment of diseases of the female genital tract and reproductive organs.

M. Melody Abraham
5530 Wisconsin Ave., Chevy Chase; 301-479-8362. Also Falls Church, Northwest DC.

Tara S. Abraham
3301 New Mexico Ave., NW; 202-919-6287.
Special interest in fertility evaluation, minimally invasive surgery, adolescent gynecology.

Aditi Agarwal
6355 Walker Ln., Alexandria; 703-719-5901.

Marc C. Alembik
2296 Opitz Blvd., Woodbridge; 703-878-0740. Also Lorton, Stafford.
Special interest in minimally invasive gynecologic surgery (da Vinci-trained), high-risk obstetrics, menopause.

Margaret N. Alexander
9100 Old Georgetown Rd., Bethesda; 301-564-4966.
Special interest in abnormal uterine bleeding, fibroids, ovarian cysts.

Julie A. Ambrose
1890 Metro Center Dr., Reston; 800-777-7904.

Jacqueline Apgar
10215 Fernwood Rd., Bethesda; 301-530-2235. Also Rockville.

Tamika Auguste
106 Irving St., NW; 202-877-9992.
Special interest in contraception, fibroids.

Bandhana K. Bajaj
2120 L St., NW; 202-331-9293.

Darryn M. Band
15001 Shady Grove Rd., Rockville; 301-869-7644. Also Silver Spring.
Special interest in minimally invasive surgery, laparoscopic surgery, infertility.

Patricia Z. Bannon
6845 Elm St., McLean; 703-748-9880.
Special interest in minimally invasive surgery.

Diane P. Barrett
46179 Westlake Dr., Potomac Falls; 703-430-7770. Also Leesburg.
Special interest in minimally invasive gynecological surgery, menopause management.

Rupen Baxi
7501 Greenway Center Dr., Greenbelt; 240-616-3934.

Richard J. Beckerman
5215 Loughboro Rd., NW; 202-243-3500.
Special interest in cancer prevention, minimally invasive surgery.

Tobie E. Beckerman
11140 Rockville Pike, Rockville; 301-230-1488.
Special interest in menopause management (traditional and alternative); libido and sexual dysfunction.

James E. Benson
2233 Wisconsin Ave., NW; 202-481-1060. Also Northwest DC.

Jessica Berger-Weiss
10801 Lockwood Dr., Silver Spring; 301-681-3400. Also Germantown.

Jennifer M. Biggs
201 N. Washington St., Falls Church; 800-777-7904.

Karen L. Blackburn
10401 Old Georgetown Rd., Bethesda; 301-897-0945.

Kenneth A. Blank
2120 L St., NW; 202-331-9293.
Special interest in PMOS, menopause.

Stella Lii Blosser
5999 Burke Commons Rd., Burke; 703-249-7700.
Special interest in minimally invasive gynecologic surgery, fibroids, endometriosis.

Colleen M. Borelli
1635 N. George Mason Dr., Arlington; 703-525-8800.
Special interest in adolescent gynecology, menopause, minimally invasive surgery.

Gloria Bowles-Johnson
2233 Wisconsin Ave., NW; 202-481-1060. Also Northwest DC.
Special interest in prolapse of pelvic floor, urinary incontinence, menopausal disorders.

Megan E. Breen
2233 Wisconsin Ave., NW; 202-481-1060. Also Northwest DC.

Kathleen E. Bren
4001 Brandywine St., NW; 202-449-9570.

Elizabeth A. Brunn
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Daphnie Drassinower
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Special interest in maternal-fetal medicine.

Rasha Ebeid
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Maria Cecilia Eguiguren
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J. Jeffrey Elliott
1635 N. George Mason Dr., Arlington; 703-525-8800.
Special interest in advanced laparoscopic/robotic procedures.

Jill A. Finkelstein
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Vivian M. Fraga
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Nancy D. Gaba
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Special interest in menopause, cervical dysplasia, gynecological care for breast-cancer survivors.

Mariam Gomaa
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Special interest in adolescent gynecology; perimenopause and menopause.

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Neda Hashemi
3620 Joseph Siewick Dr., Fairfax; 703-391-3180.
Special interest in high-risk obstetrics, robotic surgery, minimally invasive gynecological surgery.

Nadim N. Hawa
4040 Fairfax Dr., Arlington; 571-970-6050. Also Leesburg.

Nazaneen Homaifar
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Damon Hou
6355 Walker Ln., Alexandria; 703-971-7633. Also Fairfax, Herndon, Falls Church.
Special interest in minimally invasive gynecologic surgery, high-risk-pregnancy care, cosmetic Dysport injection.

Susan Butler Hurson
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Cheryl B. Iglesia
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Special interest in surgery for prolapse, urinary incontinence, childbirth injury.

Sara N. Iqbal
106 Irving St., NW; 202-877-6093.
Special interest in preeclampsia, fetal-growth restriction, ultrasound.

Jo'Ann Jackson
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Lori M. Kaler
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Special interest in adolescent gynecology; menopause and perimenopause; fertility.

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Special interest in high-risk pregnancy, fibroids.

Margarita Litvak-Kelner
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Special interest in laparoscopic and robotic surgical treatment of fibroids and endometriosis.

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Special interest in menopause.

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Special interest in minimally invasive gynecologic surgery.

Mokerrum Fatima Malik
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Special interest in minimally invasive surgery, obstetrics.

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Special interest in advanced-maternal-age pregnancies; menopause transition; abnormal Pap smear and cervical dysplasia.

Manisha Patel
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Sweta Patel
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Special interest in normal and high-risk pregnancy, minimally invasive surgery, adolescent gynecology.

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Aliya P. Poshni
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Special interest in minimally invasive and robotic surgery, menopause, high-risk obstetric care.

Susanne Lashgari Prather
1635 N. George Mason Dr., Arlington; 703-525-8800.

Hania Qutub
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Special interest in minimally invasive gynecology.

Amanda E. Rohn
1851 N. George Mason Dr., Arlington; 703-717-4775.

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Shobha Sikka
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Special interest in pelvic-organ prolapse, urinary incontinence, fibroids.

Cheryl N. Silverbrook
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Sangeeta Sinha
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Marsha Cindy Solomon
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Michelle Spector
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Special interest in high-risk obstetrics, menopause.

Michelle P. Stas
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Delara K. Tavakoli
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Special interest in IV therapies, bioidentical hormones.

Jovana Tavcar
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TraShawn N. Thornton-Davis
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Paul I. Tyan
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Supriya Varma
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Ashley Wade-Vuturo
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Andrea E. Williams
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Ingrid M. Winterling
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Eleanor H. Yoon
8501 Arlington Blvd., Fairfax; 703-560-1611.

Carolynn M. Young
15204 Omega Dr., Rockville; 301-330-7007.
Special interest in uterine fibroids, abnormal bleeding, ovarian cysts.

Jamie L. Zaita
13135 US-50, Fairfax; 703-264-7801.
Special interest in minimally invasive gynecologic surgery.

ONCOLOGY/ HEMATOLOGY

Oncologists and hematologists specialize in the treatment of cancers and blood disorders, often with chemotherapy.

Sunil Adige
2150 Pennsylvania Ave., NW; 202-741-2210.

Ivan Aksentijevich
4660 Kenmore Ave., Alexandria; 571-350-8400.
Special interest in leukemia, lymphoma, multiple myeloma.

Kashif Ali
11886 Healing Way, Silver Spring; 301-933-3216. Also Laurel.
Special interest in targeted and personalized therapies, immune therapies, research interest in phase 1-3 clinical trials.

Syed S. Ali
19500 Sandridge Way, Leesburg; 703-656-9805.

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Ari D Fishman, MD


Surupa Sen Gupta, MD

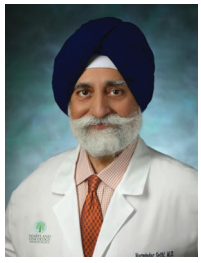

Regina Hampton, MD


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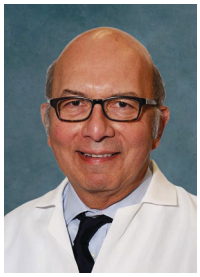

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Ophthalmologists specialize in the treatment of diseases and defects of the eye.

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Special interest in hip and knee replacement.

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5454 Wisconsin Ave., Chevy Chase; 301-882-2000.
Special interest in sports medicine; total shoulder replacement; shoulder, knee, and elbow arthroscopy.

Samuel Sanders
1400 Forest Glen Rd., Silver Spring; 301-547-3729. Also Rockville.

Kurt C. Schluntz
10215 Fernwood Rd., Bethesda; 301-530-1010.
Special interest in sports medicine, arthroscopic surgery of the knee and shoulder, knee-replacement surgery.

Jeff E. Schulman
8501 Arlington Blvd., Fairfax; 571-472-6464. Also Ashburn.

Leah M. Schulte
6551 Loisdale Ct., Springfield; 800-777-7904. Also Woodbridge.

Gautam Siram
7500 Old Georgetown Rd., Bethesda; 301-657-9876. Also Germantown.
Special interest in anterior hip replacement, minimally invasive partial and total knee replacement.

Benjamin Eric Stein
5530 Wisconsin Ave., Chevy Chase; 301-968-6660.

Robert S. Sterling
2300 M St., NW; 202-741-3300.

Kenneth M. Vaz
3800 Reservoir Rd., NW; 202-444-8766. Also Olney, McLean, Chevy Chase.

Robin V. West
8100 Innovation Park Dr., Fairfax; 571-472-6464.

Henock Wolde-Semait
1221 Mercantile Ln., Largo; 800-777-7904. Pediatrics.

Bashir A. Zikria
6420 Rockledge Dr., Bethesda; 301-530-3220. Also Odenton, Northwest DC.
Special interest in sports medicine; joint preservation and osteotomies; ACL and PCL reconstructions.

OTOLARYNGOLOGY

Otolaryngologists are ear, nose, and throat (ENT) specialists who treat disorders in those areas, including head and neck cancers. Some practitioners also do facial plastic and reconstructive surgery.

Michael R. Abidin
6355 Walker Ln., Alexandria; 703-313-7700.

Alidad Arabshahi
3301 Woodburn Rd., Annandale; 703-988-7562. Also Springfield.
Special interest in allergy, rhinology, pediatric ENT.

Robert S. Bahadori
3801 University Dr., Fairfax; 703-383-8130. Also Reston, Chantilly.
Special interest in ear surgery, sinusitis, sleep disorder. Pediatrics.

David A. Bianchi
2415 Musgrove Rd., Silver Spring; 301-989-2300.
Special interest in pediatric otolaryngology, otology, sleep apnea.

Kaelan Black
3801 University Dr., Fairfax; 703-383-8130. Also Chantilly, Reston. Pediatrics.

Sarah J. Blank
8120 Gatehouse Rd., Falls Church; 703-534-3314.

John M. Bosworth Jr.
15204 Omega Dr., Rockville; 240-361-9000.
Special interest in sinus conditions, in-office balloon sinuplasty, nasal obstruction.

Pryor Brenner
5530 Wisconsin Ave., Chevy Chase; 301-656-8630.

Selena E. Briggs
106 Irving St., NW; 202-877-6733.

Stanley H. Chia
106 Irving St., NW; 202-877-6733.

Wade Chien
6420 Rockledge Dr., Bethesda; 443-997-6467. Also Baltimore.

Cynthia G. Chrosniak
18111 Prince Philip Dr., Olney; 301-774-0074. Also Silver Spring.

Nicole Colgrove
1860 Town Center Dr., Reston; 703-787-3322. Also Fairfax.

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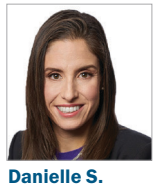
George Aguiar, MD
Orthopedics



Christopher C. Annunziata, MD
Orthopedics, Sports Medicine



Anthony L. Avery, MD
Orthopedics



Danielle S. Cherrick, MD
Pain Management



Ronald C. Childs, MD
Spinal Surgery



Garry W. K. Ho, MD
Family Medicine, Sports Medicine



Steven S. Hughes, MD
Spinal Surgery



John J. Kim, MD
Orthopedics



Ben W. Kittredge, IV, MD
Orthopedics



Thomas J. Klein, MD
Orthopedics

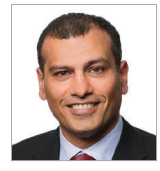
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Orthopedics



D. Andrew Parker, MD
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Peter R. Thomas, MD
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3800 Reservoir Rd., NW; 202-444-8186. Also McLean.
Special interest in head and neck cancer surgery, thyroid surgery, parathyroid surgery.

Timothy R. DeKlotz
3800 Reservoir Rd., NW; 202-444-8186. Also McLean, Northwest DC.
Special interest in open and endoscopic skull-base surgery.

Mark A. Dettelbach
5454 Wisconsin Ave., Chevy Chase; 301-652-8847. Also Northwest DC, Germantown, Bethesda.
Special interest in pediatrics, sinus, otology.

Vaninder K. Dhillon
6420 Rockledge Dr., Bethesda; 301-896-3332. Also Columbia, Northwest DC.

Heath F. Dreyfuss
6845 Elm St., McLean; 703-448-0005.
Special interest in nasal and sinus disease, skin cancers of the head and neck.

Natalie A. Earl
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Joseph Goodman
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Special interest in thyroid cancer, HPV throat cancer, TORS.

Nazaneen Grant
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Special interest in vocal-cord and laryngeal disorders.

Leslie Fan Hao
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Special interest in tongue-tie, PANDAS. Pediatrics.

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Special interest in allergy, thyroid disorders.

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Special interest in acoustic neuroma, cochlear implantation, otosclerosis.

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Special interest in facial plastic surgery, otolaryngology, allergy.

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Special interest in sinus surgery, in-office sinus surgery, general/pediatric ENT.

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Special interest in pediatric airway disorders, sensorineural hearing loss, chronic middle-ear disease. Pediatrics.

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Special interest in sinus surgery, facial paralysis, head-and-neck cancer reconstruction.

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24805 Pinebrook Rd., Chantilly; 703-327-4900. Also Fairfax, Reston.
Special interest in primary and revision rhinoplasty, facial plastic surgery, sinus and nasal problems.

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Iyad S. Saidi
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Special interest in nasal and sinus surgery, allergy, rhinology.

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Special interest in laryngology, voice disorders.

Kelly Scriven-Weiner
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Jessica C. Shen
12850 Middlebrook Rd., Germantown; 301-652-8847. Also Chevy Chase, Northwest DC.

Michael B. Siegel
15204 Omega Dr., Rockville; 240-361-9000.
Special interest in balloon sinuplasty and septoplasty, nasal and sinus surgery, sublingual immunotherapy.

Ameet Singh
2300 M St., NW; 202-741-3426. Also Reston.
Special interest in nasal and sinus disorders, endoscopic sinus surgery, minimally invasive brain-tumor surgery.

Christopher K. Sinha
818 W. Diamond Ave., Gaithersburg; 301-963-6334. Also Silver Spring.

M. Pete Sorensen
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Daniel Spielman
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Shankar Sridhara
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Special interest in otologic surgery.

Ravi S. Swamy
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Special interest in rhinoplasty, sleep apnea, sinus.

Mark Howard Terris
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Hosai N. Todd-Hesham
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Christopher Tsang
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Stanley Voigt
2616 Sherwood Hall Ln., Alexandria; 703-780-5073. Also Alexandria.

Jack B. Williams
5454 Wisconsin Ave., Chevy Chase; 301-652-8847. Also Northwest DC.
Special interest in head and neck surgery, pediatrics.

Thomas P. Winkler
5530 Wisconsin Ave., Chevy Chase; 301-656-8630.
Special interest in nasal and sinus disorders; sleep apnea and snoring; children's ENT disorders.

Darrell Wright
13285 Minnieville Rd., Woodbridge; 800-777-7904.

PAIN MANAGEMENT

Specialists in pain medicine—usually anesthesiologists but sometimes neurologists—treat problems of acute and chronic pain in both hospital and ambulatory settings.

Peju Olajide Adekoya
6420 Rockledge Dr., Bethesda; 410-955-7246.

Niteesh Bharara
11800 Sunrise Valley Dr., Reston; 703-810-3940.
Special interest in regenerative medicine.

Gaurav Bhatia
46090 Lake Center Plaza, Sterling; 703-719-8583. Also Fairfax.

Suneetha Budampati
2800 S. Shirlington Rd., Arlington; 703-738-4336.

Ausim Chaghtai
1119 Rockville Pike, Rockville; 240-630-2188.

Abraham A. Cherrick
6355 Walker Ln., Alexandria; 703-738-4332.

Danielle Cherrick
1760 Old Meadow Rd., McLean; 703-277-2663.

Sina Davari Farid
2150 Pennsylvania Ave., NW; 202-741-2990.

Mehul J. Desai
2021 K St., NW; 202-808-8295. Also Arlington.
Special interest in neuromodulation, pelvic pain, complex spinal care.

John F. Dombrowski
3301 New Mexico Ave., NW;
202-883-8001.
Special interest in back and neck pain, addiction medicine, alcohol and opioid dependency.

Greg D. Fischer
3300 Gallows Rd.,
Falls Church; 703-
776-3138. Also Fairfax.

Akshay Garg
3204 Tower Oaks Blvd.,
Rockville; 301-841-6600.
Special interest in interventional pain management, regenerative medicine, non-operative orthopedics.

Assaf T. Gordon
3803 Fairfax Dr.,
Arlington; 703-738-4380.
Special interest in spinal fractures, treatment with kyphoplasty.

Thomas W. Heckman
1420 Beverly Rd., McLean;
703-288-2790. Also Olney.

Stuart W. Hough
3202 Tower Oaks Blvd.,
Rockville; 717-616-2523.
Also Frederick.
Special interest in spinal pain, neuropathic pain, pain after back surgery.

Anna Irwin
6410 Rockledge Dr.,
Bethesda; 240-744-7684.
Also Annapolis.

Daniel R. Kendall
1420 Spring Hill Rd.,
McLean; 703-738-4342.
Special interest in vertebral compression fracture, herniated disk, spinal-cord stimulation.

Malady Santhosh Kodgi
110 Irving St., NW;
202-877-3442.
Special interest in musculoskeletal pain, spine pain.

Caleb E. Kroll
6720-A Rockledge Dr.,
Bethesda; 301-530-7303.
Also Northwest DC.

Thomas Larkin
6720A Rockledge Dr.,
Bethesda; 301-530-7303.
Also Northwest DC.

Frank H. Lee
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Bethesda; 301-530-7303.
Also Northwest DC.

Hassan Majeed
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Bethesda; 301-822-2918.

Prashanth A. Mally
8008 Westpark Dr.,
McLean; 800-777-7904.

Vipul Mangal
16 N. La Plata Ct.,
La Plata; 301-392-3330.

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Edwin Numsuwan
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Geet Paul
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Ramani Peruvemba
3202 Tower Oaks Blvd., Rockville; 717-616-2523. Also Frederick.
Special interest in chronic regional-pain syndrome, spinal-cord stimulation, spinal injections.

Marina G. Protopapas
3620 Joseph Siewick Dr., Fairfax; 571-512-7000.

Ronjeet K. Reddy
1221 Mercantile Ln., Largo; 800-777-7904. Also Kensington, Gaithersburg.
Special interest in minimally invasive spine procedures, spinal-cord stimulation.

Kamran A. Saraf
6903 Rockledge Dr., Bethesda; 227-998-3386. Also Fulton.

Ashish G. Shanbhag
14605 Potomac Branch Dr., Woodbridge; 703-738-4371.
Special interest in spinal compression fractures, metastatic spine cancer, herniated disks.

Mohsin S. Sheikh
9707 Medical Center Dr., Rockville; 301-760-3357.
Special interest in dry needling/myofascial pain syndrome, radiofrequency ablation, spinal-cord stimulation.

M-Irfan Suleman
3206 Tower Oaks Blvd., Rockville; 240-240-9141.
Pediatrics.

José Surós
6400 Goldsboro Rd., Bethesda; 301-493-8884.
Special interest in minimally invasive nonsurgical treatments for lower-back, neck, joint, and nerve pain.

Stephanie Van
6420 Rockledge Dr., Bethesda; 443-997-5476.

Beverly Whittenberg
8501 Arlington Blvd., Fairfax; 703-738-4331. Also Reston.

Ayasha Williams-Sharron
6475 New Hampshire Ave., Adelphi; 844-940-7246.

Peter Yeh
1920 Ballenger Ave., Alexandria; 703-277-2663. Also Alexandria.

Usman Zafar
8525 Rolling Rd., Manassas; 703-552-4809. Also Fairfax.
Special interest in spinal-cord stimulation, interventional spine procedures.

PEDIATRICS

Pediatricians specialize in the development of children and treatment of childhood diseases.

Anisha Abraham
111 Michigan Ave., NW; 888-884-2327.

Keriya Adem
19500 Sandridge Way, Leesburg; 703-723-7337. Also Purcellville, Dulles.

Samantha Ahdoot
6355 Walker Ln., Alexandria; 703-924-2100. Also Arlington.
Special interest in environmental health.

Jennifer Andresen
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Milagros C. Ariza
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Laura Panto Arling
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107 N. Virginia Ave., Falls Church; 703-532-4446.
Special interest in kidney disease, attention-deficit disorders.

Katherine Baeder
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Komal Bajaj
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Christine Baldrate
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Fatuma Barqadle
3300 Gallows Rd., Falls Church; 703-776-6545.

Sejal Bavishi
4200 Wisconsin Ave., NW; 202-243-3400.
Special interest in children with medically complex or chronic health-care needs; premature infants.

Avneet K. Bawa
11908 Darnestown Rd., North Potomac; 301-990-6333.

Kathleen C. Bekhit
1924 Opitz Blvd., Woodbridge; 703-494-1144.

Brooke R. Bokor
43490 Yukon Dr., Ashburn; 571-472-4300. Also Fairfax.

Kaneeze-Fatema A. Bukhari
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Kristen B. Cantor
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Elizabeth M. Chawla
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Special interest in pediatric mental and behavioral health.

Diana Clewett
13135 US-50, Fairfax; 703-391-0900. Also Brambleton, Centreville.

Adrienne G. Collier
5400 Hillmeade Rd., Bowie; 301-867-1300.
Special interest in obesity, minority health.

Catherine Cross
4601 N. Park Ave., Chevy Chase; 301-656-2745.
Special interest in asthma, newborn care, adolescent medicine.

Pemmaraju Saleena Dakin
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Special interest in school health, adolescent health, health equity.

Sirisha A. Durbhakula
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Special interest in developmental and behavioral pediatrics.

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Special interest in newborns.

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Special interest in ADD, mental health.

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Ami D. Patel
4200 Wisconsin Ave., NW; 202-243-3555.

Alison Pease
1635 N. George Mason Dr., Arlington; 703-522-7300.

Krupa B. Playforth
8320 Old Courthouse Rd., Vienna; 703-691-5385.

Christopher Pretorius
700 Second St., NE; 202-346-3000.

Henna A. Qureshi
6400 Arlington Blvd., Falls Church; 703-531-3100. Also Annandale, Alexandria, Manassas, Sterling.

Armina M. Rahman
23218 Brewers Tavern Way, Clarksburg; 301-528-8181. Also Montgomery Village.
Special interest in newborns/infants, asthma/eczema, worried parents.

Gita Susan Reddy
201 N. Washington St., Falls Church; 800-777-7904.
Special interest in sports medicine, asthma.

David S. Reitman
4200 Wisconsin Ave., NW; 202-243-3400.
Special interest in LGBT adolescent health.

Mona Rewari
8391 Old Courthouse Rd., Vienna; 703-344-7330.
Special interest in obesity, asthma.

Rachel D. Rosenbaum-Khitrik
13135 US-50, Fairfax; 703-391-0900. Also Brambleton, Centreville.
Special interest in asthma, concussion, ADHD.

Christopher N. Rossbach
4001 Fair Ridge Dr., Fairfax; 703-569-8400. Also Springfield.

Abha G. Saha
8008 Westpark Dr., McLean; 800-777-7904.

Melissa L. Schwartz
18111 Prince Philip Dr., Olney; 301-774-4100.

Florencia Segura
8391 Old Courthouse Rd., Vienna; 703-344-7330.
Special interest in newborn care, childhood nutrition.

Rupinder K. Sethi
44340 Premier Plaza, Ashburn; 703-723-4400.

Joanna M. Sexter
4850 Massachusetts Ave., NW; 202-966-5000.
Special interest in newborns.

Natalie Silverman
8401 Connecticut Ave., Chevy Chase; 301-907-3960.

Gunpreet Singh
11908 Darnestown Rd., North Potomac; 301-990-6333.

Vijay Srinivasa
13135 US-50, Fairfax; 703-391-0900. Also Ashburn, Centreville.
Special interest in mental health.

Jennifer Apple Sussmann
5612 Spruce Tree Ave., Bethesda; 301-564-5880.

Amy Sweeney
3301 New Mexico Ave., NW; 202-537-1180.
Special interest in infant care and development, school and learning problems.

Fatima Tariq
1760 Reston Pkwy., Reston; 703-467-9444.

Rennie Mathew Thomas
5620 Ager Rd., Hyattsville; 800-777-7904.

Zoya Tirmizi
12255 Fair Lakes Pkwy., Fairfax; 800-777-7904.

Jill C. Troilo
1201 Seven Locks Rd., Rockville; 301-881-7995.

Nicole W. Uliassi
1201 Seven Locks Rd., Rockville; 301-881-7995.

Caroline Culver Van Vleck
4850 Massachusetts Ave., NW; 202-966-5000.
Special interest in travel medicine.

Peter Warfield
4850 Massachusetts Ave., NW; 202-966-5000.

Paul R. Weiner
5612 Spruce Tree Ave., Bethesda; 301-564-5880.

Erin J. Yee
201 N. Washington St., Falls Church; 800-777-7904.

Jinny K. Yoo
13135 US-50, Fairfax; 703-391-0900. Also Brambleton, Centreville.
Special interest in asthma, allergy, gastroenterology.

Caitlin Zaner
8401 Connecticut Ave., Chevy Chase; 301-907-3960.

PLASTIC SURGERY

Plastic surgeons specialize in restoring tissue damaged by injury, birth defects, or other causes and perform cosmetic surgery to enhance appearance.

Ali Al-Attar
4660 Kenmore Ave., Alexandria; 703-832-4000. Also Reston, McLean, Rockville.

Frank P. Albino
1945 Old Gallows Rd., Tysons; 703-560-2850. Also Chevy Chase.

Erica D. Anderson
8603 Westwood Center Dr., Vienna; 703-540-4505.

Amir Arsalan
2440 M St., NW; 202-519-9916.

Christopher E. Attinger
3800 Reservoir Rd., NW; 202-444-8752.
Special interest in wound care, limb salvage.

Stephen B. Baker
3800 Reservoir Rd., NW; 202-444-8751. Also Mclean.
Special interest in facial plastic surgery, chin and neck surgery, rhinoplasty. **Pediatrics.**

Kirit Bhatt
1800 Tysons Blvd., McLean; 703-447-4148.
Special interest in cosmetic and reconstructive surgery of the face, breast, and body; skin cancer and melanoma excisions.

George John Bitar
3023 Hamaker Ct., Fairfax; 703-206-0506.
Special interest in face and neck lift, rhinoplasty, breast augmentation.

Kelly Bolden
5301 Wisconsin Ave., NW; 771-444-2337.

Michael Boyajian
111 Michigan Ave., NW; 888-884-2327. Also Fairfax, Rockville, Lanham, Northwest DC, Frederick.
Pediatrics.

C. Coleman Brown
5454 Wisconsin Ave., Chevy Chase; 301-215-5955. Also Tysons.
Special interest in cosmetic surgery of face, nose, breast, and body; fat grafting to the breast, buttocks, and face.

James R. Bruno
5454 Wisconsin Ave., Chevy Chase; 301-215-5955. Also Tysons.

Susan Buenaventura
5425 Duke St., Alexandria; 703-214-3500.
Special interest in cosmetic surgery of face, breast, and tummy; liposuction; breast-cancer reconstruction.

Mary Ella Carter
5215 Loughboro Rd., NW; 202-363-6844.
Special interest in cosmetic surgery, including facelift, eyelid surgery, facial fillers and Botox, breast augmentation, tummy tuck, liposuction, and body contouring; melanoma removal and Mohs closure.

Christopher C. Chang
2220 Cedar Ln., Vienna; 703-945-1700. Also Chevy Chase.
Special interest in breast augmentation, rhinoplasty, facial reconstruction.

Jerry Chao
2300 M St., NW; 202-741-3240.

Jenny (Tzujane) Chen
4660 Kenmore Ave., Alexandria; 703-832-4000. Also McLean. **Pediatrics.**

Wendy Chen
5215 Loughboro Rd., NW; 443-997-9466.

Stephane Corriveau
4660 Kenmore Ave., Alexandria; 703-832-4000.

Kasandra Dassoulas
5530 Wisconsin Ave., Chevy Chase; 301-500-2147.

Steven P. Davison
3050 K St., NW; 202-966-9590.
Special interest in breast augmentation, breast lift, facelift.

Silviu Diaconu
7601 Lewinsville Rd., McLean; 703-287-8277.

Gregory O. Dick
9711 Medical Center Dr., Rockville; 301-251-2600.
Special interest in cosmetic surgery of the face, breasts, and abdomen; laser skin care; breast reconstruction.

Mark C. Domanski
8316 Arlington Blvd., Fairfax; 703-596-1660.
Special interest in neck lift, mommy makeover.

James M. Economides
1635 N. George Mason Dr., Arlington; 703-841-0399.
Special interest in cosmetic surgery.

Karen Kim Evans
3800 Reservoir Rd., NW; 202-444-8752.
Special interest in microsurgery, limb salvage, abdominal-wall reconstruction.

Kenneth Fan
3800 Reservoir Rd., NW; 202-444-8752.
Special interest in breast reconstruction, lymphatic surgery, breast aesthetic surgery.

Brent Cabell Faulkner
6000 Executive Blvd., North Bethesda; 240-880-2349.

Jules Alexander Feledy Jr.
5530 Wisconsin Ave., Chevy Chase; 301-901-3342. Also Stafford.
Special interest in abdominoplasty.

Christopher M. Fleury
1945 Old Gallows Rd., Tysons; 703-560-2850. Also Chevy Chase.

Douglas L. Forman
11210 Old Georgetown Rd., North Bethesda; 301-359-6747.
Special interest in facial rejuvenation, mommy makeover, breast augmentation.

Irfan I. Galaria
24805 Pinebrook Rd., Chantilly; 703-327-3173. Also Brambleton.
Special interest in skin cancer, skin lesions, breast reconstruction. **Pediatrics.**

Wendy R. Gottlieb
1800 Town Center Dr., Reston; 703-668-9499.
Special interest in breast reconstruction, breast and body aesthetic surgery, facial cosmetic surgery.

Catherine Mary Hannan
2440 M St., NW;
202-844-6464.
Special interest in breast lift, breast augmentation, abdominoplasty.

Steven Blair Hopping
2311 M St., NW;
202-785-3175.
Special interest in face, eye, and neck rejuvenation; rhinoplasty; hair-loss solutions.

Kathy Huang
11210 Old Georgetown Rd., North Bethesda;
301-359-6747.
Special interest in breast surgery, body contouring, labiaplasty.

A. Dean Jabs
6430 Rockledge Dr., Bethesda; 301-804-0746.
Special interest in facelift, breast augmentation.

Neelesh Kantak
1221 Mercantile Ln., Largo; 800-777-7904.
Also Kensington.

Arjun P. Kanuri
5550 Friendship Blvd., Chevy Chase; 301-888-7264. Also Vienna.

Nima Khavanin
5215 Loughboro Rd., NW;
443-997-9466.

Grant Kleiber
160 Irving St., NW; 202-877-3300. Also Northwest DC.

Jessica Kulak
8603 Westwood Center Dr., Vienna; 703-540-4505.

Anita R. Kulkarni
2440 M St., NW;
202-335-4700.
Special interest in mommy makeover.

Larry H. Lickstein
21021 Sycolin Rd., Ashburn; 571-440-5005.

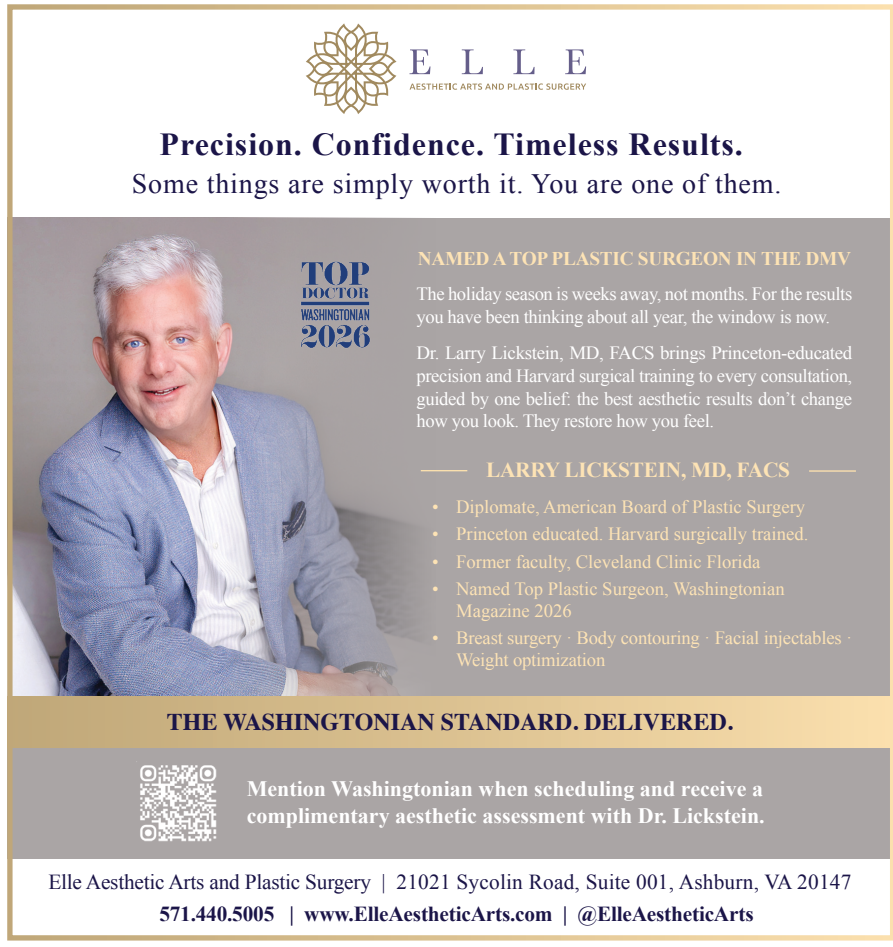
Sheilah A. Lynch
5530 Wisconsin Ave., Chevy Chase; 301-652-5933. Also Easton.
Special interest in face and neck rejuvenation, body contouring, tummy tuck.

Keshav T. Magge
6430 Rockledge Dr., Bethesda; 301-804-0746.

Vineet Mehan
2755 Hartland Rd., Falls Church; 703-544-8971.
Special interest in hand surgery, sternal reconstruction, limb salvage.

Alex N. Mesbahi
7601 Lewinsville Rd., McLean; 571-497-5457.
Also Northwest DC.





Joseph Michaels
6120 Executive Blvd., Rockville; 301-895-0743. Also Fairfax.
Special interest in plastic surgery after weight loss, body contouring, cosmetic breast surgery.

Reza Miraliakbari
8501 Arlington Blvd., Fairfax; 703-645-0077.

Shervin Naderi
5454 Wisconsin Ave., Chevy Chase; 301-222-2020. Also Reston.

Maurice Nahabedian
7601 Lewinsville Rd., McLean; 703-287-8277. Also Northwest DC.
Special interest in breast augmentation, reduction, and reconstruction.

Jason C. Nellis
5215 Loughboro Rd., NW; 202-919-2502. Also Bethesda, Baltimore.

Marilyn Quynh Nguyen
1851 N. George Mason Dr., Arlington; 703-717-4296.

Albert K. Oh
111 Michigan Ave., NW; 888-884-2327. Also Fairfax, Rockville, Northwest DC.
Special interest in pediatric plastic surgery, cleft/craniofacial surgery. Pediatrics.

Michael J. Olding
2300 M St., NW; 202-741-3241.
Special interest in cosmetic surgery.

Lauren M. Patrick
2440 M St., NW; 202-844-6464.
Special interest in breast reduction, tummy tuck, breast augmentation.

Paulo Piccolo
7601 Lewinsville Rd., McLean; 703-287-8277.

Ximena Pinell
3050 K St., NW; 202-966-9590.

Troy A. Pittman
2440 M St., NW; 202-915-2362.
Special interest in breast augmentation, complex revision cosmetic breast surgery, breast reduction.

Jennifer Parker Porter
7201 Wisconsin Ave., Bethesda; 301-202-1271.

Praful M. Ramineni
2440 M St., NW; 202-742-3999.
Special interest in cosmetic, reconstructive, and transgender surgery.

Gary Rogers
111 Michigan Ave., NW; 888-884-2327. Also Lanham, Fairfax, Northwest DC, Rockville.
Special interest in burns, craniofacial malformations, congenital and traumatic hand surgery. Pediatrics.

Philip Schoenfeld
5454 Wisconsin Ave., Chevy Chase; 301-652-7368. Also Bethesda.
Special interest in rhinoplasty, nasal reconstruction, facelift.

Navin Singh
7601 Lewinsville Rd., McLean; 703-659-9758.
Special interest in mommy makeover, facelift, laser liposuction.

Adam E. Singleton
2 Wisconsin Cir., Chevy Chase; 240-630-8175. Also Northwest DC.

Michael T. Somenek
2440 M St., NW; 202-915-2362.
Special interest in rhinoplasty, revision rhinoplasty, facelift.

Ping Song
1851 N. George Mason Dr., Arlington; 703-717-4296.

Yongsook Victoria Suh
8503 Arlington Blvd., Fairfax; 703-520-7717.
Special interest in facelift, blepharoplasty/eyelid rejuvenation, body contouring/mommy makeover.

Mark L. Venturi
7601 Lewinsville Rd., McLean; 703-287-8277.
Special interest in cosmetic surgery of the face and body, DIEP-flap breast reconstruction.

Richard Youn
3800 Reservoir Rd., NW; 202-444-0957.

Khalique S. Zahir
3301 Woodburn Rd., Annandale; 703-208-0783. Also Ashburn.

PSYCHIATRY

Psychiatrists treat mental, addictive, and emotional problems. They may use various forms of psychotherapy as well as drug treatment.

Jeffrey S. Akman
2120 L St., NW; 202-741-2900.

Farooq Amin
13243 Executive Park Ter., Germantown; 301-820-1715.

Ashley Bone
6410 Rockledge Dr., Bethesda; 301-896-2036. Pediatrics.

Martin J. Book
7910 Woodmont Ave., Bethesda; 301-654-2255.
Special interest in anxiety and depressive disorders, ADHD, psychotherapy.

Tracee Burroughs-Gardner
16701 Melford Blvd., Bowie; 202-836-7776.

Sara Chowdhury
9912-A Georgetown Pike, Great Falls; 215-307-6419. Pediatrics.

Shealyn Cyr
1360 Beverly Rd., McLean; 855-485-1703.

Swati G. Divakarla
1101 14th St., NW; 202-670-7842. Pediatrics.

Steven A. Epstein
2115 Wisconsin Ave., NW; 202-944-5400. Also Northwest DC.
Special interest in psychosomatic psychiatry.

Sylwia Patrycja Fowler
6000 Executive Blvd., Rockville; 301-888-6128.

Marwa Ghabra
46000 Center Oak Plaza, Sterling; 571-472-2500.

Leslie G. Goransson
1629 K St., NW; 202-296-4531.

Wendy J. Hookman
6430 Rockledge Dr., Bethesda; 301-881-9464.
Special interest in women's psychiatry, reproductive/perinatal, weight management.

Hedy Anita Howard
2 Wisconsin Cir., Chevy Chase; 240-377-0919.

Sonal Jagasia
2220 Cedar Ln., Tysons; 571-368-6654.
Special interest in anxiety disorders, mindfulness therapy, women's mental health.

Makesha A. Joyner
1221 Mercantile Ln., Largo; 800-777-7904.
Special interest in ECT, women's health.

Sonia Juneja
4405 East-West Hwy., Bethesda; 240-428-4792.

Amanjot Kaur
8000 Westpark Dr., McLean; 703-827-3289. Pediatrics.

Bruce A. Kehr
5920 Hubbard Dr., Rockville; 301-984-9791.

Huma Khalil
1800 Town Center Dr., Reston; 703-444-7792.

Eindra Khin Khin
1519 Connecticut Ave., NW; 202-240-1125.

Hassan Majeed
7960 Old Georgetown Rd., Bethesda; 301-822-2918.

Sirosh Masuood
13243 Executive Park Ter., Germantown; 301-820-1715.

Catherine Lapp McCarthy
6723 Whittier Ave., McLean; 703-288-3535. Pediatrics.

Ayesha M. Mian
4601 N. Fairfax Dr., Arlington; 703-261-4618.
Special interest in addiction medicine.

Gayle M. Neufeld
3235 P St., NW; 202-441-9566.

Amit M. Patel
2301 M St., NW; 800-777-7904.

Guillermo Portillo Jr.
5920 Hubbard Dr., Rockville; 301-984-9791.
Special interest in forensic psychiatry.

Jared Putnam
5530 Wisconsin Ave., Chevy Chase; 240-483-0075.
Special interest in psychopharmacology.

Harita Raja
6304 Berkshire Dr., Bethesda; 301-910-8220.

Erica Richards
5255 Loughboro Rd., NW; 202-537-4770.

Nadia Robertson
1595 Spring Hill Rd., Vienna; 703-687-6610.

Seth G. Rosenblatt
1636 Connecticut Ave., NW; 202-670-3120.

Mary E. (Beth) Salcedo
5225 Wisconsin Ave., NW; 202-363-1010.
Special interest in anxiety disorders.

Naheed Saleem
220 S. Washington St., Alexandria; 703-544-7675.

Jennifer Mattucci Santoro
3025 Hamaker Ct., Fairfax; 703-207-0001.

Mahteme Selassie
6167 Executive Blvd., Rockville; 301-656-9520.
Special interest in psychopharmacology, anxiety and mood disorders, ADHD.

Mahvash Sheikh
3430 N. High St., Olney; 240-744-0044. Also Silver Spring. Pediatrics.

Joseph Tasosa
201 N. Washington St., Falls Church; 800-777-7904.

Stephanie Waggel
44075 Pipeline Plaza, Ashburn; 703-344-0771. Also Reston.

Caroline Wing Wohlgemuth
1700 Connecticut Ave., NW; 202-293-0294. Also Northwest DC.

Colleen Zanis
1396 Piccard Dr., Rockville; 800-777-7904.

PULMONOLOGY

Pulmonologists treat a range of lung and respiratory diseases, including bronchitis, emphysema, and cancer. Many pulmonologists are also internists.

Juan Abril
5530 Wisconsin Ave., Chevy Chase; 301-656-7374. Also Northwest DC.

Jalil E. Ahari
2150 Pennsylvania Ave., NW; 202-741-3540. Also Northwest DC.
Special interest in sleep.

Eric D. Anderson
3800 Reservoir Rd., NW; 202-295-0552.
Special interest in interventional pulmonology, lung cancer.

Gita C. Bakshi
9404 Old Georgetown Rd., Bethesda; 301-530-0331.
Special interest in COPD, asthma, ILD.

Joseph A. Ball
16220 Frederick Rd., Gaithersburg; 301-963-2770.

Maria V. Bautista
4200 Wisconsin Ave., NW; 202-243-3400. Also Olney. Pediatrics.

Mrunalini A. Chakurkar
8008 Westpark Dr., McLean; 800-777-7904.

James E. Clayton
3023 Hamaker Ct.,
Fairfax; 703-876-2788.
Special interest in pediatric pulmonology. **Pediatrics.**

Brian M. Cuneo
110 Irving St., NW;
202-877-0333.

Khalil Diab
2150 Pennsylvania Ave.,
NW; 202-741-3540.

Aditya Dubey
19415 Deerfield Ave.,
Lansdowne; 571-367-0000. Also Dulles, Vienna.

David R. Duhamel
1750 Tysons Blvd.,
Tysons; 571-341-9450.
Special interest in interventional bronchoscopy, lung cancer, pleural diseases.

Mark J. Granada
3289 Woodburn Rd.,
Annandale; 703-641-8616.
Also Falls Church.

Erin Haber
1635 N. George Mason Dr.,
Arlington; 703-521-6662.
Also Falls Church.

Jeff B. Hales
1635 N. George Mason Dr.,
Arlington; 703-521-6662.
Also Falls Church.
Special interest in asthma, COPD, bronchiectasis.

Peter G. Hamm
5530 Wisconsin Ave.,
Chevy Chase; 301-656-7374. Also Northwest DC.
Special interest in disease management.

Robert D. Herscowitz
5216 Dawes Ave.,
Alexandria; 703-931-4746.
Special interest in cough, asthma, COPD.

Eileen Hsu
8008 Westpark Dr.,
McLean; 703-287-6400.

Vivek Jain
2150 Pennsylvania Ave.,
NW; 202-741-3540.

Joshpaul Jolly
13285 Minnieville Rd.,
Woodbridge; 800-777-7904.

Steven T. Kariya
10605 Concord St.,
Kensington; 301-942-2977.

Jawad Khan
19490 Sandridge Way,
Leesburg; 703-723-7504.
Also Potomac Falls.

Dina B. KiaNoury
3800 Reservoir Rd., NW;
202-295-0552. Also McLean.

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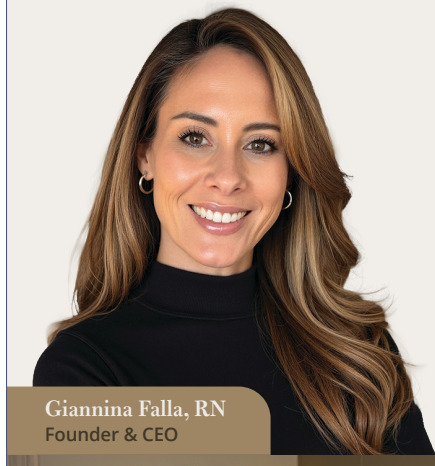
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Rebecca Krochmal
3800 Reservoir Rd., NW; 202-444-8830.

Andrew Daniel Lerner
5215 Loughboro Rd., NW; 202-660-7509.

Steven D. Lerner
1120 19th St., NW; 202-296-5122.
Special interest in persistent cough.

Eric A. Libre
2501 Parkers Ln., Alexandria; 703-641-8616. Also Fairfax, Tysons.
Special interest in asthma, interstitial lung disease.

Thomas J. Lo Russo
3650 Joseph Siewick Dr., Fairfax; 703-391-8804. Also Reston.
Special interest in control of breathing during sleep, sleep apnea, cardiovascular complications.

Jeet M. Lund
1221 Mercantile Ln., Largo; 800-777-7904.

Richard T. Mahon
16220 Frederick Rd., Gaithersburg; 301-963-2770.

Ala Seyed Mortazavi
2028 Opitz Blvd., Woodbridge; 703-497-0212.

Anne E. O'Donnell
3800 Reservoir Rd., NW; 202-295-0552. Also Olney.
Special interest in bronchiectasis, respiratory infections, nontuberculous mycobacterial infections.

Carlos E. Picone
5454 Wisconsin Ave., Chevy Chase; 301-637-5555.

Dinesh Pillai
111 Michigan Ave., NW; 888-884-2327. Also Northwest DC, Southeast DC.
Special interest in refractory asthma, mechanical ventilation, interstitial lung diseases. **Pediatrics.**

Eldrige Flores Pineda
700 Second St., NE; 800-777-7904. Also Largo.

Cristina A. Reichner
1420 Beverly Rd., McLean; 703-288-6944. Also Northwest DC.

Douglas A. Rennert
19455 Deerfield Ave., Leesburg; 703-858-9608. Also Reston.
Special interest in sleep medicine.

Samuel M. Rosenberg
9850 Key West Ave., Rockville; 301-765-5400. Also Frederick.
Special interest in asthma, infant apnea. **Pediatrics.**

Luis G. Ruiz
700 Second St., NE; 202-346-3000. Also Gaithersburg, Largo
Special interest in interstitial lung disease, airway disorders, endobronchial ultrasound.

Andrew Jacob Schissler
1221 Mercantile Ln., Largo; 800-777-7904. Also Gaithersburg.
Special interest in interstitial lung disease.

Neil Shea
1635 N. George Mason Dr., Arlington; 703-521-6662. Also Falls Church.

Marla L. Shuman
3650 Joseph Siewick Dr., Fairfax; 703-391-8804.
Special interest in sleep studies.

Michael N. Solomon
5530 Wisconsin Ave., Chevy Chase; 301-656-7374. Also Northwest DC.
Special interest in bronchiectasis, asthma, pleural diseases.

Shubha V. Srinivas
8260 Willow Oaks Corporate Dr., Fairfax; 703-641-8616. Also Fairfax, Tysons.

Adlah Sukkar
3289 Woodburn Rd., Annandale; 703-641-8616. Also Fairfax.

Richard A. Swift
8650 Sudley Rd., Manassas; 703-369-7788.
Special interest in sleep disorders.

Matthew D. Williams
3289 Woodburn Rd., Annandale; 703-641-8616. Also Falls Church.

Juliette L. Wohlrab
5216 Dawes Ave., Alexandria; 703-931-4746.

Jane J. Wu
3650 Joseph Siewick Dr., Fairfax; 703-391-8804. Also Reston.

Christopher Charles Wyckoff
1635 N. George Mason Dr., Arlington; 703-521-6662. Also Falls Church.

RADIATION THERAPY

Radiation therapists, also called radiation oncologists, specialize in the use of radiation in treating cancer.

Harold C. Agbahiwe
8613 US-29, Fairfax; 571-350-8400.
Special interest in lymphoma, sarcoma, brain tumors, lung and breast cancer.

Sanjeev K. Aggarwal
7901 Lake Manassas Dr., Gainesville; 703-544-4794. Also Haymarket, Manassas.
Special interest in prostate, lung, rectal.

Peter Ahn
3800 Reservoir Rd., NW; 202-444-3320. Also Clinton.

Gopal Krishna Bajaj
8081 Innovation Park Dr., Fairfax; 571-472-0606. Also Woodbridge, Leesburg. Alexandria
Special interest in proton therapy, advanced therapies for head and neck cancers, lung cancer.

Tobias Chapman
3580 Joseph Siewick Dr., Fairfax; 703-391-4250.

Ashish Chawla
8081 Innovation Park Dr., Fairfax; 571-472-0606.

Kevin S. Choe
2280 Opitz Blvd., Woodbridge; 703-670-3349. Also Leesburg.
Special interest in brain tumors, prostate cancer, recurrent metastatic cancer.

Victoria Jane Croog
5255 Loughboro Rd., NW; 410-502-8000.
Special interest in breast, brain, and gastrointestinal cancers.

Curtiland Deville Jr.
5255 Loughboro Rd., NW; 410-502-8000. Also Baltimore.

Jacquelyn Dunmore-Griffith
2041 Georgia Ave., NW; 202-865-7677.

Sarah Gao
8081 Innovation Park Dr., Fairfax; 571-472-0606. Also Woodbridge.

Amy Gillis
12201 Plum Orchard Dr., Silver Spring; 800-777-7904.

Sharad Goyal
2150 Pennsylvania Ave., NW; 202-715-5097.

Stephen C. Greco
6420 Rockledge Dr., Bethesda; 301-896-2012. Also Northwest DC, Baltimore.
Special interest in radiation oncology; prostate, GU, GI, and lung cancer.

Stella Hetelekidis
8081 Innovation Park Dr., Fairfax; 571-472-0606. Also Leesburg, Fairfax.
Special interest in breast cancer, gynecologic and gastrointestinal malignancies.

Robert Hong
1701 N. George Mason Dr., Arlington; 703-558-6284. Also Reston.

Emily S. Kowalski
44035 Riverside Pkwy., Leesburg; 703-858-8850. Also Fairfax.

Matthew Ladra
5255 Loughboro Rd., NW; 410-502-8000. **Pediatrics.**

Jonathan Lischalk
3800 Reservoir Rd., NW; 202-244-3292.

Serena Mao
2150 Pennsylvania Ave., NW; 202-715-5097.

Sheela Modin
11006 Veirs Mill Rd., Wheaton; 301-681-4422.
Special interest in breast, gynecologic, and lung cancer.

Nadim Nasr
1701 N. George Mason Dr., Arlington; 703-558-6284. Also Reston.
Special interest in prostate cancer, radiosurgery, radiation therapy.

Brandi Page
6420 Rockledge Dr., Bethesda; 410-502-8000. Also Northwest DC.

Nitika Paudel
3800 Reservoir Rd., NW; 202-444-8925.

Pamela Randolph-Jackson
110 Irving St., NW; 202-877-7101.
Special interest in breast, GU, head and neck.

Avani D. Rao
8081 Innovation Park Dr., Fairfax; 571-472-0606. **Pediatrics.**

Sonali Rudra
3800 Reservoir Rd., NW; 202-444-3320.
Special interest in breast and gynecologic malignancies.

Gregory S. Sibley
8613 US-29, Fairfax; 571-350-8400.

Keith R. Unger
3800 Reservoir Rd., NW; 202-444-9676. Also Clinton.
Special interest in proton therapy, CyberKnife, intraoperative radiation therapy.

Matthew Witek
3800 Reservoir Rd., NW; 202-444-3282. Also Clinton.

RADIOLOGY, INTERVENTIONAL

Interventional radiologists use imaging technologies such as fluoroscopy, computer tomography (CT), and ultrasound to guide minimally invasive surgical procedures, such as performing biopsies, draining fluids, inserting catheters, and stenting narrowed ducts or vessels.

Andrew S. Akman
8600 Old Georgetown Rd., Bethesda; 301-896-3202. Also Northwest DC.

Nikhil Bhagat
8600 Old Georgetown Rd., Bethesda; 301-896-3202. Also Northwest DC.

Carson Campe
8008 Westpark Dr., McLean; 703-287-6400. Also Glen Burnie, Silver Spring.

John T. Cardella
3800 Reservoir Rd., NW; 202-444-3450.

Emil I. Cohen
3800 Reservoir Rd., NW; 202-444-3400. Also Northwest DC, Clinton, Leonardtown, Olney.

David Edward Dubois
1850 Town Center Pkwy., Reston; 703-689-9234. Also Sterling.
Special interest in uterine-artery embolization, vertebroplasty/sacroplasty, varicocele embolization.

Michael A. Grimm
1850 Town Center Dr., Reston; 703-689-9234. Also Dulles, Leesburg.

Brian G. Johnson
5255 Loughboro Rd., NW; 202-537-4795. Also Bethesda.

Mohammed F. Loya
8008 Westpark Dr., McLean; 800-777-7904.

Vivek Victor Mathur
8008 Westpark Dr., McLean; 800-777-7904.

Michael F. McCullough
3800 Reservoir Rd., NW; 202-444-5478.

Saher Sabri
106 Irving St., NW; 202-877-9729.

Shawn N. Sarin
2150 Pennsylvania Ave., NW; 202-823-4290. Also Northwest DC.



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Daniel Scher
2150 Pennsylvania Ave., NW; 202-823-4290. Also Northwest DC.

John B. Smirniotopoulos
3800 Reservoir Rd., NW; 202-444-3400. Also Northwest DC.

Abhishek Srinivas
8600 Old Georgetown Rd., Bethesda; 301-896-3202. Also Northwest DC.
Special interest in interventional oncology, peripheral arterial- and venous-disease endovascular stroke therapy.

Michael J. Stone
8008 Westpark Dr., McLean; 800-777-7904.

Mustafa M. Syed
8505 Arlington Blvd., Fairfax; 703-698-4475. Also Fairfax.

Bhupender Yadav
111 Michigan Ave., NW; 888-884-2327. Pediatrics.

REHABILITATION

Physical-rehabilitation specialists, also known as physiatrists, provide treatment and therapy to aid in recovery from serious injury or illness.

Edward G. Allcock
1715 N. George Mason Dr., Arlington; 703-248-0006.

Justin M. Burton
111 Michigan Ave., NW; 888-884-2327. Also Northwest DC. Pediatrics.

Carl Kurt Cappelletti
4400 Forbes Blvd., Lanham; 800-777-7904.

Irim F. Ciolino
102 Irving St., NW; 202-877-1657.

Daniel Davis
1715 N. George Mason Dr., Arlington; 703-248-0006.
Special interest in physical medicine.

Jessica P. Engle
6420 Rockledge Dr., Bethesda; 443-997-5476. Also Northwest DC, Baltimore.

Kevin F. Fitzpatrick
3299 Woodburn Rd., Annandale; 703-828-9330. Also Alexandria.

Ali G. Ganjei
2501 Parkers Ln., Alexandria; 703-664-7285. Also Annandale.
Special interest in physical therapy.

Akshay Garg
3204 Tower Oaks Blvd., Rockville; 301-841-6600.
Special interest in spine, joint, and nerve pain.

Julio Gomez
6420 Rockledge Dr., Bethesda; 443-997-5476.

Marc Philip Gruner
10215 Fernwood Rd., Bethesda; 301-530-1010. Also McLean.

Nikolai Khromouchkine
2150 Pennsylvania Ave., NW; 202-741-2700.

Mark D. Klaiman
6400 Goldsboro Rd., Bethesda; 301-493-8884.
Special interest in disorders of the spine, pain management, sports and regenerative medicine.

Joshua Martin
7811 Montrose Rd., Potomac; 301-588-7888.

Bryan Thomas Murtaugh
102 Irving St., NW; 202-877-1621. Also Northwest DC.

Edwin Numsuwan
5454 Wisconsin Ave., Chevy Chase; 301-215-9420.

Geet Paul
2150 Pennsylvania Ave., NW; 202-741-2990.

Kelly Pham
8229 Boone Blvd., Vienna; 571-310-2502. Pediatrics.

Katherine W. Power
110 Irving St., NW; 202-877-1657. Also Northwest DC.

Ashish G. Shanbhag
14605 Potomac Branch Dr., Woodbridge; 703-738-4371.

Terrence P. Sheehan
9909 Medical Center Dr., Rockville; 240-864-6007.
Special interest in spinal-cord injury, limb loss.

Adnan M. Siddiqui
20680 Seneca Meadows Pkwy., Germantown; 301-339-8027.

Amanda Trucksess
1850 Town Center Pkwy., Reston; 703-810-5202.

Spencer T. Tseng
13285 Minnieville Rd., Woodbridge; 800-777-7904.

Stephanie Van
6420 Rockledge Dr., Bethesda; 443-997-5476.

Eric Wisotzky
102 Irving St., NW; 202-877-1621.

Richard Zorowitz
102 Irving St., NW; 202-877-1621. Also Northwest DC.

RHEUMATOLOGY

Rheumatologists treat disorders of the muscles, joints, and related structures, specializing in arthritis and other autoimmune diseases, such as lupus.

Navera R. Ahmed
450 W. Broad St., Falls Church; 703-962-7488.

Grace E. Ahn
8270 Willow Oaks Corporate Dr., Fairfax; 703-573-2220. Also Rockville.
Special interest in rheumatoid arthritis, systemic lupus erythematous, osteoarthritis.

Bita Arabshahi
8280 Willow Oaks Corporate Dr., Fairfax; 571-472-4300. Also Ashburn. Pediatrics.

Zuhal Arzomand
1600 N. Beauregard St., Alexandria; 410-897-1941.

Ashley D. Beall
14995 Shady Grove Rd., Rockville; 301-942-7600.
Special interest in immunosuppression.

Adey A. Berhanu
5454 Wisconsin Ave., Chevy Chase; 301-942-7600. Also Northwest DC.

Hiba Bilal
700 Second St., NE; 800-777-7904. Also Largo.

Saira Bilal
1635 N. George Mason Dr., Arlington; 703-525-3069.

Daniel R. Bunker
3800 Reservoir Rd., NW; 202-444-6200.

Mamata Chand
46440 Benedict Dr., Sterling; 703-988-4142.

Melody Chung
1221 Mercantile Ln., Largo; 800-777-7904. Also Gaithersburg.

Tae J. Chung
1830 Town Center Dr., Reston; 703-668-0700.
Special interest in rheumatoid arthritis, osteoporosis, psoriatic arthritis.

Florina Constantinescu
110 Irving St., NW; 202-877-0333.

Vrishali M. Dalvi
1221 Mercantile Ln., Largo; 800-777-7904. Also Gaithersburg.

Shari B. Diamond
2021 K St., NW; 301-942-7600.

Daniel El-Bogdadi
8270 Willow Oaks Corporate Dr., Fairfax; 703-573-2220. Also Rockville.

Mohsen Ghafouri
8100 Ashton Ave., Manassas; 703-361-3255.
Special interest in osteoporosis, connective-tissue disease, gout.

Alexia Gospodinoff
1860 Town Center Dr., Reston; 703-689-2050. Also Annandale, Leesburg.

Seema A. Goyal
4 Taft Ct., Rockville; 301-230-5888.

Margaret Gradzka
3620 Joseph Siewick Dr., Fairfax; 703-648-9800.
Special interest in non-surgical procedures, alternative treatments, PRP laser therapy.

Rachel Kaiser
5454 Wisconsin Ave., Chevy Chase; 301-942-7600.

Megan Lockwood
3800 Reservoir Rd., NW; 202-444-6200.

Ndelela Nadine Mbuyi
2300 M St., NW; 202-741-2930.

Mala Bakshi Mehta
201 N. Washington St., Falls Church; 703-237-4000.

Sepehr Mesdaghinia
46440 Benedict Dr., Sterling; 703-988-4142.

Stephen Ray Mitchell
3800 Reservoir Rd., NW; 202-444-6200. Pediatrics.

Sonia Nair
700 Second St., NE; 800-777-7904. Also Gaithersburg.
Special interest in inflammatory myositis, anti-synthetase syndrome, vasculitis.

Phong Q. Nguyen
1860 Town Center Dr., Reston; 703-689-2050. Also Leesburg, Annandale.

Jennifer Odutola
19500 Sandridge Way, Leesburg; 703-723-3398. Also Purcellville.

Justin Peng
2021 K St., NW; 301-942-7600. Also Fairfax.
Special interest in rheumatoid arthritis, psoriatic arthritis, systemic lupus.

Jeffrey A. Potter
14995 Shady Grove Rd., Rockville; 301-942-7600.

Ramona Raya
3300 Gallows Rd., Falls Church; 703-259-9050.

Guada Respicio Duque
14995 Shady Grove Rd., Rockville; 301-942-7600.

Tova Ronis
111 Michigan Ave., NW; 888-884-2327. Also Northwest DC, Lanham. Pediatrics.

Claudia Saba
1860 Town Center Dr., Reston; 703-689-2050. Also Annandale, Leesburg.

Anu Sharma
4 Taft Ct., Rockville; 301-230-5888.
Special interest in rheumatoid arthritis, pediatric rheumatology, osteoporosis.

Evan L. Siegel
14995 Shady Grove Rd., Rockville; 301-942-7600.
Special interest in psoriatic arthritis, ankylosing spondylitis, gout.

Sonia Silinsky Krupnikova
14995 Shady Grove Rd., Rockville; 301-942-7600.

Pragya (Pooja) Singh
8100 Boone Blvd., Tysons; 703-259-9050.

Virginia Steen
3800 Reservoir Rd., NW; 202-444-6200.
Special interest in scleroderma, Raynaud's, lung disease.

Sangeeta Sule
111 Michigan Ave., NW; 888-884-2327. Also Fulton, Lanham. Pediatrics.

Nora Taylor
13285 Minnieville Rd., Woodbridge; 800-777-7904.
Special interest in lupus, rheumatoid arthritis.

Mahsa Tehrani
8130 Boone Blvd., Vienna; 703-734-2222.
Special interest in rheumatoid and psoriatic arthritis, ankylosing spondylitis.

Nicole Saddic Thomas
8270 Willow Oaks Corporate Dr., Fairfax; 703-573-2220.

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Lynda Tilluckdharry
13285 Minnieville Rd., Woodbridge; 800-777-7904.

Parita Vasa
8100 Ashton Ave., Manassas; 703-361-3255.
Special interest in rheumatoid and psoriatic arthritis, gout, Sjögren's syndrome.

Emily Way
8280 Willow Oaks Corporate Dr., Fairfax; 571-472-4300. Also Ashburn.
Special interest in pediatric rheumatology. Pediatrics.

Sean A. Whelton
3800 Reservoir Rd., NW; 202-444-6200.

Angus B. Worthing
2021 K St., NW; 301-942-7600. Also Chevy Chase.

Louisa Ziglar
14995 Shady Grove Rd., Rockville; 301-942-7600. Also Frederick.

SLEEP MEDICINE

Sleep-medicine specialists diagnose and treat sleep disorders.

Syed Saif Ahmed
20680 Seneca Meadows Pkwy., Germantown; 301-339-8027. Also McLean.

Mrunalini A. Chakurkar
8008 Westpark Dr., McLean; 800-777-7904.

Richard L. Cho
1830 Town Center Dr., Reston; 703-876-0800. Also Fairfax.
Special interest in narcolepsy, sleep apnea, restless-leg syndrome.

Ashtaad Dalal
510 W. Annandale Rd., Falls Church; 703-521-6662. Also Arlington.

Aditya Dubey
19415 Deerfield Ave., Lansdowne; 571-367-0000. Also Dulles, Vienna.

Helene A. Emsellem
10221 River Rd., Potomac; 240-560-2230.
Special interest in narcolepsy and disorders of daytime sleepiness; obstructive sleep apnea; circadian-rhythm disorders.

Kalpana M. Hari Hall
6931 Arlington Rd., Bethesda; 301-562-7200. Also Chevy Chase.

Vivek Jain
2150 Pennsylvania Ave., NW; 202-741-3540.

Dina B. KiaNoury
3800 Reservoir Rd., NW; 202-295-0552. Also McLean.

Asefa Mekonnen
1201 Seven Locks Rd., Rockville; 301-762-5020.

Mark W. Miller
1830 Town Center Dr., Reston; 703-481-9191. Also Fairfax.

Anne E. O'Donnell
3800 Reservoir Rd., NW; 202-295-0552. Also Olney.

Amit V. Patel
19450 Deerfield Ave., Leesburg; 703-621-4501. Also Falls Church.
Special interest in sleep apnea, narcolepsy, insomnia.

Cristina A. Reichner
1420 Beverly Rd., McLean; 703-288-6944. Also Northwest DC.

Jessica A. Riggs
19450 Deerfield Ave., Leesburg; 703-621-4501.

Charu Sabharwal
5901 Kingstowne Village Pkwy., Alexandria; 703-729-3420. Also Leesburg.

Sahira Sekhon
9707 Medical Center Dr., Rockville; 301-291-5671.

Keisha D. Sullivan
1221 Mercantile Ln., Largo; 800-777-7904. Also Woodbridge.

Amit R. Vaid
3620 Joseph Siewick Dr., Fairfax; 703-641-8616. Also Annandale.

Tajender Singh Vasu
2901 Telestar Ct., Falls Church; 703-621-4503.

Carolyn Wang
7315 Wisconsin Ave., Bethesda; 240-235-9100. Also Northwest DC.

Christine X. Zhang
3800 Reservoir Rd., NW; 202-444-8830. Also Olney.

SPINAL SURGERY

Spinal surgeons, chiefly orthopedists or neurosurgeons, treat problems of the vertebrae, disks, or neck and back nerves.

Joshua M. Ammerman
5215 Loughboro Rd., NW; 202-966-6300.
Special interest in lumbar-disk arthroplasty, motion-preserving spinal surgery.

Matthew D. Ammerman
5215 Loughboro Rd., NW; 202-966-6300.
Special interest in minimally invasive surgery, oncology, degenerative conditions.

Edward F. Aulisi
110 Irving St., NW; 202-877-2171. Also McLean.

Louis Chang
10215 Fernwood Rd., Bethesda; 301-896-6069. Also Baltimore.

Ronald C. Childs
3620 Joseph Siewick Dr., Fairfax; 703-810-5223. Also McLean.

John E. Ergener
8008 Westpark Dr., McLean; 703-287-6400.

Joseph L. Ferguson
3800 Reservoir Rd., NW; 202-444-8766. Also Chevy Chase.
Special interest in minimally invasive surgery, cervical spine, degenerative conditions.

Michael E. Goldsmith
7500 Old Georgetown Rd., Bethesda; 301-657-9876.
Special interest in disk replacement, cervical and lumbar fusion, scoliosis.

Christopher R. Good
11800 Sunrise Valley Dr., Reston; 703-997-5340.

Colin Haines
11800 Sunrise Valley Dr., Reston; 703-997-5340.

Hamid Hassanzadeh
1701 Clarendon Blvd., Arlington; 703-566-6359. Also Northwest DC, North Bethesda.

David Herzig
3202 Tower Oaks Blvd., Rockville; 301-718-9611. Also Silver Spring, Vienna, Frederick.

Steven S. Hughes
8270 Willow Oaks Corporate Dr., Fairfax; 703-810-5228. Also McLean, Alexandria.
Special interest in cervical and lumbar microsurgery and robotic surgery.

Mohammed Hussain
8008 Westpark Dr., Tysons; 800-777-7904.

Ehsan Jazini
11800 Sunrise Valley Dr., Reston; 703-783-4152.

S. Babak (Bobby) Kalantar
3800 Reservoir Rd., NW; 202-444-8766. Also McLean, Chevy Chase.

Akhil Jay Khanna
3800 Reservoir Rd., NW; 202-444-8766. Also McLean, Chevy Chase.
Special interest in minimally invasive surgery; surgery for adult scoliosis and other deformities.

Shih-Chun David Lin
10215 Fernwood Rd., Bethesda; 301-896-6069.

Paymaun Lotfi
14348 Gideon Dr., Woodbridge; 703-490-1112.

Benjamin Martin
111 Michigan Ave., NW; 888-884-2327. Also Rockville.
Special interest in spinal deformity, idiopathic scoliosis. Pediatrics.

B. Thomas Mazahery
1850 Town Center Pkwy., Reston; 703-277-2663. Also Fairfax.

Fred F. Mo
5454 Wisconsin Ave., Chevy Chase; 202-444-8766. Also McLean, Northwest DC.

Richard D. Murray
1715 N. George Mason Dr., Arlington; 703-248-0111.

Joseph R. O'Brien
1715 N. George Mason Dr., Arlington; 703-717-7969.
Special interest in minimally invasive spine surgery, revision of failed neck surgery.

Matthew E. Oetgen
111 Michigan Ave., NW; 888-884-2327. Also Silver Spring, Lanham, Rockville. Pediatrics.

Dhruv B. Pateder
1860 Town Center Dr., Reston; 703-435-6604. Also Ashburn, Centreville.
Special interest in minimally invasive spine surgery, scoliosis, stenosis.

Tushar C. Patel
5454 Wisconsin Ave., Chevy Chase; 301-882-2000.

Jay Won Rhee
3202 Tower Oaks Blvd., Rockville; 301-718-9611. Also Vienna, Frederick, Alexandria.

Faheem A. Sandhu
3800 Reservoir Rd., NW; 202-295-0540. Also Clinton, Prince Frederick, Chevy Chase.
Special interest in minimally invasive and complex surgery.

Christopher P. Silveri
3580 Joseph Siewick Dr., Fairfax; 703-391-3959.
Special interest in minimally invasive spine surgery; computer-assisted-navigation and complex cervical-spine surgery; lumbar-spine disorders.

Mina B. Tanios
8008 Westpark Dr., McLean; 800-777-7904.

Oliver Tannous
106 Irving St., NW; 202-877-6000. Also Mitchellville.
Special interest in minimally invasive, motion-preservation, and scoliosis surgery.

Jean-Marc Voyadzis
5454 Wisconsin Ave., Chevy Chase; 301-856-2323. Also Northwest DC, Prince Frederick, Clinton.
Special interest in degenerative spine conditions, spine tumors, minimally invasive techniques.

Corey J. Wallach
2800 Shirlington Rd., Arlington; 703-769-8424, Alexandria
Special interest in minimally invasive surgery, cervical surgery.

Joshua James Wind
7051 Heathcote Village Way, Gainesville; 571-472-4100. Also Arlington, Fairfax, Leesburg.

SPORTS MEDICINE

Specialists in sports medicine—often orthopedists but also rehabilitation and primary-care physicians—deal with the prevention and treatment of injuries and illnesses resulting from athletic activities.

Christopher C. Annunziata
1635 N. George Mason Dr., Arlington; 703-810-5202. Also McLean.
Special interest in arthroscopic knee and shoulder repair/reconstruction, complex knee and shoulder surgery.

Michael S. Antonis
1760 Old Meadow Rd., McLean; 703-277-2663. Also Fairfax, Ashburn.
Special interest in regenerative medicine, musculoskeletal ultrasound, ultrasound-guided injections.

Dimitrios Avgeropoulos
1201 Seven Locks Rd., Rockville; 301-762-5020. Also Olney.

Steven H. Bernstein
7500 Old Georgetown Rd., Bethesda; 301-657-9876.

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B. Elizabeth Delasobera
1420 Beverly Rd., McLean; 703-288-2790. Also Northwest DC.
Special interest in non-operative management of musculoskeletal injuries in adult, adolescent, and pediatric patients; management of athletic injuries; ultrasound diagnostics.

Teresa Doerre
2300 M St., NW; 202-741-3300.

Wiemi A. Douoguih
1120 20th St, NW; 202-416-2000. Also Bethesda.
Special interest in shoulder instability.

Najam Fasihi
8008 Westpark Dr., McLean; 703-287-6400.

James S. Gardiner
6710A Rockledge Dr., Bethesda; 301-515-0900. Also Germantown.
Special interest in arthroscopic knee and shoulder surgery, total and partial knee replacement.

Jeffrey Giuliani
8100 Innovation Park Dr., Fairfax; 703-970-6464. Also Fairfax, Sterling.

Christian Glaser
1120 20th St., NW; 888-447-7678. Also Southeast DC, Brandywine.

Marc Philip Gruner
10215 Fernwood Rd., Bethesda; 301-530-1010. Also McLean.

Garry W.K. Ho
3620 Joseph Siewick Dr., Fairfax; 703-810-5223. Also Fairfax.
Special interest in musculoskeletal and neuromuscular ultrasound; ultrasound-guided procedures; mechanical peripheral and entrapment neuropathies. Pediatrics.

Alex A. Johnson
6420 Rockledge Dr., Bethesda; 301-530-3220.

Alexander Kheradi
1420 Beverly Rd., McLean; 703-288-2790. Also Northwest DC, Chevy Chase.

John J. Klimkiewicz
5454 Wisconsin Ave., Chevy Chase; 301-882-2000.

Landon R. Mueller
1420 Beverly Rd., McLean; 703-288-2790.

Ryan S. Murray
3800 Reservoir Rd., NW; 202-444-8766. Also Northwest DC, Chevy Chase, McLean, Gaithersburg. Pediatrics.

Bryan Thomas Murtaugh
102 Irving St., NW; 202-877-1621. Also Northwest DC.

Sameer H. Nagda
2800 Shirlington Rd., Arlington; 703-769-8431. Also Alexandria, Lorton.
Special interest in shoulder instability, ACL injuries, rotator-cuff tears.

Robert G. Najarian
1005 N. Glebe Rd., Arlington; 571-472-6464. Also Fairfax.
Special interest in Tommy John/UCL surgery, elbow injuries in overhead athletes.

Emily Niu
111 Michigan Ave., NW; 888-884-2327. Also Annapolis, Lanham, Rockville, Silver Spring. Pediatrics.

Sameer Oak
13285 Minnieville Rd., Woodbridge; 800-777-7904.

Rajeev Pandarinath
10215 Fernwood Rd., Bethesda; 301-530-1010. Also McLean.
Special interest in knee-ligament reconstruction, rotator-cuff surgery, cartilage restoration.

William F. Postma
1120 20th St., NW; 202-416-2000. Also Chevy Chase, McLean, Northwest DC.
Special interest in femoroacetabular impingement, hip arthroscopy, ACL reconstruction.

Christopher Raffo
19847 Century Blvd., Germantown; 301-515-0900. Also Bethesda.
Special interest in shoulder and knee arthroscopy.

Jonas R. Rudzki
5454 Wisconsin Ave., Chevy Chase; 301-882-2000.

Richard B. Sisson
6551 Loisdale Ct., Springfield; 800-777-7904. Also Ashburn.
Special interest in primary care, sports medicine. Pediatrics.

Robin V. West
8100 Innovation Park Dr., Fairfax; 571-472-6464.
Special interest in shoulder and kneecap dislocation, rotator-cuff tear, ACL tear.

Bashir A. Zikria
6420 Rockledge Dr., Bethesda; 301-530-3220. Also Odenton, Northwest DC.

THORACIC SURGERY

Thoracic surgeons specialize in chest surgery, including lung cancer and esophageal reconstruction.

Stephen Broderick
5215 Loughboro Rd., NW; 202-660-7509. Also Columbia.

Nyen V. Chong
1400 Forest Glen Rd., Silver Spring; 800-777-7904.

Sora Ely
2150 Pennsylvania Ave., NW; 202-741-0320.



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Ann E. Hwalek
110 Irving St., NW; 301-877-5607. Also Northwest DC.
Special interest in minimally invasive surgery.

Riny A. Karras
10605 Concord St., Kensington; 301-949-4242.

Sandeep J. Khandhar
8613 US-29, Fairfax; 571-350-8400.
Special interest in minimally invasive lung surgery.

Marc Margolis
110 Irving St., NW; 202-877-8115. Also Northwest DC, Reston.
Special interest in minimally invasive and robotic-assisted surgery.

Keith D. Mortman
2150 Pennsylvania Ave., NW; 202-741-3220.

John W. Rhee
1625 N. George Mason Dr., Arlington; 703-558-6491.
Special interest in lung cancer, minimally invasive thoracic surgery.

Gregory D. Trachiotis
2150 Pennsylvania Ave., NW; 202-741-3220.
Special interest in VATS, thoracic oncology.

Michael J. Weyant
8081 Innovation Park Dr., Fairfax; 571-472-1380. Also Falls Church.

TRANSPLANT SURGERY

These surgeons perform kidney, liver, heart, and other organ transplants.

Thomas M. Fishbein
3800 Reservoir Rd., NW; 202-444-3700.

Stephen Gray
2131 K St., NW; 202-715-4225.

Lynt B. Johnson
2131 K St., NW; 202-715-5168.

Cal S. Matsumoto
3800 Reservoir Rd., NW; 202-444-3700.

Joseph Keith Melancon
2131 K St., NW; 202-715-4225.

James B. Piper
3300 Gallows Rd., Falls Church; 703-776-8043. Also Fairfax.

Jamie Diaz Robinson
2131 K St., NW; 202-715-5168.

Ahmad Safra
3300 Gallows Rd., Falls Church; 703-776-8043. Also Fairfax.

UROLOGY

Urologists are surgeons who specialize in urinary problems, including those involving the bladder, kidneys, and prostate.

Mohamed A. Atalla
10810 Connecticut Ave., Kensington; 800-777-7904.
Special interest in minimally invasive surgery, including laparoscopy and robotic surgery.

Gaurav Bandi
3800 Reservoir Rd., NW; 202-444-2000. Also Chevy Chase, Northwest DC.

Justin Omar Benabdallah
5215 Loughboro Rd., NW; 202-660-5561.

Gregory M. Bernstein
3475 N. Beauregard St., Alexandria; 703-506-8590. Also Arlington.
Special interest in men's health (vasectomy, erectile dysfunction, Peyronie's disease).

Elizabeth Timbrook Brown
3800 Reservoir Rd., NW; 202-444-4922. Also Northwest DC.
Special interest in female pelvic medicine and reconstructive surgery, urinary incontinence, voiding dysfunction.

Charelle Carter-Brooks
2150 Pennsylvania Ave, NW; 202-741-3100. Also Bethesda.

Daniel Paul Casella
111 Michigan Ave., NW; 888-884-2327. Also Fairfax, Ashburn. **Pediatrics.**

Andrew K. Chung
15195 Heathcote Blvd., Haymarket; 571-755-3528. Also Manassas, Warrenton.
Special interest in female urology, oncology.

Simon Chung
8081 Innovation Park Dr., Fairfax; 571-472-7040.
Special interest in robotic surgery of prostate/kidney/ureter/bladder; minimally invasive surgery; laparoscopic surgery.

Nicholas L. Constantinople
3301 New Mexico Ave., NW; 202-364-3434.
Special interest in prostate cancer, kidney stones.

Spencer K. Craven
9420 Key West Ave., Rockville; 301-258-1919. Also Bethesda.

Tanya Dzintra Davis
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Special interest in urogynecology.

Pratik S. Desai
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Special interest in urologic oncology.

Edward F. Dunne Jr.
3301 New Mexico Ave., NW; 202-364-3434.

Mary C. Dupont
5530 Wisconsin Ave., Chevy Chase; 301-654-5530.

Gary S. Friedlander
9420 Key West Ave., Rockville; 301-258-1919.
Special interest in kidney stones; prostate/bladder cancer; microsurgery vasectomy reversal.

Ellen R. Goldmark
9420 Key West Ave., Rockville; 301-258-1919.
Special interest in kidney stones, vasectomy, gross hematuria.

Mohit Gupta
1133 21st St., NW; 202-416-2000.

Ryan A. Hankins
1133 21st St., NW; 202-416-2000. Also Northwest DC, Chevy Chase, McLean.
Special interest in robotic surgery, enlarged prostate, erectile dysfunction.

Christina P. Ho
111 Michigan Ave., NW; 888-884-2327. Also Fairfax. Pediatrics.

Brett Fishburn Holt
8081 Innovation Park Dr., Fairfax; 571-472-7040.
Special interest in BPH, kidney stones, prostate cancer.

Charlotte Houston
3475 N. Beauregard St., Alexandria; 703-506-8590.

Jonathan J. Hwang
110 Irving St., NW; 202-877-7011. Also Northwest DC.

Thomas William Jarrett
5215 Loughboro Rd., NW; 410-955-6100.
Special interest in minimally invasive surgery.

Andrew B. Joel
1851 N. George Mason Dr., Arlington; 703-717-4200.
Special interest in urologic cancer, enlarged prostate, kidney stones.

Roy George Joseph
10215 Fernwood Rd., Bethesda; 301-943-5082. Also Chevy Chase.
Special interest in robotic urologic surgery for kidney and prostate cancer; treatment of stone disease; erectile dysfunction and infertility.

Priyanka Kancherla
9420 Key West Ave., Rockville; 301-258-1919. Also Bethesda.

Neil S. Kansal
655 Watkins Mill Rd., Gaithersburg; 800-777-7904.

Kinnari R. Kennedy
19415 Deerfield Ave., Lansdowne; 703-724-1195. Also Reston, Dulles.

Timothy J. Kim
8008 Westpark Dr., McLean; 800-777-7904.
Special interest in urologic oncology.

John B. Klein
1800 N. Beauregard St., Alexandria; 703-680-2111. Also Woodbridge.
Special interest in kidney cancer, upper-tract urothelial cancer.

Keith Kowalczyk Jr.
3800 Reservoir Rd., NW; 202-444-2000. Also Northwest DC.
Special interest in urologic oncology, robotic prostatectomy.

Ross E. Krasnow
106 Irving St., NW; 202-877-7011. Also Mitchellville, Northwest DC.

Nicholas G. Lailas
1860 Town Center Dr., Reston; 703-480-0220. Also Lansdowne.

Kai Li
13285 Minnieville Rd., Woodbridge; 800-777-7904.
Special interest in robotics, men's sexual health, BPH.

Juan P. Litvak
6410 Rockledge Dr., Bethesda; 301-530-1700.
Special interest in minimally invasive and robotic-assisted kidney surgery, laser surgery for prostate enlargement, female incontinence.

Robert M. Mordkin
1851 N. George Mason Dr., Arlington; 703-717-4200.
Special interest in robotic and laparoscopic surgery, urologic oncology.

Matthew Moynihan
8081 Innovation Park Dr., Fairfax; 571-472-7040. Also Alexandria.

Patrick W. Mufarrij
5215 Loughboro Rd., NW; 202-660-5561. Also Northwest DC.
Special interest in kidney stones.

Edmond L. Paquette
8081 Innovation Park Dr., Fairfax; 571-472-4724.
Special interest in kidney and prostate cancer, robotic surgery.

Roberto Pedraza
19851 Observation Dr., Germantown; 301-933-9660.
Special interest in kidney stones, laparoscopic kidney surgery, kidney cancer.

Hans G. Pohl
111 Michigan Ave., NW; 888-884-2327. Pediatrics.



Jonathan J. Rhee
8807 Colesville Rd., Silver Spring; 240-641-8360.

Dana C. Rice
8691 Stonewall Rd., Manassas; 571-755-9240. Also Haymarket, Manassas, Warrenton.

Lee A. Richter
12158 Central Ave., Mitchellville; 301-430-2700. Also McLean, Northwest DC.

Mark Rosenblum
6410 Rockledge Dr., Bethesda; 301-530-1700.
Special interest in urologic oncology, infertility, Peyronie's disease.

Inger L. Rosner
8081 Innovation Park Dr., Fairfax; 571-472-1180.

Rachel Rubin
4416 East-West Hwy., Bethesda; 202-888-6731.
Special interest in male and female sexual medicine, pelvic pain, menopause care.

Harry Gil Rushton Jr.
111 Michigan Ave., NW; 888-884-2327. Also Frederick, Rockville. Pediatrics.

Gregory S. Schenk
1860 Town Center Dr., Reston; 703-480-0220. Also Lansdowne.
Special interest in oncology, robotic surgery, da Vinci prostatectomy.

Rachel Selekman
111 Michigan Ave., NW; 888-884-2327. Pediatrics.

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Paul R. Shin
5215 Loughboro Rd., NW; 202-677-4720. Also Frederick, Northwest DC, Rockville.

Armine K. Smith
5215 Loughboro Rd., NW; 202-660-5561. Also Baltimore.

Lambros Stamatakis
110 Irving St., NW; 202-877-7011. Also Brandywine.
Special interest in bladder cancer, kidney cancer, urinary diversions.

Daniel Stein
2150 Pennsylvania Ave., NW; 202-741-3100. Also Bethesda.

Kathleen A. Sterling
6410 Rockledge Dr., Bethesda; 301-530-1700. Also Germantown.
Special interest in urinary incontinence, kidney stones.

Rachael D. Sussman
3800 Reservoir Rd., NW; 202-444-4922. Also Chevy Chase, Northwest DC.
Special interest in pelvic-organ prolapse, urinary incontinence, urogynecology.

Christine N. Tran
1860 Town Center Dr., Reston; 703-480-0220. Also Lansdowne, Dulles.
Special interest in minimally invasive surgery, urologic oncology.

Briony Kate Varda
111 Michigan Ave., NW; 888-884-2327. Also Northwest DC, Lanham, Rockville. Pediatrics.

Krishnan Venkatesan
106 Irving St., NW; 202-877-7011. Also Northwest DC, Mitchellville, McLean.
Special interest in urologic reconstruction, genitourinary implants, gender-affirmation surgery.

Michael Whalen
2150 Pennsylvania Ave., NW; 202-741-3100. Also Northwest DC.

Dock Winston
1221 Mercantile Ln., Largo; 800-777-7904. Also Northeast DC.
Special interest in enlarged prostate, lower urinary tract, kidney stones.

Jeffrey E. Wong
1800 N. Beauregard St., Alexandria; 703-680-2111. Also Fairfax.
Special interest in BPH, kidney stones, erectile dysfunction.

Jennifer Young
19415 Deerfield Ave., Leesburg; 703-724-1195. Also Reston, Dulles.
Special interest in da Vinci robotic prostatectomy, prostate cancer, da Vinci robotic partial and radical nephrectomy.

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Special interest in lower-extremity revascularization, limb salvage, carotid-artery disease.

Joseph C. Babrowicz Jr.
8081 Innovation Park Dr., Fairfax; 571-472-4600. Also Falls Church, Sterling.

Maseer A. Bade
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Homayoun A. Hashemi
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Special interest in dialysis.

Misaki Mikki Kiguchi
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Salim Lala
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Richard F. Neville
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Special interest in lower-extremity revascularization and amputation prevention, dialysis access.

Robert S. Podolsky
12005 Sunrise Valley Dr., Reston; 571-375-7174.
Special interest in carotid disease, aortic aneurysms, venous disease/ varicose veins.

Kyle Reynolds
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Avisesh Sahgal
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Special interest in aortic aneurysms, peripheral vascular disease, endovascular surgery.

Richard A. Silva
20410 Observation Dr., Germantown; 301-762-0277. Also Olney, Rockville, Frederick.
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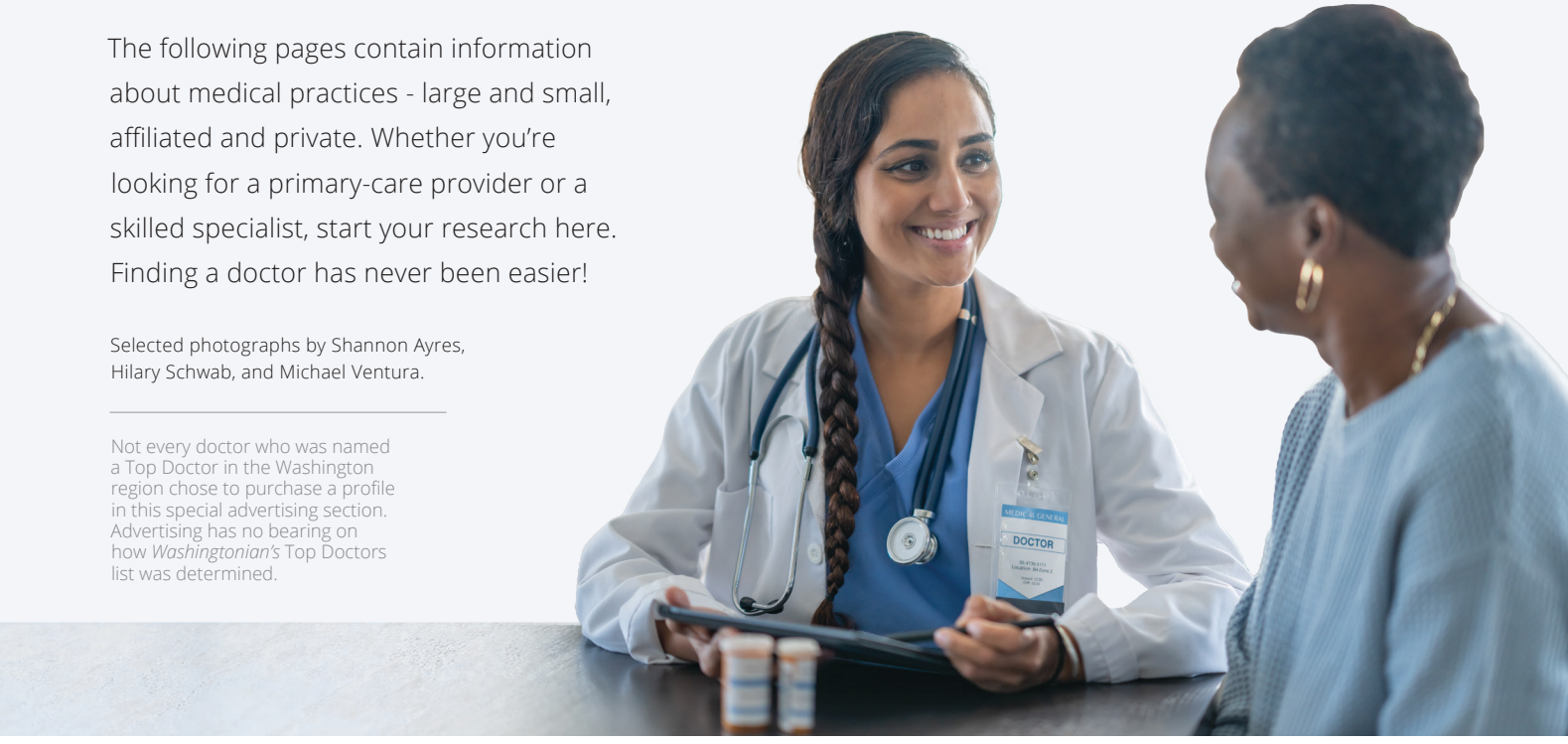
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Research begins with the patients I see every day. I want to improve their quality of life and discover better ways to diagnose and treat the conditions that affect them.

As a dermatologist and Mohs surgeon, I see what today's treatments can accomplish and where medical science can help us find better answers.

Since medical school, research has been an important part of my career. At my Chevy Chase practice, I develop and lead studies as principal investigator, exploring ways to detect skin cancer without a surgical biopsy, improve treatment outcomes and support faster healing. My research also explores red light therapy for photoaging, hair loss and wound healing. Patients who participate are essential partners, helping us determine which new approaches are effective and how they might improve everyday care.

I founded the **Dermatologic Surgery Center of Washington** in 2003 to bring expert, compassionate care to the community where I grew up. Today, our team provides comprehensive medical, surgical and cosmetic dermatology, with particular expertise in skin cancer detection and treatment.

Serving on the **American Academy of Dermatology Board of Directors** and teaching as a **Clinical Professor at Georgetown University School of Medicine** allow me to help shape our specialty's future. I am honored to have been recognized as a ***Washingtonian* Top Doctor every year since 2008.**

After more than two decades in practice, those patients continue to inspire me to ask better questions, seek better treatments and bring what we learn back to the exam room.



SPECIALIZATION

Mohs Micrographic Surgery, Dermatologic and Laser Surgery, Skin Cancer Detection and Treatment, Adult and Pediatric Medical Dermatology, Cosmetic Skin Rejuvenation, Botox, Fillers

DESIGNATIONS, AFFILIATIONS, AND AWARDS

- Member, Board of Directors, American Academy of Dermatology (2026 – 2030)
- Clinical Professor, Georgetown University School of Medicine
- Fellow, American Society of Laser Medicine and Surgery
- Fellow, American College of Mohs Surgery
- Past President, Washington DC Dermatological Society
- *Washingtonian* "Top Doctor" since 2008

Dermatologic Surgery Center of Washington
5530 Wisconsin Avenue, Suite 820, Chevy Chase, MD 20815
301.652.8081 | Twitter / Facebook / Instagram: DrMaralSkelsey
Mohs-MD.com

James M. Economides,
MD, FACS

Top Doctor 2026 | Plastic Surgery

IKON PLASTIC SURGERY

Dr. James M. Economides, MD, FACS, is a board-certified plastic surgeon specializing in deep plane facelift and neck lift surgery in the Washington, DC, area. At Ikon Plastic Surgery and Medical Aesthetics in Chevy Chase, Maryland, he combines anatomical precision and an individualized aesthetic approach to facial rejuvenation with a commitment to patient safety.

His philosophy is straightforward: a beautiful facelift should help you look refreshed, refined, and unmistakably yourself. With the deep plane facelift, Dr. Economides addresses the deeper facial tissues responsible for cheek descent, jowls, and loss of jawline definition. Treatment planning considers the face and neck together, with attention to proportion, expression, and the features that make each patient distinctive.

A graduate of Georgetown University School of Medicine, Dr. Economides also completed his integrated plastic surgery residency at Georgetown University Hospital. His academic contributions include more than 40 peer-reviewed publications and textbook chapters, presentations at national and international conferences, and mentorship of medical students and plastic surgery residents.

For comprehensive facial rejuvenation, he often combines facelift and neck lift surgery with upper or lower blepharoplasty, brow lift, or facial fat transfer when appropriate. Each recommendation follows a personal evaluation of anatomy, goals, medical history, and recovery considerations.

At Ikon, Dr. Economides personally guides patients from consultation through recovery. The experience emphasizes thoughtful education, candid recommendations, and attentive follow-up within a private, boutique setting.

Located in Friendship Heights, Ikon welcomes patients from Washington, DC, Bethesda, Potomac, Chevy Chase, Arlington, McLean, and throughout Northern Virginia. For those considering facelift surgery, Dr. Economides offers a focused approach grounded in surgical expertise, natural facial harmony, and personal attention at every stage of the surgical journey.



SPECIALIZATION

Deep plane facelift, neck lift, facial rejuvenation, blepharoplasty, brow lift, facial fat transfer, aesthetic breast and body surgery, laser skin resurfacing, and complementary nonsurgical treatments, with personalized planning to preserve natural expression and identity.

DESIGNATIONS, AFFILIATIONS, AND AWARDS

American Board of Plastic Surgery certified; Fellow of the American College of Surgeons. Georgetown University medical degree and plastic surgery residency. Member, American Society of Plastic Surgeons and The Aesthetic Society; Executive Committee, National Capital Society of Plastic Surgeons; Georgetown Clinical Society President. National and international lecturer; Peer-reviewer, Plastic and Reconstructive Surgery Journal.

2 Wisconsin Circle, Ste 615
Chevy Chase, MD 20815
301.579.7698
ikonplasticsurgery.com



CloseKnit Primary Care

Top Doctor 2026 | Primary Care

PRIMARY CARE, WOVEN AROUND YOU

CloseKnit Primary Care is proud to care for DC, Maryland, and Virginia with over 40 locations and 160 providers. This year, we celebrate **Madan Bangalore, MD**, and **Mindi Cohen, DO**, as *Washingtonian* Top Doctors. Their commitment to patients and our communities is what makes CloseKnit special - because we believe the best care starts with something simple: a doctor who listens. For one of our honorees, Mindi Cohen, DO, this recognition is a fitting celebration of an extraordinary 25-year career caring for patients throughout the Washington area. Today, she continues that commitment as a leader within our practice, ensuring that her experience and values continue to shape how we show up for our patients. Across the DMV, CloseKnit providers are making high-quality healthcare more accessible and personal. We're here for the everyday moments that keep you healthy, from wellness visits and preventive screenings to questions about new health concerns or support managing ongoing conditions. We know that primary care is more than just an appointment. It's about having a Care Team that knows you, understands your health goals, and helps you make informed decisions along the way. That's the kind of care our *Washingtonian* Top Doctors represent, and it's the standard our teams deliver across every location and every patient interaction. To our recognized physicians, congratulations on this well-deserved honor. And to all our providers and team members, thank you for helping us build healthier communities through care that is convenient, compassionate, and woven around the people we serve. **Convenient Locations. Trusted doctors. This is Primary Care, woven around you.** To find a provider and location near you, visit www.closeknit.com.

SPECIALIZATION

Primary care, internal medicine, family medicine, endocrinology, rheumatology, nephrology, weight management, behavioral health

Accepting new patients

Scan to book your appointment

20410 Observation Dr, Suite 210
Germantown, MD 20876
closeknit.com



Navin Singh, MD, FACS

Top Doctor 2026 | Plastic Surgery

WASHINGTONIAN PLASTIC SURGERY

Dr. Navin Singh's award-winning artistic approach and customized treatment options ensure beautiful results that exceed patient expectations. With prestigious credentials from Brown and Harvard, Dr. Singh has also served as the director for cosmetic surgery at Johns Hopkins University School of Medicine and is currently the Chief of plastic surgery at INOVA Loudoun Hospital. He has multifaceted involvement in the medical field, holding dual-board certifications, authoring multiple publications, lecturing medical professionals nationally, and serving as a board examiner for both the American Board of Plastic Surgery and American Board of Facial Plastic and Reconstructive Surgery.

The atmosphere of his practice provides a sense of comfort and compassion throughout your journey, striving to give you an emotionally positive and life changing experience. Dr. Singh values your aesthetic goals and offers clarity to determine which procedures are right for you. When you're ready, his patient coordinators will diligently work with you to accommodate your busy schedule.

With over 25 years of experience, Dr. Singh continues to uphold his commitment in delivering outstanding results through his surgical expertise and compassionate care. Dr. Singh specializes in deep plane face and neck lifts, mommy makeovers, tummy tucks, breast enhancement, gynecomastia, body contouring (lipo/fat grafting), lasers, and injectables. His awards, designations and affilitaions include *Washingtonian* Top Doctor, 2009-2026; *US News & World Report* Top 1% of Doctors in the USA; Educated at Brown, Harvard, and Johns Hopkins; Dual Board Certified.

SPECIALIZATION

Deep Plane Face and Neck Lifts, Mommy Makeovers, Tummy Tucks, Breast Enhancement, Gynecomastia, Body Contouring (lipo/fat grafting), Lasers & Injectables

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Doctor, 2009-2026; *US News & World Report* Top 1% of Doctors in the USA; Educated at Brown, Harvard, and Johns Hopkins; Dual Board Certified

7601 Lewinsville Road, Suite 200
McLean, VA 22102
703.345.4377
Instagram: @navinsingh.md
WashPS.com



Photo: Christian Phillips

Sara Hogan, MD , FAAD

Top Doctor 2026 | Dermatology

COSMEDICA DERMATOLOGY

Dr. Sara Hogan is a board-certified, fellowship-trained cosmetic dermatologist and founder of Cosmedica Dermatology in Washington, DC. A Washington-area native, Dr. Hogan has built a practice known for its individualized approach to cosmetic and medical dermatology. Dr. Hogan completed her internship and dermatology residency at the Cleveland Clinic Foundation, followed by fellowship training in cosmetic, laser, and dermatologic surgery at SkinCare Physicians in Chestnut Hill, Massachusetts, the longest-established program of its kind in the United States. She is Assistant Clinical Professor of Dermatology at The George Washington University School of Medicine and Health Sciences and has held academic and clinical leadership roles at UCLA Dermatology and the Washington, DC Veterans Affairs Medical Center. Her practice focuses on the comprehensive treatment of facial aging, pigmentation and redness, skin texture and tone, acne scarring and other scars, cellulite, and unwanted fat. Drawing on expertise across injectables, lasers and energy-based devices, resurfacing, skin tightening, scar revision, and minimally invasive body procedures, Dr. Hogan selects and combines treatment strategies based on each patient's anatomy, concerns, and goals. Beyond her clinical practice, Dr. Hogan has authored more than 50 peer-reviewed articles and textbook chapters, conducts clinical research, and lectures nationally and internationally on cosmetic and procedural dermatology. She also brings a health-policy perspective to aesthetic medicine: Dr. Hogan holds a graduate degree in health policy from Johns Hopkins University, previously worked in health services research, and is an expert on US cosmetic procedure safety and regulation. This breadth of clinical, academic, research, and policy experience informs the evidence-based and considered care she provides at Cosmedica.

SPECIALIZATION

Cosmetic and Medical Dermatology; Injectables; Laser and Energy-Based Procedures; Skin Resurfacing; Skin Tightening; Body Contouring; Cellulite Reduction; Acne-Scar Treatment; Hyperpigmentation; Scar Revision

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Doctor; *Castle Connolly* Top Doctor; *Castle Connolly* Exceptional Women in Medicine; *DC Modern Luxury* Best Dermatologist - DC; Assistant Clinical Professor of Dermatology, The George Washington University School of Medicine and Health Sciences; Fellow, American Academy of Dermatology; American Society for Dermatologic Surgery; American Society for Laser Medicine and Surgery; Board Member and Chair, Private Practice Physicians Section, Medical Society of the District of Columbia; Adjunct Associate Professor of Dermatology, University of Global Health Equity, Butaro, Rwanda

1250 23rd Street NW, Suite 410
Washington, DC 20037
202.796.8886 | **CosmedicaDermatology.com**



Back Row (L-R): Rebekah Kim, MD / Lawrence Stern, MD / John Tillou, MD / Timothy Plerhoples, MD / Elizabeth York, PA-C / Cecilia Lynn, FNP-BC. Front Row (L-R): Caroline Sanchez, MD / Katherine Khalifeh, MD / Kimberly Matzie, MD / Christina Cheng, MD / Anna Kata, MD / Sydney Beache, MD.

Fairfax Colon & Rectal Surgery

Top Doctor 2026 | Colorectal Surgery

FELLOWSHIP TRAINED COLORECTAL SURGEONS

40 YEARS OF SPECIALIZED COLORECTAL CARE

Since 1984, our Fellowship-Trained, Board-Certified Colorectal Surgeons have been dedicated exclusively to the diagnosis and treatment of diseases of the colon, rectum, and anus. Our patient-centered approach has allowed Fairfax Colon & Rectal Surgery to grow into the largest independent, single-specialty colorectal surgery group in the DMV. We continue to invest in the future of colorectal care.

Coming soon, we will move into a new, purpose-designed facility in Falls Church, created specifically around the needs of our colorectal patients. The new facility will feature expanded clinical space and a newly designed Fairfax Colon & Rectal Surgical Center, enhancing our ability to provide specialized, efficient, and personalized care.

Our surgeons provide comprehensive treatment across the full spectrum of colorectal disease from common anorectal conditions and pelvic floor disorders to inflammatory bowel disease and colorectal cancer. When surgery is necessary, we offer advanced robotic, laparoscopic, and minimally invasive techniques tailored to each patient.

With five locations throughout Northern Virginia, same-day and next-day appointments, and more than four decades devoted exclusively to colorectal surgery, our commitment remains the same: Providing exceptional colorectal care close to home.

SPECIALIZATION

Colon/Rectal/Anal Cancer, Diverticulitis, Ulcerative Colitis, Crohn's Disease, Hemorrhoids, Rectal Bleeding, Rectal Prolapse, Anal Abscess/Fistulas, Fissures, Anal Pain, Anal Itching, Pelvic Floor Disorders

DESIGNATIONS, AFFILIATIONS, and AWARDS

Fellowship Trained Colorectal Surgeons
Board Certified Colorectal Surgeons
Top Doctors, *Washingtonian*
Top Doctors, *Northern Virginia Magazine*
Top Doctors, *Arlington Magazine*

2710 Prosperity Avenue, Suite 200, Fairfax, VA
3700 Joseph Siewick Drive, Suite 202, Fairfax, VA
1800 N. Beauregard Street, Suite 310, Alexandria, VA
44055 Riverside Parkway, Suite 102, Lansdowne, VA
7051 Heathcote Village Way, Suite 135, Gainesville, VA
Coming Soon: 2735 Hartland Rd, Falls Church, VA

703.280.2841
fairfaxcolorectal.com

Vipul Mangal, MD

Top Doctor 2026 | Orthopedics

PRECISION ORTHOPEDICS & SPORTS MEDICINE

Dr. Vipul Mangal, Precision Orthopedics & Sports Medicine's Chief Executive Officer, is one of the country's leading interventional pain management physicians, specializing in minimally invasive spine interventions. He earned his medical degree and completed his anesthesiology residency at Rush University in Chicago, followed by fellowship training in pain management at the University of Virginia School of Medicine. Board-certified in pain management and anesthesiology, Dr. Mangal is a leading pioneer and innovator in spinal cord stimulation and intrathecal pain pumps.

A key opinion leader in interventional pain management, Dr. Mangal has published several peer-reviewed articles and is an active member of the American Society of Anesthesiologists and the American Society of Pain and Neuroscience. Dr. Mangal's commitment to advanced care is part of a broader mission at Precision Orthopedics & Sports Medicine to make specialized care more accessible. Founded in 2012, Precision has grown to 18 locations across Maryland and Northern Virginia, including 13 clinics, two outpatient surgery centers, and three physical therapy locations, with a new clinic opening in North Bethesda in early 2027.

Precision brings fellowship-trained, board-certified specialists to communities where patients might otherwise travel farther for specialty care or face limitations based on insurance coverage. Patients can access world-class orthopedic care across multiple subspecialties, with surgery and follow-up available within the same practice. Precision accepts most major insurance plans, including Medicare, Medicaid, and workers' compensation, making specialized care more accessible to patients in their own communities.



SPECIALIZATION

Neuromodulation (spinal cord & peripheral nerve stimulation), Intrathecal pain pumps, Minimally invasive lumbar fusion, Basivertebral nerve ablation, MILD® lumbar decompression, SI joint fusion

DESIGNATIONS, AFFILIATIONS, AND AWARDS

- Board Certified Anesthesiologist and Pain management physician
- Member, American Society of Anesthesiologists
- Member, American Society of Pain and Neuroscience
- *Northern Virginia Magazine* Top Doctor, 2015-2019
- Key opinion leader for pain management

16 North La Plata Court, La Plata, MD 20646
301.392.3330
precisionorthomd.com



Melda Isaac, MD

Top Doctor 2026 | Dermatology

MI SKIN DERMATOLOGY CENTER

Melda Isaac, MD, the founder and director of MI Skin Dermatology and Laser Center, is a board certified dermatologist who is welcoming new patients. Dr. Isaac and her highly experienced team strive to provide excellent, compassionate care in both medical and cosmetic dermatology. MI Skin Dermatology offers the latest in aesthetic treatments using state of the art lasers and devices to treat sun damage, wrinkles, and laxity in addition to treating acne, acne scarring, rosacea, skin cancer and hair loss.

Treatments also include minimally invasive body treatments as well as regenerative injectables Sculptra and Radiesse that address skin laxity and texture changes associated with weight loss. Dr. Isaac is repeatedly recognized as an artistic injector using all neurotoxins, fillers and threads to strategically sculpt patients' faces, neck and bodies while accentuating their natural contours.

Dr. Isaac is an expert in customizing and combing dermatological therapies to fit individual patient needs while demanding natural looking results. Dr. Isaac is proud to be recognized as *Washingtonian's* Top Docs.

SPECIALIZATION

Combining minimally invasive dermatological treatments including Botox, fillers, thread lift treatments with lasers and energy-based devices for natural, total skin rejuvenation of face and body.

DESIGNATIONS, AFFILIATIONS, and AWARDS

American Academy of Dermatology
American Board of Dermatology
American Society for Dermatological Surgery

1133 21st Street NW, Suite 450
Lafayette Centre Bldg #2
Washington, DC 20036
202.393.7546
mi-skin.com



Left to Right: Dr. Jazini, Dr. Nguyen, Dr. Bharara, Dr. Good, Dr. Akkerman, Dr. Mehta, Dr. Haines, Dr. Upfill-Brown

VSI® | Spine Solutions

Top Doctor 2026 | Spine Orthopedics

THE ULTIMATE CHOICE FOR ULTIMATE SPINE SOLUTIONS®

For more than three decades, VSI has been the region's trusted destination for patients seeking relief from neck and back pain. Founded in 1992 in Reston, Virginia, VSI has expanded into a premier independent spine center, built on a simple mission: giving patients a personalized path back to the life they love.

What sets VSI apart is its comprehensive, all-under-one-roof model. Rather than bouncing between specialists, patients have access to a full spectrum of spine care, from minimally invasive surgical options like disc replacement, spinal fusion, and hybrid spine surgery to non-surgical solutions including regenerative medicine, spine-specialized physical therapy, and neurology. This modern approach gives patients the convenience of coordinated care and customized treatment plans that reflect their unique anatomy, lifestyle, and goals.

That same philosophy extends beyond the operating room through VSI's trademarked Recovery Revolution™ movement. VSI's healing ecosystem supports patients with a unified team of surgeons, therapists, and recovery specialists who collaborate seamlessly to prepare and guide them through their treatment journey, from preoperative to postoperative care. The result is a faster, fuller return to the life patients are seeking to reclaim.

VSI's surgeons are also at the forefront of innovation, recently performing the world's first spine surgery using the most advanced robotic system: Stealth AXiS™ Autopilot. Since opening its doors, VSI has helped more than 100,000 patients move, work, and play without pain: athletes back on the field, parents back on the floor with their kids, and professionals back to their livelihood. With the blend of expertise, innovation, and genuine care, VSI's physicians consistently earn recognition as *Washingtonian* Top Doctors, year after year.

SPECIALIZATION

Customized surgical & non-surgical spine solutions: minimally invasive spinal fusion, motion-preserving disc replacement, combining fusion and disc replacement in one individualized procedure, stem cell therapy, PRP, spine-specialized physical therapy, enhanced recovery

DESIGNATIONS and AWARDS

Washingtonian Top Doctors, *Washingtonian* Top Doctors Hall of Fame, Castle Connolly Top 7% of Physicians Nationwide, Top 50 Spine Surgeons in the Nation, *Modern Luxury DC* Top Spine Surgeons, *Washingtonian* Face of Regenerative Medicine

11800 Sunrise Valley Drive
Reston, Virginia 20191
703.991.2902
VSIspine.com



Plastic Surgery Institute of Washington

Top Doctor 2026 | Plastic Surgery

DOUGLAS FORMAN, MD; KATHY HUANG, MD; AND DANIEL TRAN, MD

At the Plastic Surgery Institute of Washington (PSIW), exceptional care begins with understanding you. Our philosophy, "You, But Better", is about enhancing what makes each patient uniquely themselves through personalized care and natural, authentic results. Board-certified Plastic Surgeons Dr. Douglas Forman, Dr. Kathy Huang, and Facial Plastic Surgeon Dr. Daniel Tran bring artistry, precision, and extensive experience to a comprehensive range of surgical procedures. From your first consultation through recovery, our team provides attentive care designed around your goals, comfort, and confidence. At the heart of PSIW is an unwavering commitment to safety. Our fully accredited, on-site surgical center is approved by AAAHC and Medicare and supported by board-certified anesthesiologists, allowing patients to undergo procedures in a private, state-of-the-art setting with the highest standards of care. For those seeking nonsurgical options, The MedSpa at PSIW brings the same personalized approach to facial and body rejuvenation. Our experienced aesthetic providers combine advanced technology, injectables, skincare, and proven treatment techniques to refine and preserve the features that make you unique. Close collaboration between our surgical and aesthetic teams allows us to create thoughtful, individualized treatment plans that evolve with each patient. Whether you're considering surgery, exploring aesthetic treatments, or simply beginning the conversation, PSIW welcomes you. Whatever your journey, our goal remains the same: Helping you look and feel like the best version of yourself. You, But Better.

SPECIALIZATION

FACIAL REJUVENATION Facelift, Deep Plane Facelift, Necklift, Eyelid & Brow Lift, Rhinoplasty, Rhinoplasty Revision, Hair Transplant; **BREAST SURGERY** Augmentation, Lift, Reduction, Reconstruction, Revisions; **BODY CONTOURING**, Mommy Makeover, Gynecomastia, Post Weight Loss, Vaser Liposuction, Tummy Tuck, Labiaplasty; **NON SURGICAL** AlloClae, Avéli Cellulite Treatments, Botox®, Chemical Peels, Sciton® Laser Resurfacing, Fillers, Microneedling, Hair Restoration, HydraFacial MD®, IPL, Laser Hair Removal, Lymphatic Massage

DESIGNATIONS, AFFILIATIONS, and AWARDS

Top Doctors – *Washingtonian*, 2005 to Present; Top Doctors – *Bethesda Magazine*; America's Best Plastic Surgeons - *Newsweek Magazine*; Best Cosmetic Surgeon – *Bethesda Magazine*; Best Medical Aesthetics Practice/Place – *Bethesda Magazine*; Best Breast Augmentation - *DC Modern Luxury Magazine*; American Board of Plastic Surgery; American Society of Plastic Surgeons; American Society for Aesthetic Plastic Surgery

11210 Old Georgetown Rd, North Bethesda, MD
Follow us on Instagram @dcplasticsurg
240.979.9098 | **plasticsurgerynow.com**



Lisa Alford, MD; Kamran Saraf, MD; Hei Jin Chung, MD; Tamara Green, MD

Vein Treatment Clinic

Top Doctor 2026 | Vein Care

BOARD-CERTIFIED VEIN SPECIALISTS · MARYLAND & VIRGINIA

You'd be surprised how many people accept daily leg discomfort as normal — the heaviness by evening, the swelling, the aching, the veins they've stopped wearing shorts to hide. Almost none of it has to be permanent. At Vein Treatment Clinic, veins are all we do, and that focus changes everything. Every treatment is minimally invasive, image-guided, and performed right in our office — no hospital, no general anesthesia, no long recovery. Most patients are back to their normal day within hours, often the same afternoon they're treated. Bulging varicose veins and fine spider veins are usually surface signs of something deeper: chronic venous insufficiency, where the valves inside the veins stop moving blood the way they should. Using advanced duplex ultrasound, we map the problem precisely, then treat it at the source with radiofrequency ablation, sclerotherapy, and other proven techniques — so results last a lifetime and symptoms don't simply return. With more than 20 years of experience and thousands of procedures behind us, our board-certified specialists offer the one thing that matters most: judgment. We recommend only what patients need, explain every option in plain language, and verify your insurance before you begin — because most treatments are covered by insurance, and patients know that up front. Patients notice the difference, and our five-star reviews show it; the words that surface again and again are "thorough," "kind," and "wish I'd done this sooner." This year, *Washingtonian* named Dr. Kamran Saraf a Top Doctor for 2026 — the latest recognition in a career built on treating people, not just symptoms. Lighter legs. Better circulation. Renewed confidence. It starts with one conversation — in Maryland or Virginia, close to home.

SPECIALIZATION

Chronic venous insufficiency, varicose veins, spider veins — plus the symptoms they cause: leg heaviness, swelling, cramping, aching or restless legs, skin changes, and venous ulcers. Diagnosed by duplex ultrasound and treated with minimally invasive, in-office procedures.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Doctor, 2026
DC Modern Luxury Top Doctor 2026
Bethesda Magazine Top Doctor, 2025
Castle Connolly Top Doctor, 2021–2024
Patient's Choice & Most Compassionate Doctor Awards

"My legs look and feel great — I wish I'd done this sooner."
— Verified patient review

20+ year's experience
English, Farsi, Korean, Portuguese, and Spanish
Bethesda · Bowie · Maple Lawn (Fulton), MD · Reston, VA
1.877.880.8320 | IG: @veintreatmentclinic
veintreatmentclinic.com



SkinDC

Top Doctor 2026 | Dermatology

TERRENCE KEANEY, MD, FAAD, AND LINA NAGA, MD, FAAD

Located in the heart of Arlington, VA, SkinDC is a premier dermatology practice led by board-certified dermatologists Drs. Terrence Keaney and Lina Naga. As co-founders of SkinDC, they lead a nationally recognized team delivering comprehensive, scientifically grounded dermatologic care.

Dr. Terrence Keaney, an internationally celebrated expert in laser treatments, cosmetic dermatology, and hair restoration, drives cutting-edge care through his role as a clinical researcher and educator. Dr. Lina Naga specializes in cosmetic dermatology, emphasizing a preventative approach driven by medical expertise to achieve beautiful, natural-looking outcomes. Her artistic background informs her meticulous attention to detail. Together, they blend medical excellence with innovative vision to deliver outstanding, evidence-based care at every stage of life.

SkinDC is honored as a Castle Connolly Center of Excellence, recognizing its leadership in advanced dermatologic care. Since 2017, SkinDC has transformed the lives of over 45,000 Washingtonians with 50+ high-tech treatments, including facial aesthetics, laser surgery, hair restoration, body contouring and aesthetically managed weight loss. With over a decade of conducting groundbreaking clinical research studies, SkinDC stays at the forefront of innovation, delivering personalized, compassionate care backed by the latest technology.

Instagram: @drlinanaga @drtkeaney @skindc

SPECIALIZATION

Cosmetic and Medical Dermatology, Anti-Aging, Skincare, Injectables, Skin Tightening, Laser Resurfacing, Laser Tattoo Removal, Laser Hair Removal, Hair Restoration, Hair Transplantation, Body Contouring, Aesthetically Managed Weight Loss

DESIGNATIONS, AFFILIATIONS, and AWARDS

Lina Naga, MD, FAAD: *Washingtonian* Top Doctor; Castle Connolly Top Doctor

Terrence Keaney, MD, FAAD: *Washingtonian* Top Doctor; Castle Connolly Top Doctor; Associate Clinical Professor, GWU

SkinDC: Castle Connolly Center of Excellence

1525 Wilson Boulevard, Suites 100 & 125
Arlington, VA 22209
703.966.7127
skindcderm.com



Washington Brain & Spine Institute

Top Doctor 2026 | Neurosurgery & Neurology

LEADERS IN NEUROSCIENCE CARE

For more than 20 years, Washington Brain & Spine Institute (WBSI) has been recognized in Top Docs for expertise in neurosurgery, spine care, neurovascular treatment, and movement disorders. With locations in Frederick, Rockville, Silver Spring, and Virginia, WBSI serves the Washington metropolitan region. Our board-certified, fellowship-trained physicians pair advanced knowledge with a patient-first philosophy, ensuring patients understand diagnoses and treatment options. WBSI's physicians are clinicians, educators, and innovators who train residents and advance clinical neuroscience. Dr. Levine brings over two decades of experience in Deep Brain Stimulation, Focused Ultrasound, neuro-oncology, cranial base, and spinal surgery. Dr. Rhee specializes in complex and minimally invasive spine surgery and is an instructor in the field. Dr. Herzig offers expertise in cranial and spinal surgery and leads national neurosurgery board review courses. Dr. Tai is fellowship trained in cranial base and cerebrovascular surgery. Dr. Daggubati is fellowship trained in neurosurgical oncology and specializes in minimally invasive cranial and spinal surgery, including advanced laser and endoscopic techniques. Dr. Ellenstein, who specializes in Parkinson's Disease and movement disorders, also serves on the medical advisory board of the Parkinson Foundation of the National Capital Area. WBSI also offers comprehensive physical therapy led by Doctors of Physical Therapy Heather Doyle and Josannah Rosario. By coordinating rehabilitation, the team supports patients from initial evaluation and treatment through recovery, providing a seamless continuum of care for neurosurgical and spine needs. At WBSI, our mission is simple: deliver exceptional, compassionate, and innovative care to every patient we serve.

SPECIALIZATION

Complex and minimally invasive spinal surgery, Herniated disks, Spinal stenosis, Brain surgery, Deep brain stimulation, Epilepsy surgery, Pituitary tumors, Tremor, Brain and spinal tumors, scoliosis, Aneurysms, Stroke, AVMS, Parkinson's Disease, Essential Tremor, Dystonia

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Doctors 2005-2026, Adventist HealthCare, Holy Cross Health, Suburban Hospital, Privia Medical Group, Virginia Hospital Center, Frederick Health Hospital, GW Hospital and Reston Hospital

Academic appointments and affiliations with Metropolitan DC area medical centers

WBSI is dedicated to providing comprehensive, sophisticated care in our community.

3202 Tower Oaks Boulevard, Suite 100
Rockville, MD 20852
301.718.9611
brainsurgery.com

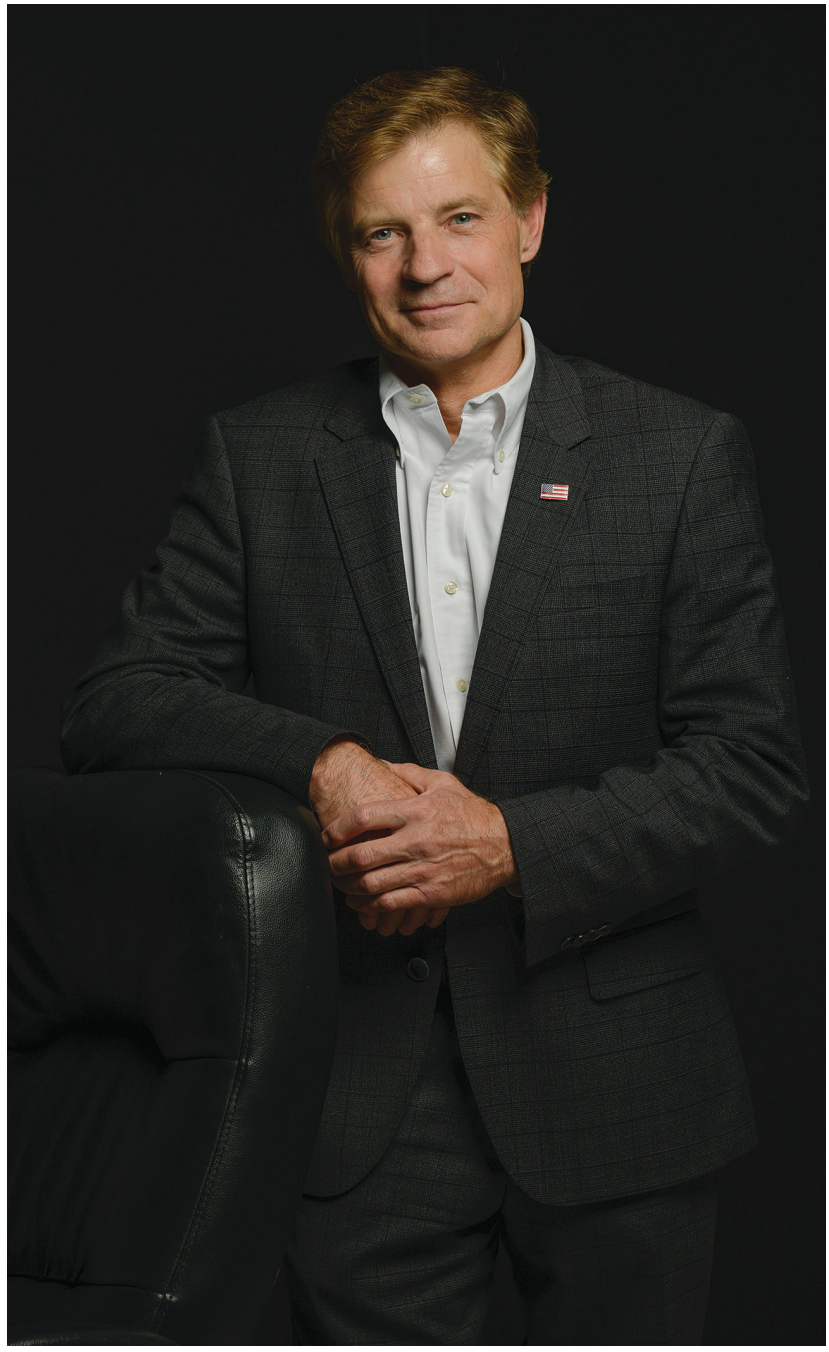
John Essepian III, MD

Top Doctor 2026 | Ophthalmology

EYE PHYSICIANS & SURGEONS INC

John Essepian III, MD, has been happily serving Northern Virginia for over 30 years and has performed over 30,000 surgical procedures. Educated at Georgetown University and Johns Hopkins University, he is board certified by the American Board of Ophthalmology. He is a pioneer in ophthalmology, being the first surgeon to perform partial thickness corneal transplants (DSAEK), as well as laser-assisted cataract surgery in Northern Virginia. Dr. Essepian has authored more than 50 scientific publications and presentations, featured in TIME magazine for his advancement of LASIK procedures, and is the doctor trusted most by the United States Military for refractive surgery. He served as president of Northern Virginia Academy of Ophthalmology and is currently co-Medical Director of Northern Virginia Eye Surgery Center in Fairfax, Virginia. Dr. Essepian is an accomplished corneal specialist and cataract surgeon and has rightfully earned the title of the area's top doctor, year after year, given to him by numerous peer reviewed publications.

Eye Physicians and Surgeons provides full service medical eye care, routine vision services, and optical dispensaries. We now offer advanced diagnostic equipment and the latest treatments including Lipiflow, which is a state-of-the-art in-office treatment for dry eyes. In addition to Dr. Essepian, Dr. Justin Kim, who is a Glaucoma Fellowship trained ophthalmologist, treats Glaucoma with the latest medical and surgical treatment. We also have entrusted our staffed optometrist, Dr. Tarek Khalil, whom provides comprehensive eye care with an emphasis on dry eye evaluations and treatment, medically necessary contact lens exams, and other ocular diseases. Eye Physicians and Surgeons invite you to experience friendly and skilled eye care trusted by thousands of patients over the past three decades.



SPECIALIZATION

Cataract, Cornea, Diseases and Surgery of the Eye, Dry Eye, Primary Eye Care

DESIGNATIONS, AFFILIATIONS, AND AWARDS

Fellow, American Academy of Ophthalmology; Board Certified, American Board of Ophthalmology; Consultant to the Army Surgeon General for LASIK Surgery; Previous President, Northern Virginia Academy of Ophthalmology; Previous Clinical Instructor, Johns Hopkins Wilmer Eye Institute; Assistant Clinical Professor, Georgetown University Center for Sight

3031 Javier Road, Suite 300, Fairfax, VA 22031
Office: 703.698.8880
5249 Duke Street, Suite 5255, Alexandria, VA 22304
Office: 703.823.5205
www.EyePhys.com



Benjamin Stein, MD

Top Doctor 2026 | Orthopedics

DC ORTHOPEDICS

You deserve an orthopedic care experience that gets you back to your life quicker… where you feel heard… where you get the dedicated time with your provider you need to have confidence in your care plan moving forward. That's why I created DC Orthopedics. To deliver modernized orthopedic care directly to you, the patient — with no one in the middle.

We take the time to listen carefully, to understand your goals and lifestyle, and to thoughtfully discuss treatment options and guide important decisions without feeling rushed. By building an independent, physician-led practice, we can focus entirely on what matters most — providing highly personalized orthopedic care with direct physician access, transparent communication, and the attention you deserve.

Whether you are exploring treatment options, recovering from an injury, or considering surgery, my commitment is simple: to provide the expertise, accessibility, and individualized care I would want for my own family.

SPECIALIZATION

Dr. Stein's practice spans the full spectrum of orthopedic care — comprehensive non-surgical expertise from head to toe, grounded in his Johns Hopkins training — with sub-specialized surgical expertise in sports-related, traumatic, and elective reconstructive surgery of the foot and ankle.

DESIGNATIONS, AFFILIATIONS, AND AWARDS

He is affiliated with Johns Hopkins Sibley Memorial Hospital and Suburban Hospital and has been recognized as a Top Doctor by *Washingtonian* magazine, Castle Connolly, and *Northern Virginia Magazine* for over ten years running, in both general orthopedics and as a foot and ankle specialist.

5530 Wisconsin Avenue, Suite 1149
Chevy Chase, MD, 20815
301.968.6660
dcorthopedics.com



Drs. Lily Joseph, Tara Mamdouhi, Jonathan Extein, Joanna Sexter, Caroline Van Vleck, David Jeong and Jessica Long

Spring Valley Pediatrics, Allergy, Immunology, and Psychiatry

Top Doctor 2026 | Pediatrics

WASHINGTON'S PREMIER PEDIATRIC PRACTICE

OPEN 365 DAYS A YEAR, AVAILABILE 24/7

For generations, Spring Valley Pediatrics has been committed to providing exceptional, personalized care for children from newborns through young adulthood. What makes the practice so special is the continuity and personal connection—families know their pediatrician, and their pediatrician knows them because you always see your same doctor. From well visits and same-day sick care to supporting children through every stage of development, our team is there when families need them most. We are also a certified Travel Clinic, providing consultations and vaccinations for every destination.

We are excited to welcome two wonderful additions to the Spring Valley Pediatrics family! David Jeong, MD, provides specialized Allergy & Immunology care to children and adults, with particular expertise in food allergies, asthma, eczema, and other allergic conditions. Jonathan Extein, MD, provides Child & Adolescent as well as Adult Psychiatry, expanding access to compassionate support for anxiety, depression, ADHD, behavioral concerns, and other mental health needs.

It's an exciting new chapter for a practice that has always believed in caring for the whole child—physically, emotionally, and developmentally. We're so proud to welcome Dr. Jeong and Dr. Extein and to continue providing families with the trusted, comprehensive care they deserve.

CELEBRATING OVER 95 YEARS

SPECIALIZATION

General Pediatrics - caring for children from birth through young adulthood
Allergy, Asthma, Immunology, Psychiatry
Travel Clinic

DESIGNATIONS, AFFILIATIONS, and AWARDS

Board Certified Pediatricians
Hospital Privileges at Sibley Memorial Hospital
Washingtonian Top Doctors Every Year
Washingtonian Top Doctors Hall of Fame 2025

Follow us on Instagram @springvalleypediatrics and on Facebook at Spring Valley Pediatrics, PLLC.
4850 Massachusetts Ave NW, 2nd Floor
Washington, DC 20016
202.966.5000
springvalleypediatrics.net



Vinod Chopra, MD

CHOPRA COSMETIC SURGERY

Dr. Vinod Chopra, founder of Chopra Cosmetic Surgery (CCS), is an award-winning board certified plastic surgeon and a two-time *Washingtonian* Top Doctor. He has been recognized for his artistry, precision, and dedication to patient care. Educated at The University of Virginia and George Washington University, he advanced his training through the prestigious Aesthetic Society Fellowship, where he specialized in body contouring and facial rejuvenation techniques that are highly sought after today. Dr. Chopra provides personalized surgical and non-surgical solutions that help patients look and feel their best. Body contouring procedures—including abdominoplasty, breast augmentation, comprehensive "mommy makeovers," and post-weight-loss contouring—are designed to restore balance, proportion, and confidence. Each procedure is tailored to the patient's unique goals, emphasizing natural-looking outcomes and lasting results. Facial rejuvenation is a particular area of expertise for Dr. Chopra, with his deep plane facelifts offering a sophisticated approach to restoring youthful contours while maintaining each patient's individuality. Dr. Chopra carefully considers each patient's features, creating harmony and rejuvenation while avoiding an overly treated appearance. His practice also offers advanced non-surgical treatments to complement surgical results or provide alternatives for those seeking less invasive options. These include Botox®, dermal fillers, CO2 laser resurfacing, and microneedling. Through this integrated approach, Dr. Chopra combines advanced surgical expertise with personalized care to enhance his patients' appearance while fostering confidence and well-being. Patients consistently praise the practice for its professionalism, compassionate care, and attention to detail, making Chopra Cosmetic Surgery a trusted destination for transformative cosmetic procedures.

SPECIALIZATION

Dr. Chopra specializes in tummy tuck, "mommy makeovers," deep plane facelifts, breast augmentation, body contouring, surgery after massive weight loss, blepharoplasty, and minimally invasive treatments, including Botox®, dermal fillers, CO2 laser, and advanced skin rejuvenation procedures.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Dr. Chopra trained at The George Washington University, Cornell Medical Center, and completed the prestigious Aesthetic Society Fellowship. He is board certified by the American Board of Plastic Surgery and has been recognized by multiple professional publications, earning accolades such as *DC Modern Luxury's* Best Abdominoplasty and Best Mommy Makeover Surgeon, *Modern Luxury* Top Doctor, *Washingtonian* Top Doctor, and *Virginia Living's* Best of Northern Virginia. These honors reflect both his technical skill and commitment to patient-centered care.

11350 Random Hills Rd, Suite 140
Fairfax VA, 22030
703.962.2520
chopracosmeticsurgery.com

Kavian S. Milani, MD

Top Doctor 2026 | Family Medicine

VIRGINIA FAMILY MEDICINE

Virginia Family Medicine is the premier multispecialty center for wellness and health in Northern Virginia. A Diplomate of the American Academy of Family Physicians, Dr. Milani is well-recognized in his field. Dr. Milani's philosophy has always been to maintain health and wellness using natural modalities when possible, believing that the practice of medicine requires attention to the biological, social, psychological, and spiritual dimensions of the person. A key philosophy for the practice is the integration of functional medicine and alternative medicine to complement our expertise in allopathic medicine, based on the latest evidence. Dr. Milani has a strong interest in human rights and has made access to quality care a priority by founding the Center for Health and Human Rights in 2012, a non-profit making healthcare accessible to under-served populations. The staff at Virginia Family Medicine includes providers certified and licensed to deliver the best care in the areas of Family Medicine, Women's Health, Weight Management, Cardiopulmonary Exercise Testing, Brain Mapping, Neurofeedback, Functional Medicine, Chiropractic Care, Holistic Care, Lifestyle Medicine, Substance Misuse Treatment, Addiction, Immigration Physicals, and Va DOT Physicals. Also under his direction is the Milani MedSpa, providing the latest in injectable and laser treatments.



SPECIALIZATION

Family Medicine; Women's Health; Weight Management; Cardiopulmonary Exercise Testing (CPET); Brain Mapping; Neurofeedback; Functional Medicine; Chiropractic Care; Lifestyle Medicine; Holistic Care; Substance Misuse Treatment; Addiction; Immigration Physicals

2070 Chain Bridge Road, Suite 150, Vienna, VA 22182
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virginiafamilymed.com



Shervin Naderi, MD, FACS

Top Doctor 2026 | Plastic Surgery

THE NADERI CENTER FOR PLASTIC SURGERY & DERMATOLOGY

When Dr. Shervin Naderi began practicing in the Washington DC area more than 20 years ago, facial aesthetic surgery was a far smaller field. Since then, techniques, trends and the number of practitioners have changed dramatically. One thing has remained constant: his focus on the face and the judgment that comes from decades spent studying it. His aesthetic philosophy is "dramatic yet subtle." A rhinoplasty or facelift may create a significant transformation, yet the result should look so natural that even close friends and family cannot quite identify what has changed. Dr. Naderi's surgical practice includes rhinoplasty, deep-plane face and neck lifts, endo-style brow lifts, eyelid surgery and facial fat transfer. He has also personally performed well over 50,000 Botox® and fillers, with patients traveling from across the country and abroad for facial balancing and rejuvenation as well as surgery.

His approach begins with diagnosis. Dr. Naderi studies the proportions, asymmetries, contours and relationships between features, often showing patients details about their faces they had never recognized. There is no standard Naderi nose, facelift or formula for facial balancing because he believes the treatment should fit the face, not the reverse. Just as important is knowing when to do nothing. Dr. Naderi is candid with patients and routinely talks them out of surgeries, injections and popular treatments when he sees it's not in their best interest. For him, judgment and restraint matter as much as technical skill. Whether the change requires surgery or a few precisely placed injections, the objective is the same: preserve what makes someone recognizable while making them look better. The transformation can be dramatic. It simply should never look done.

SPECIALIZATION

Dr. Shervin Naderi specializes exclusively in Facial Plastic Surgery, including rhinoplasty, deep-plane face and neck lifting, endo-style brow lifting, eyelid surgery, facial fat transfer, Botox® and advanced facial balancing using exclusive physician-performed injectable fillers.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Dr. Naderi is double board-certified in facial plastic and reconstructive surgery and head and neck surgery, and a Fellow of the American College of Surgeons. His honors include repeated *Washingtonian* Top Doctor recognition and recognition from Newsweek, *Bethesda Magazine, Northern Virginia Magazine* and *Arlington Magazine*, as well as selection among RealSelf's Top 25 Injectors in the United States nationally.

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YouTube: @BestPlasticSurgeons
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NaderiCenter.com



Edward F. Aulisi, MD, FAANS, FACS

Top Doctor 2026 | Neurosurgery

MEDSTAR NEUROSCIENCE CENTER

Dr. Aulisi serves as the Director of the MedStar Neuroscience Center, the capital's state-of-the-art facility for treating Neurological diseases. With the first Brainlab Cirq Robotic spine center in the country, precision spine surgery has become the standard-of-care at MedStar, with over 500 cases being successfully performed. As the Chairman of Neurosurgery at MedStar Washington Hospital Center, the largest and most advanced hospital in Washington, DC, Dr. Aulisi has been a pioneer in Robotic Computer Assisted Image-Guided cranial and spinal surgery for over three decades. He has now performed the first Loop-X Robotic brain surgery in the country.

Dr. Aulisi has been a *Washingtonian* Top Doctor for 32 consecutive years and *Checkbook Magazine* Top Doctor. With advanced training and interest in spinal and cranial surgery, Dr. Aulisi also serves as Director of the MedStar Pituitary Center, The MedStar Northern Virginia Spine Center, and Professor of Neurosurgery at MedStar Georgetown University Hospital. A graduate of Princeton University, Dr. Aulisi has spent his entire career practicing neurosurgery in the nation's capital, Maryland and Northern Virginia.

SPECIALIZATION

Dr. Aulisi is a world-renowned expert in computer-assisted cranial and spinal microsurgery, Pituitary Surgery, and Robotic Neurosurgery. He has spent his entire career practicing in the Greater Metropolitan DC Region.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Chairman, Department of Neurosurgery MedStar Washington Hospital Center; Professor of Neurosurgery, MedStar Georgetown University Medical Center; Surgical Director, MedStar Neuroscience Center; Surgical Director, MedStar Northern Virginia Spine Center; Surgical Director, MedStar Pituitary Center

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6858 Old Dominion Drive, Suite 202
McLean, VA 22101
202.877.5026 | **medstarhealth.org**

George Bitar, MD, FACS

Top Doctor 2026 | Plastic Surgery

BITAR COSMETIC SURGERY INSTITUTE

Dr. George Bitar, MD, FACS, has built his reputation as one of the country's leading plastic surgeons by combining surgical artistry with a passion for helping people look and feel their best. With more than 30,000 cosmetic facial and body procedures, he has earned national and international recognition for his expertise and commitment to the patient experience.

As founder and medical director of the Bitar Cosmetic Surgery Institute, MedSpa, and Wellness Center, Dr. Bitar has spent the last 25 years bringing beauty, wellness, and innovation together. His institute offers a comprehensive range of services, from advanced surgical procedures to medical-grade skincare, weight-loss programs, bio-identical hormone therapy, and IV vitamin drips, all under one roof.

A standout feature is the institute's private, on-site AAAASF accredited surgical center. With board-certified anesthesiologists, a dedicated surgical team, and comfortable recovery areas, the center combines rigorous safety standards with privacy and convenience. Patients receive consultations, surgery, and follow-up care in one familiar setting with attentive support.

An assistant clinical professor at George Washington University's School of Medicine, Dr. Bitar travels internationally to lecture on rhinoplasty and deep plane facelift techniques. Having trained and worked in Rio de Janeiro, Paris, London, Beverly Hills, and New York, he brings a global perspective to his practice, tailoring each treatment plan to the individual's anatomy, preferences, and goals.

At his core, Dr. Bitar believes cosmetic surgery is about more than appearance: it is about helping patients feel confident in their everyday lives. Whether through surgery, non-invasive treatments, or wellness therapies, his goal remains the same: a thoughtful, five-star experience grounded in attentive care, individualized treatment, and a steadfast commitment to patient safety.



SPECIALIZATION

Deep plane face and neck lifts, surgical and non-surgical rhinoplasties, revision rhinoplasties, ethnic rhinoplasties, transaxillary breast augmentations, eyelid lifts, Mommy makeovers, body contouring, and high-definition liposuction.

DESIGNATIONS, AFFILIATIONS, AND AWARDS

Top Plastic Surgeon, Aesthetic Everything; Top 100 Aesthetic Injectors in America; Top Doctors, *Washingtonian* and *DC Magazine*; *RealSelf* Hall of Fame Inductee; Assistant Professor, George Washington University; Visiting Lecturer, Georgetown University. Fellow, American College of Surgeons; American Society for Aesthetic Plastic Surgery.

3023 Hamaker Court, Suite 109 & 114, Fairfax, VA 22031
703.206.0506
Instagram @thebitarinstitute | **BitarInstitute.com**



Kavian S. Milani, MD

Top Doctor 2026

MILANI MEDSPA

At Milani MedSpa, beauty, science, and expertise come together to create results that look natural, refined, and uniquely you. Since 2017, our practice has provided advanced aesthetic care with a strong focus on safety, individualized treatment planning, and facial harmony. Our experienced medical team offers a comprehensive range of services, from Botox®, dermal fillers, and biostimulatory treatments to advanced energy-based laser technologies for skin rejuvenation, tightening, resurfacing, and hair restoration. We also specialize in non-invasive facial and body rejuvenation, body contouring, and medically guided weight-loss programs, allowing our patients to address their aesthetic and wellness goals in one trusted setting. Milani MedSpa is proud to be recognized as a Merz Aesthetics Center of Excellence, reflecting our commitment to advanced techniques, education, and high standards of patient care. We are also home to the Art of Injection Academy, a professional training center where physicians, nurses, and other qualified medical injectors come to advance their skills and learn from our expertise in facial anatomy, injectable techniques, facial balancing, and complication prevention. Our philosophy is simple: enhance, refine, and restore—while preserving the natural beauty that makes you uniquely you. It should enhance your natural features, restore confidence, and help you look refreshed while still looking like yourself. Whether you are visiting us for injectables, laser treatments, skin rejuvenation, body contouring, or wellness and weight management, our goal is to provide thoughtful, personalized care you can trust.

SPECIALIZATION

Skin Care, Fat Reduction, Body Sculpting, Skin Tightening, Skin Rejuvenation, Facial Injections, PRP Treatments, Tattoo Removal, Deep Resurfacing, Melasma, Microdermabrasion, Liquid Rhinoplasty, Noninvasive Facelift

DESIGNATIONS, AFFILIATIONS, and AWARDS

Nominated as Cynosure Center of Excellence
Merz Center of Excellence
Merz Training Center
Allergan Training Center
BTL, VIP
Ultherapy Gold Premier Provider

2070 Chain Bridge Rd, Suite 160
Vienna, VA 22182
703.822.5924
milanimedspa.com



Back Row: Sarah Bhatt, DNP; Sarah Gao, MD; Alexandra Lapple, MSN, FNP; Emily Kowalski, MD; Kevin Choe, MD, PhD; Tobias Chapman, MD, MPharm; Gopal K. Bajaj, MD, MBA, FASTRO; Ashish Chawla, MD; C. Bryce Johnson, MD, PhD; Mustafa Abugideiri, MD; Tess Briggs, PA-C; Michael Eblan, MD; Daniel Kim, MD, MBA; Adeline Hayes, MSN, FNP. Front Row: Elissar Zeineddine, PA-C; Blanca Luizaga, NP; Kathryn Marqueen, MD; Lonika Majithia, MD, MS; Cheng-Chia Wu, MD, PhD; Avani Rao, MD; Grace Lee, MD.

Radiation Oncology Associates of the National Capital Region

Top Doctors 2026 | Radiation Oncology **DEPARTMENT OF ADVANCED RADIATION ONCOLOGY AND PROTON THERAPY AT THE INOVA SCHAR CANCER INSTITUTE**

For more than 50 years, Radiation Oncology Associates (ROA) has been a leader in radiation oncology, serving patients throughout the National Capital Region. Today, ROA is among the nation's most comprehensive and technologically advanced radiation oncology practices, distinguished by nationally recognized physician expertise, pioneering clinical research, and an exceptional breadth of treatment capabilities across five Northern Virginia locations. Our physicians bring decades of experience and a commitment to advancing the science and practice of radiation oncology while delivering highly individualized, compassionate care.

As the radiation oncology partner of the Inova Schar Cancer Institute, ROA plays a central role in multidisciplinary cancer care, working alongside leading specialists to develop sophisticated, evidence-based treatment strategies. Our practice offers innovative clinical trials, advanced radiation technologies, and Northern Virginia's only proton therapy program. ROA is also at the forefront of Functional Radiation Medicine, expanding the therapeutic applications of radiation beyond cancer to chronic musculoskeletal conditions. Underscoring our commitment to clinical excellence, quality, and patient safety, ROA was the first radiation oncology practice in the nation to achieve APEX accreditation from the American Society for Radiation Oncology.

SPECIALIZATION

Proton Therapy; Stereotactic Radiosurgery and SBRT; CyberKnife®; Intensity-Modulated and Image-Guided Radiation Therapy; Online Adaptive Radiation Therapy; High-Dose-Rate Brachytherapy; Radiopharmaceutical and Theranostic Therapy; Functional Radiation Medicine for Osteoarthritis, Tendinopathy, Plantar Fasciitis, and Dupuytren's Disease.

DESIGNATIONS, AFFILIATIONS, and AWARDS

American Society for Radiation Oncology APEx Accreditation

Fairfax: 571.472.0606
Fair Oaks: 703.391.4250
Leesburg: 703.858.8850
Alexandria: 703.504.7900
Woodbridge: 703.670.3349

www.virginiaradiation.com



ENT and Facial Plastic Surgery

Top Doctors 2026 | Otolaryngology and Facial Plastic Surgery

EDNAN MUSHTAQ, MD, FACS; HEATH DREYFUSS, MD; JOSH THOMPSON, MD; GENA LEATZOW, NP

Drs. Ednan Mushtaq and Heath Dreyfuss are honored to have been selected by the *Washingtonian* magazine as "Hall of Fame Top Doctors" due to repeated nomination by their peers as "Top Doctors" in their field. We are proud to have Dr. Ameet Singh join our group as of January, 2027. Dr. Singh specializes in advanced sinus surgeries including surgeries of tumors that extend from the sinuses to the brain. Dr. Josh Thompson specializes in robotic head and neck cancer surgery and advanced reconstruction. Gena Leatzow, nurse practitioner, provides specialized ENT timely care with same day or week appointments.

The practice provides specialized care in:

FACIAL PLASTIC SURGERY - emphasis on providing patients a customized natural look, Primary and revision rhinoplasty, Skin injectables (PRP, Botox, Dysport, Obagi, and Restylane), Deep plane facelift, neck lift, Forehead lift, eyelid surgery, Laser removal of hair, blemishes, and wrinkles (Laser Center with 15 lasers and IPLs, including PICO laser and specialized lasers for ethnic skin, Ultrasound (Sofwave™) soft tissue tightening, Skin care and comprehensive treatments by Master Aestheticians

EAR, NOSE, AND THROAT - full range of services: Sinus and nasal disorders, Allergy and immunology, Skin cancer removal and reconstruction, Head and neck cancer robotic surgery and advanced reconstruction, Sleep, speech, and swallowing disorders

HEARING AND BALANCE - Hearing aids customized to the individual's needs dispensed by our Doctors of Audiology, Evaluation and treatment of dizziness

DESIGNATIONS, AFFILIATIONS, and AWARDS

- *Washingtonian* and *Northern Virginia Magazine* Top Doctors
- Board Certified Otolaryngology and Facial Plastic and Reconstructive Surgery
- 10 Best Plastic Surgeons-Virginia

Practice provides both in office and web based consultations. Compassionate care is provided with individualized attention.

EDNAN MUSHTAQ, MD, FACS
HEATH DREYFUSS, MD
JOSH THOMPSON, MD
GENA LEATZOW, NP
6845 ELM STREET, SUITE 303
MCLEAN, VA 22101
703.448.0005, **www.entfacialplastic.net**



Cosmetic Surgery Associates

Top Doctor 2026 | Plastic Surgery

NATURAL RESULTS. EXPERIENCED SURGEONS. CARE DESIGNED AROUND YOU.

For more than 25 years, Cosmetic Surgery Associates has helped patients throughout Bethesda, Chevy Chase, Washington, DC, Maryland, and Northern Virginia achieve natural-looking results with personalized surgical and aesthetic care. Led by board-certified plastic surgeons **Dr. A. Dean Jabs, Dr. Franklin D. Richards, and Dr. Keshav Magge**, the practice combines decades of experience with advanced techniques in facial rejuvenation, breast surgery, and body contouring. The philosophy is simple: enhance your appearance while keeping you looking unmistakably like yourself.

Dr. Jabs specializes in sophisticated facial rejuvenation, breast surgery, and body contouring, including deep plane facelift, eyelid surgery, and advanced breast augmentation.

Dr. Richards brings decades of experience in facial, breast, and body surgery and is recognized for natural-looking facial rejuvenation, including his NaturalLift approach.

Dr. Magge combines advanced aesthetic and craniofacial training with expertise in deep plane facelift and neck surgery, mommy makeovers, breast procedures, tummy tuck, and comprehensive body contouring.

From subtle facial rejuvenation to transformative procedures after pregnancy or significant weight loss, every treatment begins with an individualized consultation and a surgical plan tailored to the patient's anatomy, lifestyle, and goals. **Ready to explore what's possible? Schedule a private consultation with Dr. Jabs, Dr. Richards, or Dr. Magge and discover a personalized approach to looking refreshed, confident, and naturally you.**

SPECIALIZATION

Deep Plane Facelift & Natural-Looking Facial Rejuvenation; NaturalLift Facial Rejuvenation; Upper & Lower Eyelid Surgery; Breast Augmentation; Breast Lift & Breast Reduction; Mommy Makeover; Tummy Tuck & Liposuction; Body Contouring After Significant Weight Loss; Arm Lift & Thigh Lift; Gynecomastia / Male Breast Reduction; Male Facial & Body Procedures; Surgical and Non-Surgical Facial Rejuvenation

DESIGNATIONS, AFFILIATIONS, and AWARDS

- Board Certified by the American Board of Plastic Surgery
- Members of the American Society of Plastic Surgeons
- Members of The Aesthetic Society
- Past Chairman, Plastic Surgery Section at Johns Hopkins Suburban Hospital
- Past President, National Capital Society of Plastic Surgeons
- Recognized by *Washingtonian, Bethesda Magazine,* and *Northern Virginia Magazine*
- Top Doctor recognition throughout the Washington, DC metropolitan area

6430 Rockledge Dr, #100, Bethesda, MD 20817
301.329.5044 | **cosmeticplastics.com**



From left to right: Madeline McAuliffe, MSN, RN, WHNP-BC; Nichole A. Pardo, MD, FACOG; Richard J. Beckerman, MD, FACOG; Shannon B. Green, MD, FACOG; Julie Tapscott, MSN, RN, FNP-BC

Foxhall Women's Health

Top Doctor 2026 | Gynecology

GYNECOLOGY AND WOMEN'S HEALTH

Foxhall Women's Health is a relationship-centered gynecology and women's health practice in Washington, DC, caring for women through adulthood, midlife, and the years that follow.

Drs. Richard J. Beckerman, Shannon B. Green, and Nichole A. Pardo bring decades of experience to a practice built around time, continuity, and experienced clinical judgment. Patients are cared for by clinicians who know them and take the time to understand what is happening before recommending what comes next.

The practice provides comprehensive gynecologic and preventive care, with particular expertise in menopause and midlife health. Drs. Green and Pardo are Menopause Society Certified Practitioners. Nurse Practitioners Madeline McAuliffe and Julie Tapscott extend care within the practice, allowing a broader range of women's health concerns to be addressed by a team patients come to know over time.

The new Foxhall Women's Health office at 5301 Wisconsin Avenue NW reflects the practice's approach to care: thoughtful, personal, and unhurried.

SPECIALIZATION

- Gynecology and women's health
- Preventive and annual care
- Menopause and midlife care
- Contraception and reproductive health
- Gynecologic concerns and surgery

DESIGNATIONS, AFFILIATIONS, and AWARDS

- *Washingtonian* Top Doctors Hall of Fame
- Board Certified, American Board of Obstetrics and Gynecology
- Fellows, American College of Obstetricians and Gynecologists
- Dr. Shannon Green and Dr. Nichole Pardo, Menopause Society Certified Practitioners

5301 Wisconsin Avenue NW, Suite 520
Washington, DC 20015
202.243.3500
foxhallwomenshealth.com

Asmaa Chaudhry, MD, FAAD

Top Doctor 2026 | Dermatology

STONE RIDGE DERMATOLOGY, PLLC

Dr. Asmaa Chaudhry founded Stone Ridge Dermatology in 2020 in an effort to stay private and to keep the doctor-patient relationship free from special interests. Dr. Chaudhry, a Georgia native, moved to Virginia in 2006 after earning her medical degree from the Medical College of Georgia. She attended Virginia Commonwealth University for her internship in internal medicine prior to completing her dermatology residency at Eastern Virginia Medical School. Dr. Chaudhry is a skilled and prolific scientific author, with publications in top peer-reviewed dermatology journals—she has received accolades for her research. She practices general, pediatric, surgical, and cosmetic dermatology. Dr. Chaudhry strives to put all patients at ease and enjoys sharing her knowledge and passion for skincare with her patients and on Instagram @derm_mom_tologist.

She has been practicing in Northern Virginia for the last fourteen years and has enjoyed all aspects of sharing her expertise with the community she serves. She believes in evidence-based medicine, community engagement, and physician led healthcare without the influence and special interests of corporate entities. A mother of three who is fluent in Urdu, Hindi, & Punjabi, Dr. Chaudhry is honored to live, work, and volunteer in the community she serves.



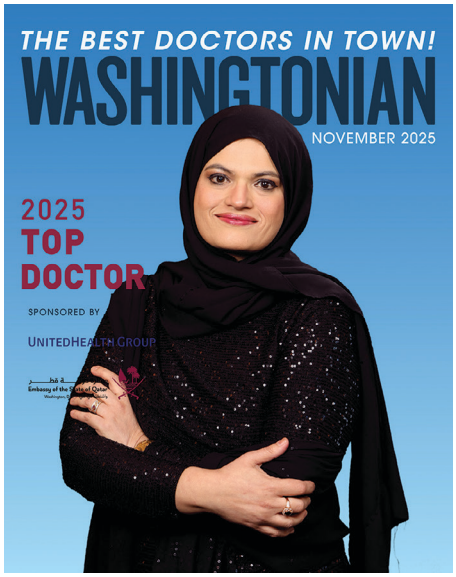
SPECIALIZATION

Dr. Chaudhry specializes in Medical, Surgical, Pediatric, and Cosmetic Dermatology across all age groups.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Fellow of the American Academy of Dermatology Diplomate of the American Board of Dermatology

24560 Southpoint Drive, Suite 230, Aldie, VA 20105
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Instagram & YouTube: @derm_mom_tologist
stoneridgederm.com



Dr. Mahvash Sheikh

Top Doctor 2026 | Psychiatry

PROGRESSIVE PSYCHIATRIC SERVICES

Dr. Sheikh is a Board-Certified Psychiatrist with over 20 years of clinical experience and specialized expertise in geriatric psychiatry. She completed her residency at Penn State Hershey Medical Center, later serving as Assistant Professor of Psychiatry and managing the Geriatric Psychiatry Inpatient Unit. She provides compassionate, evidence-based care for adults and older adults, addressing complex psychiatric conditions and age-related mental health concerns. Her whole-person approach considers medical factors affecting mental health, with close collaboration among primary care providers, therapists, and specialists. To better serve older adults, Dr. Sheikh has expanded in-person appointments to two days weekly at her Leisure World office.

SPECIALIZATION

Adult Psychiatry: Depression, Anxiety Disorders, Bipolar Disorder, ADHD.
Geriatric Psychiatry: Dementia, Health-Related Anxiety, Geriatric Depression.

AFFILIATIONS, and AWARDS

Board Certified by the American Board of Psychiatry and Neurology; Former Assistant Professor, Penn State College of Medicine.

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DC Plastic Surgery Boutique

Top Doctor 2026 | Plastic Surgery

FOR WOMEN, BY WOMEN

Dr. Anita Kulkarni MD is one of DC's most sought-after plastic surgeons for breast & belly surgery. She is known for her warm, empathetic demeanor and gorgeous, natural results. Her style combines technical expertise with an artistic eye for bringing out the best in each woman's natural shape. Dr. Kulkarni specializes in breast surgery, belly surgery, liposuction, and labiaplasty. She is affectionately known as the "queen of mommy makeover."

Elizabeth Cissell NP is the expert aesthetic injector at DC Plastic Surgery Boutique. Patients adore Liz for her gentle touch, easy nature, and beautiful, subtle results. Liz performs the whole spectrum of injectable treatments including Botox®, fillers, Kybella®, biostimulators, PRF-EZ Gel, PRF, and Microneedling. She has a loyal following of patients who return again and again for her skilled care.

DC Plastic Surgery Boutique is for women by women. Every woman on our team shares a passion for delivering the best aesthetic experience to our patients. Inside our gorgeous, light-filled office on M Street and attached surgery center, natural beauty is celebrated and enhanced. Patients are known by name, and each woman becomes part of the Boutique family. We can't wait to welcome you.

Get to know the team on Instagram @dcplasticsurgeryboutique @boutique.injector @boutiquesurgeryresults @boutiquesurgerycenter

SPECIALIZATION

Mommy Makeover, Breast Augmentation, Breast Lift, Breast Reduction, Revision Breast Surgery, Tummy Tuck, Liposuction, Labiaplasty, Botox & Fillers, Cosmetic Surgery

DESIGNATIONS, AFFILIATIONS, and AWARDS

Board Certified Plastic Surgeon-
American Board of Plastic Surgery
American Society of Plastic Surgeons
American Society of Aesthetic Plastic Surgeons
Washingtonian Top Docs 2016-2026

2440 M Street NW, Suite 318
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dcplasticsurgeryboutique.com



Reston ENT

Top Doctor 2026 | Otolaryngology

DR. DANIEL HWANG, DR. WILLIAM KENNEDY, DR. NICOLE COLGROVE, AND DR. EDWIN LEE

Congratulations to Dr. Nicole Colgrove, Dr. Daniel Hwang, Dr. William Kennedy, and Dr. Edwin Lee for earning *Washingtonian's* 2026 Top Doctors recognition in Otolaryngology. At Reston ENT, our board-certified specialists combine advanced medical expertise with compassionate, patient-focused care. From routine evaluations to complex surgical procedures, we tailor every treatment plan to the individual in front of us. Whether it's sinus problems, hearing loss, allergies, or facial plastic concerns, our goal is to help you feel and function your best.

SPECIALIZATION

Head & neck tumors, thyroid surgery, sinus issues, pediatric ENT, sleep apnea, rhinoplasty, facial rejuvenation, hearing loss.

DESIGNATIONS and AWARDS

Board-certified otolaryngologists, facial plastic surgeon, fellowship-trained specialists, leaders in allergy, rhinology, reconstructive surgery, and minimally invasive ENT treatments.

1860 Town Center Drive, Suite 335
Reston, VA 20190

12600 Fair Lakes Circle, Suite 102
Fairfax, VA 22033

restonent.com | 703.787.3322



Dr. Ali Sanai, MD

Top Doctor 2026 | Internal Medicine

WASHINGTON CONCIERGE MEDICAL GROUP

Washington Concierge Medical Group (WCMG) is a Concierge Medicine Practice serving individuals, families, and executives. WCMG delivers preventive, proactive, personalized, and dedicated care without friction. WCMG founder, and a board-certified internist, Dr. Sanai has been practicing medicine for over 28 years in Maryland, and serving patients from the greater Washington D.C. area. Dr. Sanai specializes in the prevention, diagnosis, and treatment of adult diseases. Patients of WCMG build a real relationship with Dr. Sanai and his staff, with unlimited 24/7 access, and more time to address all their health concerns. At WCMG, our approach is the way the practice of medicine should be intended, building the ultimate patient-doctor relationship.

SPECIALIZATION

Internal Medicine Concierge Services, Personal Healthcare Advocate, Preventive Medicine, Cardiovascular and Cancer Screening

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Doctor
Bethesda Magazine Top Doctor
Patients' Choice Award through Vitals.com

5530 Wisconsin Avenue, Suite 914
Chevy Chase, MD 20815
301.708.8464
washingtonconciergemed.com

Bindu A. Umapathi,
MD, MRCS, FACS, FASCRS

Top Doctor 2026

COLON AND RECTAL SURGERY



Dr. Bindu A. Umapathi is a renowned private practice Colorectal Surgeon in the DMV region. She is double Board certified in General Surgery and Colon and Rectal Surgery. She practices cutting-edge Robotic and Single Incision Laparoscopic Surgery (SILS) which leaves patients with a small, hidden scar. Her meticulous surgical skills and peri operative care leads to excellent surgical outcomes.

She is a strong believer in compassionomics—that compassionate care improves patient outcomes. Dr. Umapathi has served as the President of the Chesapeake Colorectal Society of the DMV area. She is affiliated with Sibley Memorial Hospital and George Washington University Hospital. Outside of her work she is passionate about philanthropy and working with Catholic charities.

SPECIALIZATION

Robotic and Laparoscopic Surgery; TAMIS; Crohn's Disease; Ulcerative Colitis; Colon, Rectal and Anal Cancers; Appendix Neoplasms; Diverticulitis; Rectal Prolapse & Pelvic Floor Disorders; Anal Fistula; Anal Fissure; Hemorrhoids; LGBTQ Care; HPV Related Anal Dysplasia; Colorectal Surgery in Ehler Danlos Disease

DESIGNATIONS, AFFILIATIONS, and AWARDS

Fellow, American College of Surgeons; Fellow, American Society of Colon Rectal Surgeons; Diplomate, Royal College of Surgeons United Kingdom

5550 Friendship Boulevard, Suite T-90
Chevy Chase, MD 20815
240.737.0085 | 202.410.4100



Mark Domanski, MD

Top Doctor 2026 | Plastic Surgery

BLUEMONT PLASTIC SURGERY

Dr. Mark Domanski is a dual board-certified plastic surgeon (American Society of Plastic Surgery and the American Board of Otolaryngology.) Few other physicians have this level of dual training. Dr. Domanski's most popular procedures include **mommy makeovers**—especially his signature **athletic tummy tuck** — and **neck lifts**. In addition to clinical practice, Dr. Domanski is a faculty member of the Osler Institute. He helps new graduates prepare for the American Board of Plastic Surgery examination. He finds this contribution especially meaningful—because by having better doctors, we get to live in a society with better medicine. He also serves as **Section Chief of Plastic Surgery at Inova Alexandria Hospital**.

SPECIALIZATION

Mommy Makeover, Tummy Tuck
Neck Lift, Breast Lift, Rhinoplasty

DESIGNATIONS, AFFILIATIONS, and AWARDS

American Society of Plastic Surgeons; *Northern Virginia Magazine* Top Doctor; *DC Modern Luxury* Top Medical Professional; *Washingtonian* Top Doctor; *Arlington Magazine* Top Doctor

8316 Arlington Boulevard, #524
Fairfax, VA 22031 | 703.596.1660
Instagram @mark.domanski
info@bluemontmd.com

Amjad Nasr Anaizi, MD, Faheem Sandhu, MD, PhD & Jean-Marc Voyadzis, MD

Top Doctor 2026 | Neurological & Spinal Surgery

MEDSTAR GEORGETOWN UNIV. HOSPITAL



Drs. Amjad Anaizi, Faheem Sandhu, and Jean-Marc Voyadzis comprise one of the East Coast's most experienced fellowship-trained, multidisciplinary neurosurgical teams dedicated to complex disorders of the spine and brain. With decades of combined experience and expertise in minimally invasive, robotic, and complex neurosurgical techniques, each physician brings a distinct area of expertise and individualized approach to patient care, developing personalized treatment based on each patient's condition and goals—whether involving minimally invasive spine surgery, robotic-assisted spinal surgery, complex spinal and cranial reconstructions, or minimally invasive and endoscopic treatments in advanced brain and skull base conditions. The team is at the forefront of robotic and minimally invasive spine surgery. As leaders of the robotic spine program at MedStar Georgetown University Hospital, they have performed more than 1,600 robotic spinal procedures. Nationally and internationally recognized, the physicians advance neurosurgery through peer-reviewed research, textbooks, education, and innovation. They frequently teach advanced surgical techniques at national and international conferences. Most importantly, the team combines technical expertise with compassionate, personalized care, providing effective, least invasive, and advanced treatment possible.

SPECIALIZATION
Minimally Invasive Spine and Brain Surgery

DESIGNATIONS, AFFILIATIONS, and AWARDS
Diplomates of American Board of Neurological Surgery; Members, American Association of Neurological Surgeons; Congress of Neurological Surgeons; *Washingtonian* Top Doctors

Pasquerilla Healthcare Center (PHC)
3800 Reservoir Road NW, 7th Floor
Washington, DC 20007 | 301.856.2323
MedStarGeorgetown.org



Dr. Natalie Grigorian, DOM, LAc

Acupuncturist

AETHERIUM ACUPUNCTURE & INTEGRATIVE MEDICINE

Dr. Natalie Grigorian is a board-certified acupuncturist and herbalist and distinguished leader in her field. She specializes in persistent and complicated chronic conditions—including pain, infertility, women's health, autoimmune disorders, and neurological disorders. Her patients express a renewed sense of hope after their first treatment, sharing they feel more like themselves and can start doing the things they love again. Dr. Grigorian designs customized treatment plans with her patients, utilizing the wisdom of traditional medicine and the latest therapeutic technology to achieve long-lasting results. Treatments may include Acupuncture, Dry Needling, Herbal Medicine, and ATP BioTherapy.

SPECIALIZATION
Infertility & Women's Health, Chronic Pain & Pain Management, Chronic Disease Care

DESIGNATIONS, AFFILIATIONS, and AWARDS
DC Modern Luxury Medicine + Doctors, 2022; GW Integrative Medicine Fellowship; Diplomate of Acupuncture

5217 Wisconsin Avenue NW, Suite 205
Washington, DC 20015
202.656.0089
Aetheriumhealth.com
hello@aetheriumhealth.com



Kenny Chen, OD; Holly Gross, MD; Amy Nicholas, MD & David Wanicur, MD

Holly Gross, MD

Top Doctor 2026 | Ophthalmology

CENTRAL MARYLAND EYE ASSOCIATES

Board certified in ophthalmology, Dr. Gross graduated from the University of Michigan Medical School and completed her ophthalmology residency at the W. K. Kellogg Eye Center at the University of Michigan. Dr. Gross specializes in laser cataract surgery and implants advanced technology intraocular lenses that may correct astigmatism or reduce dependence on reading glasses for appropriate patients. Individual results vary. The doctors at Central Maryland Eye Associates use advanced equipment to detect and treat glaucoma, macular diseases, diabetic retinopathy and cataracts. Central Maryland Eye Associates has locations in Frederick and Rockville, both easily accessible from I-270.

Please join us as we welcome Dr. Isaac Kim, Comprehensive Ophthalmologist and Cataract Surgeon to our practice.

5283 Corporate Drive, #201, Frederick, MD 21703 | 301.662.4545
9601 Blackwell Rd Suite 340, Rockville, MD 20850 | 301.610.2020
centralmarylandeye.com

SPECIALIZATION

Laser assisted cataract surgery, advanced technology lens implants, dry eye treatment, glaucoma laser surgery, diabetic eye exams, comprehensive eye care

DESIGNATIONS, AFFILIATIONS, and AWARDS

AAO; ASCRS; Montgomery County Medical Society; Maryland Society of Eye Physicians and Surgeons; Ophthalmology Section Chair, Dept of Surgery, Shady Grove Medical Center; Holly Gross, MD — *Washingtonian* Top Doctor, 2014-2026



Amtul Malik, MD

Top Doctor 2026 | Family Medicine

ASSOCIATE MEDICAL DIRECTOR

Dr. Amtul Malik is triple board certified in Family Medicine, Geriatrics and Hospice & Palliative Medicine. Her passion is to provide comfort and dignity to patients with terminal illnesses. She collaborates with interdisciplinary teams to provide comprehensive care to her patients and their caregivers. She believes that "what matters most" from Geriatric 5Ms framework can change the way we all practice medicine for patients of all ages. Her education and training institutions include King Edward Medical University, Lahore, Pakistan, University of Texas Southwestern, Dallas, Texas, and George Washington University Hospital, Washington, D.C.

SPECIALIZATION

Family Medicine, Geriatrics and Hospice & Palliative Medicine.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Member of American Academy of Hospice and Palliative Medicine

VITAS Healthcare
3251 Blenheim Blvd., Suite 200
Fairfax, VA 22030
703.270.4300
amtul.malik@vitas.com

Gagan Singh, MD

Top Doctor 2026 | Ophthalmology

THE MEDICAL EYE CENTER

A board-certified ophthalmologist with more than 20 years of experience, Dr. Singh has dedicated his career to providing compassionate, advanced medical and surgical eye care. He trained at leading U.S. medical institutions, including the University of Maryland, the University of Pittsburgh, and MedStar Washington Hospital Center. He also completed fellowship training in Cornea and External Disease.

Dr. Singh has performed more than 13,000 cataract surgeries and thousands of office-based medical laser procedures. He has extensive experience in the treatment of complex eye diseases. He has also provided eye care to professional NFL players with the former Washington Redskins.

Dr. Singh is committed to mentoring and training the next generation of physicians. He serves as a clinical assistant professor at multiple medical schools and has published research and presented at nationally recognized conferences. He continues to pursue innovation and excellence in ophthalmology.



Germantown, Maryland
12800 Middlebrook Road, Suite 102
Germantown, MD 20874
301.528.4500

Charles Town, West Virginia
710 Somerset Blvd., Suite 101
Charles Town, WV 25414
304.725.2121
themedeyecenter.com

SPECIALIZATION
Cataract Surgery; Advanced Laser Procedures for Glaucoma and Cataracts; Advanced-Technology Intraocular Lens Implants; Comprehensive Medical Eye Care, including Diabetes, Glaucoma, and Age-Related Macular Degeneration

DESIGNATIONS, AFFILIATIONS, and AWARDS Diplomate, American Board of Ophthalmology; Member, Research to Prevent Blindness Foundation; Clinical Assistant Professor, West Virginia University; Clinical Assistant Professor, Marshall University; Clinical Assistant Professor, Meritus School of Osteopathic Medicine



Gina Dapul-Hidalgo, MD, FAAAAI, FACAAI

Top Doctor 2026 | Allergy Immunology

FAMILY CENTER FOR ALLERGY AND ASTHMA

Dr. Gina Dapul-Hidalgo is a board-certified allergist and the founder of Family Center for Allergy and Asthma in Rockville, Maryland. She provides compassionate, patient-centered care for adults, children, and families, specializing in the diagnosis and treatment of allergies, asthma, and related conditions. Each patient receives a personalized treatment plan tailored to their specific needs. Her customized allergen immunotherapy treatment (commonly known as “allergy shots”) have been praised by both her patients and referring physicians. Many say the treatment is not only effective, but also life-changing. Her practice is dedicated to helping patients breathe easier and live healthier lives by providing the highest quality allergy and asthma care in the greater Washington DC area.

SPECIALIZATION
Environmental Allergy, Allergen Immunotherapy, Asthma, Food Allergy, Eczema, Hives

AFFILIATIONS and AWARDS
Fellow of the American Academy of Allergy, Asthma and Immunology
Fellow of the American College of Allergy, Asthma and Immunology
Washingtonian Top Doc 2020-2026

15200 Shady Grove Rd, Suite 400
Rockville, MD 20850
240.243.6115
IG/FB/YouTube: @DrDapul.Allergy
dapulallergy.com

Jennifer D. Son, MD, FACS

Top Doctor 2026 | Oncology

MEDSTAR BREAST SURGICAL ONCOLOGIST



Jennifer D. Son, is a board-certified general surgeon and fellowship-trained breast surgical oncologist dedicated to providing compassionate, innovative, and equitable cancer care. She practices at MedStar Montgomery Medical Center and Georgetown, caring for women throughout the Washington, DC and Maryland communities.

As a surgeon she specializes in comprehensive surgical management of breast cancer with a particular interest in breast conservation, oncoplastics, endoscopic nipple-sparing mastectomies, and personalized patient care. She brings high-quality multidisciplinary care closer to the communities she serves.

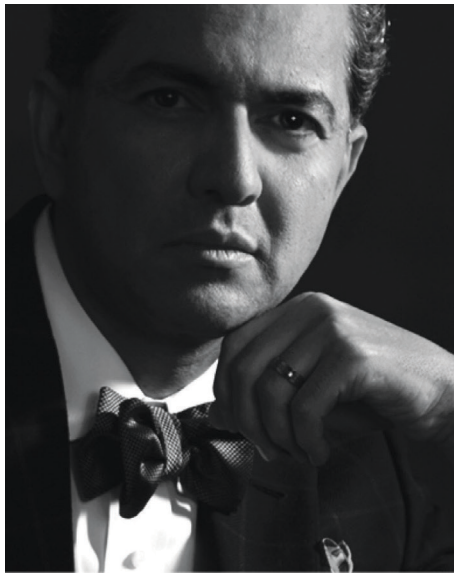
As a teacher and mentor, Dr. Son educates medical students, residents, fellows, and the next generation of surgeons. She is passionate about mentoring young women and encouraging them to pursue careers in medicine, surgery, and leadership. Dr. Son is an author of "Tiny Scrubs, Big Dreams", a children's book inspired by her belief that children should see themselves as capable of achieving even their biggest dreams.

For Dr. Son, the operating room is only the beginning- her mission is to heal today and inspire tomorrow.

SPECIALIZATION
Breast Surgical Oncology, General Surgery

DESIGNATIONS, AFFILIATIONS, and AWARDS
Physician of the Year, Crura Personalis Fellow

18101 Prince Philip Dr, Olney, MD 20832
3800 Reservoir Rd, Washington DC 20007
jenniferdsonmd.com



Soren Caffey, MD, FACP

Top Doctor 2026 | Cancer and Blood Disorders

NOVACURE CONSULTANTS

After scoring triple 9 in the Stanford test, Dr Caffey was accepted to the "Center for the Gifted and Talented". Graduating Magna Cum Laude from the medical school, he then finished his residency and obtained his diploma from Columbia University and completed his sub-specialty training in Hematology & Oncology and graduated from the University of Virginia.

He is a Diplomate of the American Board of Medical Specialties and has also been elected as a Fellow of the American College of Physicians.

He believes in precision medicine and genomic testing as being fundamental to his cancer treatment strategies and strives to treat and cure his patients in an ultimately compassionate setting.

SPECIALIZATION
Breast, Lung, Prostate, Colon, Gastric, Esophageal, Kidney, Bladder, Melanoma, Lymphoma, Sarcoma, Myeloma

DESIGNATIONS, AFFILIATIONS, and AWARDS
American Society of Hematology
American Society of Oncology
American college of physicians
Compassionate physician award

8101 Hinson Farm Road, Suite 211
Alexandria, VA 22306
703.780.2216
nova-cure.com

Susan Kelly Buenaventura, MD, FACS

Top Doctor 2026 | Plastic Surgery

SENDI COSMETIC SURGERY CENTER



Dr. Susan Buenaventura is a Yale, UVA and UNC trained board certified Plastic Surgeon at The Sendi Surgical Center. She specializes in aesthetic surgery of the face and body including facelifts, eyelids, breast implants, ruptured breast implant removals, breast lifts, breast reductions, arm lifts, tummy tucks, and liposuction. She performs surgery in her private accredited Surgical suite and at Inova Alexandria Hospital. Dr. Buenaventura is the Medical Director of The Sendi Cosmetic Surgery Center which is accredited by the American Association for Accreditation of Ambulatory Surgical Facilities (QuadA). She has been in practice for 31 years and loves her job!

In addition to Plastic Surgery Dr. Buenaventura and her talented staff offer Forever Young Broad Band Light® treatments, HALO, MOXI, TRL and Clear V® laser by Sciton to make your skin glow and correct sun damage. She also offers injections of neurotoxins and fillers to smooth out facial lines and add volume to the face. These treatments can be done on their own or as a complement to a surgical procedure.

Dr. Buenaventura truly loves caring for her patients and takes great pride in her outstanding office team and the warm, caring atmosphere they provide. She considers it a privilege to practice the art of Plastic Surgery.

5425 Duke Street, Alexandria, VA 22304
703.751.0800
drbuenaventura.com

SPECIALIZATION
Board Certified Plastic Surgeon

DESIGNATIONS, AFFILIATIONS, and AWARDS
Medical Director, The Sendi Surgery Center
Diplomate, The American Board of Plastic Surgery
Member, The Aesthetic Society
Fellow, The American College of Surgeons



Eye Physicians of Virginia

Top Doctor 2026 | Ophthalmology

FAHEEM AHMED, MD; ANDREW SIEGEL, MD; SYLVIA CASAS, MD; DHILLON ZAVER, MD; BRENDAN TAMM, MD

Dr. Faheem Ahmed, named a "Top Doctor" the past 8 years, completed his residency training at the world-renowned Wills Eye Hospital. He is a board-certified surgeon who specializes in cataract surgery, including using the femtosecond laser for premium implants. His partner, Dr. Andrew Siegel, also a "Top Doctor," completed his surgical glaucoma fellowship at the University of Pittsburgh. Dr. Sylvia Casas completed her cornea fellowship at Columbia University. Dr. Dhillon Zaver completed his surgical glaucoma fellowship at the University of Colorado. Dr. Brendan Tamm completed his cornea fellowship at the University of Maryland.

SPECIALIZATION
Laser Cataract Surgery; Glaucoma; Dry Eyes; Diabetes; Glasses/Contacts

AFFILIATIONS
American Academy of Ophthalmology; American Glaucoma Society

1800 Town Center Drive, Suite 317
Reston, VA 20190 | 703.437.3900
6845 Elm Street, Suite 611
McLean, VA 22101 | 703.356.6880
7617 Little River Turnpike, Suite 400 Annandale, VA 22003
703.712.7825
eyephysiciansofvirginia.com



Mary Ella Carter, MD, FACS

Top Doctor 2026 | Plastic Surgery

PLASTIC AND RECONSTRUCTIVE SURGERY

Dr. Carter is a highly accomplished and experienced Board-Certified Plastic and Reconstructive Surgeon and an active member of the American Society of Plastic Surgeons. Based at Johns Hopkins Sibley Memorial Hospital, she leads a high-volume private practice specializing in a comprehensive range of cosmetic procedures, including face and neck lifts, eyelid surgery, abdominoplasty, liposuction, body contouring, arm lifts, breast augmentation and reduction, mastopexy, and secondary breast reconstruction. She also offers non-surgical treatments, including Botox and fillers. Dr. Carter has extensive experience in skin cancer reconstruction, including nasal and facial reconstruction, as well as melanoma care. Known for her compassionate, patient-centered approach, she is committed to ensuring that each patient feels heard, supported, and confident throughout their care. She takes a personalized approach to treatment, balancing each patient's individual goals with their overall well-being. Beyond her clinical practice, Dr. Carter is dedicated to philanthropy and serving underserved communities. Each year, she travels with her team to Kilimanjaro Hospital in Tanzania, where she provides surgical expertise and care to patients in need. She is also passionate about mentoring the next generation of healthcare professionals, hiring medical assistants who aspire to pursue careers as a physician or physician assistant.

SPECIALIZATION

Face and neck lifts, upper and lower eyelid surgery (blepharoplasty), brow lift procedures, liposuction, body contouring and sculpting, breast reconstruction, excision and evaluation of malignant melanoma, MOHS reconstruction, removal of skin cancers and other skin lesions.

DESIGNATIONS and AWARDS

Washingtonian Top Doctor, 2014–2026; *Bethesda Magazine* Top Doctor, 2019-2025; Member of the AOA Society

Sibley Memorial Hospital
5215 Loughboro Road NW, #430
Washington, DC 20016
202.363.6844 | **drmaryellacarter.com**



Christi Hay, MD, MPH

Top Doctor 2026 | Pediatrics

PALISADES PEDIATRICS

Christi Hay, MD MPH is the founder and owner of Palisades Pediatrics. Palisades Pediatrics is an intentionally small pediatric care practice with direct access to Dr Hay. Dr Hay received a Bachelor's Degree in Human Biology from Stanford University, a Master's Degree in Public Health from the University of Michigan and her Medical Degree from the University of Virginia in Charlottesville. She completed her pediatric residency at Children's National Medical Center in Washington, DC and she is a board certified general pediatrician. Dr. Hay enjoys all aspects of pediatrics but she has special interests in developmental delays, neurocognitive diversity, breastfeeding, asthma, and nutrition.

SPECIALIZATION

General Pediatrics - caring for children newborn to 21 years old

DESIGNATIONS and AWARDS

Board certified in general pediatrics; Hospital privileges with Children's National Medical Center, Georgetown University Hospital & Sibley Memorial Hospital; TedxFoggyBottom 2015 https://youtu.be/BsFxokC02sg

3301 New Mexico Avenue NW, #218
Washington, DC 20016
202.735.7600 | **palisadespeds.com**

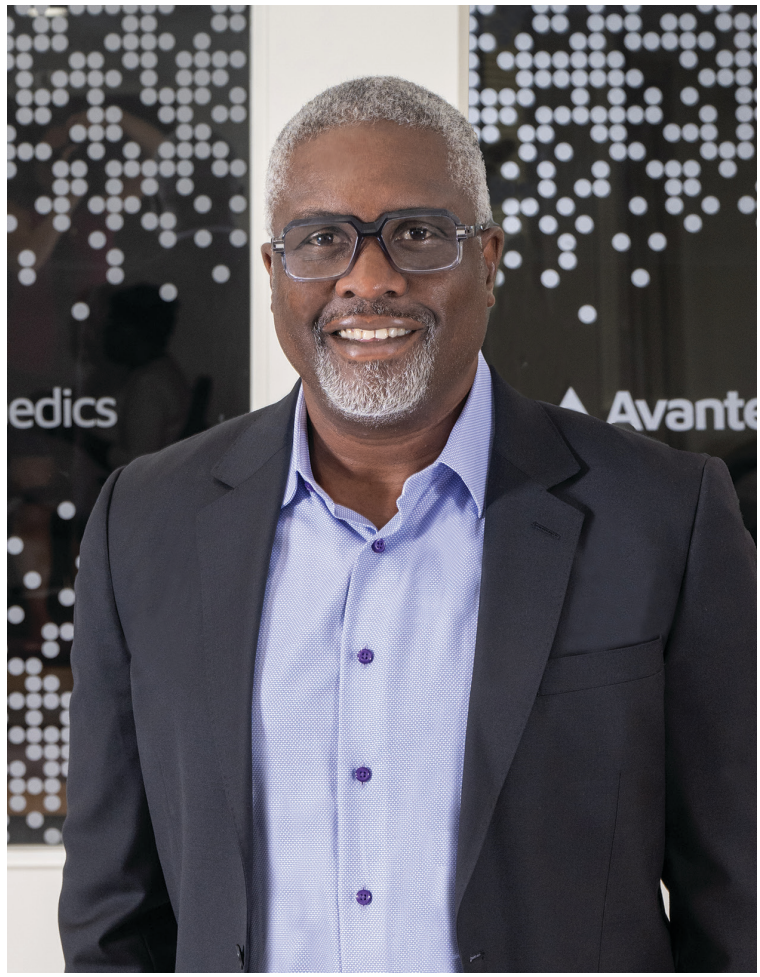
Aham E. Onyike, MD

Top Doctor 2026

Orthopaedic Specialty and Urgent Care

AVANTE ORTHOPAEDICS

Avante Orthopaedics is an innovative practice that has successfully reimagined how patients access care for bone, joint, and spine conditions across the DMV. Founded by Dr. Aham Onyike, a board-certified, fellowship-trained orthopaedic surgeon leveraging 21 years of experience, Avante is a truly unique, one-of-a-kind center combining orthopaedic specialty and urgent care under one roof. Designed to deliver a first-class, end-to-end patient experience, Avante offers same and next-day access, 24/7 telehealth, on-site digital X-ray, physical therapy, regenerative orthopaedics and minor surgical procedures, with access to advanced and complex surgery when needed. Centrally located in College Park, the practice is easily accessible from Washington, DC, Maryland and Northern Virginia. Patients have enthusiastically embraced the model, consistently recognizing Avante Orthopaedics for its prompt access, personalized attention and high-quality care. The practice model has attracted accomplished orthopaedic surgeons and specialists, further expanding the expertise available to patients. Dr. Onyike specializes in complex hip and knee replacement and has performed tens of thousands of surgeries in his career. He has also established two boutique surgical hospitals in Nigeria (Center for Advanced Specialty Surgery), expanding access to specialized surgical care while providing training opportunities for surgeons and other musculoskeletal healthcare professionals.



8824 Cunningham Dr
College Park, MD 20740
301.873.1292
avanteortho.com

SPECIALIZATION

Complex and Minimally invasive Joint replacement surgery, Sports, Trauma, Orthopaedic Urgent Care, Regenerative Orthopaedics, Global Health

AFFILIATIONS and AWARDS Board Certified Fellowship Trained Joint Replacement Surgeon, Patient's Choice Awards. Affiliations: Holy Cross Hospital, University of Maryland, Cedar Hill Hospital, Sentara Hospital, Maryland Ambulatory Surgery Center, Advanced Surgical Care of Maryland, Center for Advanced Specialty Surgery, Lagos



Loudoun Medical Group Cancer & Infusion Center

Top Doctors 2026 | Oncology

DR. MEI FIRESTONE, DR. SYED ALI, DR. RAJ MANCHANDANI

Drs. Ali, Firestone and Manchandani provide comprehensive care to patients, delivering high quality, evidence-based medicine while also personalizing treatment based on the needs and values of each patient. All of our physicians are firm believers in offering university level care in the community setting. Our cancer and infusion center offers in-office infusion and treatment including chemotherapy, immunotherapy, biologic therapies, IV hydration and iron replacement. We treat patients with a wide range of benign blood disorders and cancer types and serve patients in the Northern Virginia area and the surrounding community. Our patients can expect the excellent care and skilled, professional guidance they deserve along their journey.

SPECIALIZATION

Oncology & Hematology (Dr. Ali, Dr. Firestone & Dr. Manchandani)

DESIGNATIONS and AWARDS

Fellowship Trained and Board Certified in Medical Oncology & Hematology; *Washingtonian* Top Doctor 19'-26' (Dr. Firestone) *Washingtonian* Top Doctor 20'-26' (Dr. Ali), *Washingtonian* Top Doctor 23', 25', 26' (Dr. Manchandani)

19500 Sandridge Way, Suite 450, Leesburg, VA 20176 | **703.656.9805**



James R. Bruno, MD

Top Doctor 2026 | Breast Augmentation, Reimagined.

BRUNO PLASTIC SURGERY

Introducing Preservé by Motiva®

A less-invasive approach to natural-looking breast enhancement.

James R. Bruno, MD brings more than two decades of experience, an artist's eye, and surgical precision to every procedure. Now offering Preserve™ by Motiva®, Dr. Bruno combines advanced breast implant technology with an innovative technique designed to preserve natural breast tissue while minimizing surgical disruption.

Preserve your anatomy | Enhance your shape | Remain beautifully you

SPECIALIZATION

Breast augmentation, Preservé by Motiva®, Mommy Makeover, Tummy Tuck, Deep Plane Face Lift

DESIGNATIONS and AWARDS

Newsweek America's Best Plastic Surgeons 2026; *Washingtonian* Top Doctor 2026; *Northern Virginia Magazine* & *Bethesda Magazine* Top Plastic Surgeon 2026

5454 Wisconsin Avenue, Suite 1210
Chevy Chase, MD 20815

8100 Boone Blvd, Suite 720
Tysons Corner, VA 22182

301.895.0222
www.drbrunoplasticsurgery.com



Dr. Sarfraz Choudhary, MD, F.A.C.P.

Top Doctor 2026 | Infectious Diseases

INFECTIOUS DISEASES, TROPICAL MEDICINE AND TRAVEL CLINIC

Dr. Sarfraz Choudhary has dedicated over 20 years to Loudoun County, specializing in Infectious Diseases and Traveler's Health. As a Fellow of the American College of Physicians, he has been serving since 2004 with expertise and compassionate care. Board-certified in Infectious Diseases, Internal Medicine, and Tropical Medicine & Traveler's Health, he has received numerous awards for his commitment to excellence. Beyond his private practice in Lansdowne, he does consultations at Loudoun hospital, he is the Chair of the Department of Internal Medicine and Director of Infection Control at Inova Loudoun Hospital, where he influences policies to improve patient safety. A trusted leader, Dr. Choudhary, is a vital part of the medical community and a dedicated resource for patients and colleagues.

SPECIALIZATION

Infectious Disease, Tropical Medicine and Traveler's Health

DESIGNATIONS, AFFILIATIONS, and AWARDS

Fellow American College of Physicians, Infectious Disease Society of America, Society for Healthcare Epidemiology of America, American Society of Tropical Medicine, International Society of Travel Medicine

44035 Riverside Parkway, Suite 440
Lansdowne, VA 20176
703.858.9966
Infectiousdiseaseclinic.com



Dr. Hendi & Associates

Top Doctor 2026 | Skin Cancer Specialists

MOHS & DERMATOLOGIC SURGERY

The office of Dr. Hendi & Associates has been dedicated to providing patients throughout the DMV with the highest quality, comprehensive care for skin cancer since 2008. Dr. Ali Hendi is a double board-certified Mohs micrographic and reconstructive surgeon who has dedicated his practice to the treatment of skin cancer and reconstructive surgery. Dr. Hendi is joined by Dr. Kristina Lim and Dr. Kelly McCoy, both fellowship-trained Mohs micrographic and reconstructive surgeons. Together, the physicians offer specialized expertise in Mohs micrographic and facial reconstructive surgery, dermatologic oncology, skin cancer surveillance and melanoma treatment using Mohs & IHC. Collectively, Dr. Hendi, Dr. Lim, and Dr. McCoy have performed more than 25,000 Mohs micrographic surgery procedures, providing patients with extensive experience in the diagnosis and treatment of skin cancer, as well as advanced reconstructive surgery. At Dr. Hendi & Associates, our team of physicians and staff is committed to providing compassionate, comprehensive care for our skin cancer patients while maintaining strong professional collaboration with our valued referring physicians.

SPECIALIZATION

Mohs Micrographic Surgery, Facial Reconstructive Surgery, Dermatologic Oncology, Mohs for Melanoma, Skin Cancer Surveillance

DESIGNATIONS, AFFILIATIONS, and AWARDS

Board Certified in Dermatology and Micrographic Dermatologic Surgery

5454 Wisconsin Ave, Suite 725
Chevy Chase, MD 20815
301.986.1006
www.MohsSurgeryMD.com



Michael Svestka, MD, FACS

Top Doctor 2026 | General Surgery

VIRGINIA HERNIA

At Virginia Hernia, specialized expertise meets personal attention. Dr. Michael Svestka is a board-certified general surgeon dedicated exclusively to hernia repair and abdominal wall reconstruction. He treats conditions ranging from common groin and umbilical hernias to complex and recurrent hernias. His approach combines open, laparoscopic, and robotic techniques with treatment tailored to each patient's anatomy, lifestyle, and goals. From your first consultation through recovery, Dr. Svestka personally guides your care, taking time to explain your options and answer questions. His care focuses on restoring comfort and abdominal wall function, helping you return to everyday life and the activities you enjoy most.

SPECIALIZATION

Inguinal, umbilical, incisional, ventral and recurrent hernias; abdominal wall reconstruction; open, laparoscopic, robotic hernia repair.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Doctor, 2022, 2024, 2025, 2026; Castle Connolly Top Doctor, 2026; Fellow, American College of Surgeons; Board-certified - American Board of Surgery

3700 Joseph Siewick Drive, Suite 201
Fairfax, VA 22033
703-546-0372 | **vahernia.com**



From left to right: Lindsay Tom, PA-C | Kelly Mitchell, PA-C | Claudia Abujrab-Saba, MD | Phong Nguyen, MD | Moira Scaperotti, MD | Alexia Gospodinoff, MD | Monica Gonzalez, PA-C | Caitlin Fortune, PA-C

Northern Virginia Center for Arthritis

Top Doctor 2026 | Rheumatology

PROVIDING RHEUMATOLOGIC CARE TO PATIENTS IN THE NORTHERN VIRGINIA AREA FOR OVER THIRTY YEARS

For more than 30 years, Northern Virginia Center for Arthritis has been a trusted destination for comprehensive, personalized rheumatologic care throughout Northern Virginia. Our team comprises experienced rheumatologists and physician assistants whose expertise spans complex autoimmune, inflammatory, musculoskeletal, and bone diseases. Our physicians have earned repeated recognition in leading regional publications, including *Washingtonian* and *Northern Virginia Magazine*, and some have served as presidents of the Virginia Society of Rheumatology. We combine advanced medical care with the convenience and continuity patients value. All three of our locations—Reston, Annandale, and Leesburg—offer on-site laboratory services and infusion therapy. Our Reston location also features an in-office pharmacy, helping make treatment more seamless and convenient. Many of our providers are multilingual, helping us care for Northern Virginia's diverse communities. From evaluation and diagnosis through long-term treatment and infusion care, our team provides thoughtful, evidence-based medicine with an emphasis on listening, collaboration, and individualized treatment plans. We pair more than three decades of rheumatology expertise with a welcoming, patient-centered experience—bringing sophisticated specialty care close to home.

SPECIALIZATION

Rheumatoid arthritis, lupus, psoriatic arthritis, osteoarthritis, gout, osteoporosis, Sjögren's, scleroderma, vasculitis, myositis, and related conditions.

DESIGNATIONS and AWARDS

Multiple *Washingtonian* Top Doctor Hall of Fame and *Northern Virginia Magazine* Top Doctor honorees, Patients' Choice recognition, and former Virginia Society of Rheumatology Presidents.

RESTON | 703.689.2050
ANNANDALE | 703.573.0130
LEESBURG | 703.858.7222
nvcfa.com



Benson W. Yu, MD

Top Doctor 2026 | Internal Medicine

BENSON W. YU M.D. PLLC

Dr. Yu graduated from Georgetown University School of Medicine in 1990 and completed his internal medicine residency at George Washington University Hospital in 1993. He has more than 35 years of primary care experience -- including over a decade in urgent care -- and over 25 years of solo practice. Dr. Yu is committed to providing comprehensive and compassionate care to every patient. Dr. Yu had taught medical students from Georgetown University and George Washington University and the University of Virginia. He is well liked and respected by his patients and colleagues. His practice emphasizes preventive care, patient education, and the office offers services including laboratory testing, EKG, ABI studies, vaccinations, and more.

SPECIALIZATION

Internal medicine, geriatric

DESIGNATIONS, AFFILIATIONS, and AWARDS

Top Physicians (2007-2014); *Washingtonian* magazine, Top Doctors (2014, 2017, 2023, 2026); *Northern Virginia Magazine*, Top Doctors (2026)

3601 D Chain Bridge Rd
Fairfax, VA 22030
703.691.1136
docyu.com



Signey Olson DNP, Preston Sacks M.D., Sandra Carson M.D., Rafat Abbasi M.D., Samuel Sun Ph.D.

Preston Sacks, MD, FACOG & Rafat Abbasi, MD, FACOG

Top Doctor 2026 | Fertility Care

COLUMBIA FERTILITY ASSOCIATES

For patients hoping to build a family, expertise matters. So does having a physician who understands that no two paths to parenthood are exactly alike.

Washingtonian Top Doctors Preston Sacks, MD, FACOG, and Rafat Abbasi, MD, FACOG, bring decades of experience in reproductive endocrinology and infertility to Columbia Fertility Associates.

Together, they provide highly individualized care backed by advanced fertility treatments. Dr. Abbasi brings additional expertise in reproductive immunology, recurrent pregnancy loss and implantation failure.

From IVF with genetic testing to egg freezing, donor programs, surrogacy and LGBTQ+ family-building options, Columbia Fertility Associates combines comprehensive fertility services with thoughtful, inclusive care tailored to each patient's unique path to parenthood.

SPECIALIZATION
Reproductive endocrinology, infertility and reproductive immunology

DESIGNATIONS, AFFILIATIONS, and AWARDS
Washingtonian Top Doctors; Fellows, American College of Obstetricians and Gynecologists; Member SART, JCAHO certified lab

2440 M Street NW, Suite 401
Washington, DC 20037
202.293.6567
columbiafertility.com



Nadine Hammoud, MD, FACOG, MSCP

Top Doctor 2026 | Gynecology

ELITE GYNECOLOGY CENTER

Dr. Nadine Hammoud MD, FACOG, MSCP is a Board-Certified Gynecologist, Minimally Invasive Surgeon and Certified Menopause Professional with special interest in promoting women's health and wellness.The practice offers a wide range of services, including routine gynecological exams, contraceptive counseling, and treatment for a variety of gynecological conditions. We understand that every woman's healthcare needs are unique, and Dr. Hammoud works closely with her patients to develop personalized plans that meet their individual health needs and goals. She believes that open communication and patient education are essential to providing the highest quality of care.

SPECIALIZATION
Preventative exams/screening, wide range of gynecological conditions, hormonal disorders (PCOS, menopause/HRT), minimally invasive/office procedures.

DESIGNATIONS and AWARDS
"Top Doctor Award" in Gynecology and Women's health specialist; *Washingtonian* Top Doctor 3 years in a row; "Exceptional Women in Healthcare"

3301 Woodburn Road, Suite 309
Annandale, VA 22203 | 703.844.0171
myprivia.com/elitegynecologycenter

Erica Anderson, MD
Jessica Kulak, MD

Top Doctor 2026 | Plastic Surgery

ANDERSON + KULAK CENTER FOR PLASTIC SURGERY

A new destination for sophisticated aesthetic surgery has arrived in Tysons, Virginia. Anderson + Kulak Center for Plastic Surgery, founded by Dr. Erica Anderson and Dr. Jessica Kulak, brings together two award-winning surgeons with distinct and complementary areas of focus and a shared philosophy: exceptional outcomes come from expertise, thoughtful precision, and care tailored to each patient's goals.

Dr. Jessica Kulak, a double board-certified facial plastic surgeon, has a practice devoted exclusively to the face and neck. With more than 14 years of experience in the Washington, DC region, Dr. Kulak has developed expertise in a broad range of advanced facial rejuvenation techniques and offers an aesthetic defined by natural, elegant results. Dr. Erica Anderson is a board-certified plastic surgeon specializing in aesthetic breast and body surgery, with more than 20 years of experience. She brings a meticulous eye for proportion, balance, and refinement to every procedure, creating beautiful, natural-looking results thoughtfully tailored to each patient's individual goals.

Together, they have created a different kind of plastic surgery experience. At Anderson + Kulak Plastic Surgery, patients can look forward to a highly personalized, caring and warm culture that is intentionally designed around them. From initial consultation through recovery, each patient receives attentive, hands-on care from their surgeon, fostering the trust and personal connection that defines the truly intimate practice.

1945 Old Gallows Road, Suite 600, Vienna, VA 22182
703.540.4505
ericaandersonmd.com | drkulak.com



SPECIALIZATION

Dr. Jessica Kulak: Deep Plane Facelift and Necklift, Endoscopic Browlift, Eyelid lifts, Fat transfer, Lasers & Injectables. Dr. Erica Anderson: Breast Enhancement, Breast Lift, Tummy Tuck, Body Contouring after Weight Loss, Mommy Makeover, Liposuction

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Docs, *Northern VA Magazine* Top Docs, *Castle Connelly* Top Doctors, Dr. Kulak: *DC Modern Luxury* Top Doc, Dr. Anderson: *Newsweek* America's Best Plastic Surgeon



Dr. Hamed Khosravi, MD

Top Doctor 2026 | Oncology

NORTHERN VIRGINIA HEMATOLOGY ONCOLOGY ASSOCIATES

Dr. Hamed Khosravi is the Founder and President of Northern Virginia Hematology Oncology Associates. He is board-certified in Oncology and a Fellow of the American Society of Clinical Oncology. With more than 20 years of experience in Hematology and Oncology, Dr. Khosravi has treated patients with a broad range of cancers, including breast, lung, head and neck, and gastrointestinal cancers. Patients receive individualized, precision-based treatment guided by their tumor characteristics and cancer type. The offices in Woodbridge, Manassas, and Stafford feature advanced, patient-centered infusion centers providing comprehensive care in a comfortable and supportive environment. With his dedicated nurses and staff, Dr. Khosravi delivers expert & compassionate care to every patient.

SPECIALIZATION

Hematology and Medical Oncology

DESIGNATIONS, AFFILIATIONS, and AWARDS

Named Top Doctor by *Washingtonian* for the past decade. He is a current member of the Credentialing Committee at Sentara Northern Virginia Medical Center in Woodbridge, VA.

2079 Daniel Stuart Square
Woodbridge, VA 22191
703.491.5600
www.novahemonc.com



Whole Family Allergy & Immunotherapy

Top Doctor 2026 | Allergy/Immunology

BURCIN U. FRASER, MD, MPH, FAAAAI AND SAMANTHA NGUYEN, DO

At Whole Family Allergy & Immunotherapy, we provide advanced, personalized allergy care for infants, children, teens, and adults. Our physician team includes **Dr. Burcin Fraser**, a board-certified allergist with extensive experience in complex allergy and immunotherapy, and **Dr. Samantha Nguyen**, an allergist and immunologist trained at the University of Virginia with special interests in food allergy, eosinophilic esophagitis, asthma, and allergic rhinitis. Through our specialized centers and programs we provide individualized care for both common and challenging conditions from multiple food allergies to complex immunologic conditions. We offer advanced immunotherapy options for food and environmental allergies, including oral immunotherapy, sublingual immunotherapy, allergy shots, tolerance-development protocols, and biologic-assisted treatment when appropriate. Our approach is never one-size-fits-all. We listen carefully, explain options clearly, and create practical treatment plans designed around each patient and family. Serving Maryland, Washington, DC, and Northern Virginia, our team combines innovative treatment with compassionate, evidence-based specialty care.

SPECIALIZATION

Food Allergy Center, Infant Eczema Prevention, Advanced Immunotherapy, Asthma & Biologics, Complex Allergy Consultations

DESIGNATIONS and AWARDS

Burcin U. Fraser, MD, MPH, FAAAAI: Board Certified in Allergy & Immunology and Pediatrics, AAAAI Fellow, Former Children's National Allergist.
Samantha Nguyen, DO: Allergy & Immunology, UVA Fellowship, Wake Forest Internal Medicine, Food Allergy & Eosinophilic Esophagitis Expertise

8401 Connecticut Ave, Chevy Chase, MD
301.453.2530 | **drfraserallergy.com**



Dr. Lynne J. Lightfoote, MD, FACOG

Top Doctor 2026 | OBGYN

THE WASHINGTON WELLNESS GROUP

Dr. Lynne J. Lightfoote is a board-certified obstetrician-gynecologist recognized for delivering personalized, compassionate care tailored to each woman's needs. With over 20 years of experience, she specializes in women's wellness and prevention, advanced gynecology, menopause, fibroids, and fertility counseling—empowering patients to make confident, informed decisions about their health. A Washington, DC native and consistently named one of *Washingtonian's* Top Doctors, Dr. Lightfoote is respected for her clinical excellence and trusted advocacy. In 2025, she launched The Washington Wellness Group, PLLC, a concierge practice elevating women's healthcare through time, access, and excellence—ensuring patients feel seen, respected, and cared for at the highest level.

SPECIALIZATION

Women's Health; Personalized concierge gynecology and wellness specializing in menopause, fibroids, fertility, prevention and longevity.

AFFILIATIONS and AWARDS

Fellow, American College of Obstetricians and Gynecologists; *Washingtonian* Top Doctor 2006-2025; Menopause Society; ISSWH, National Medical Association.

2 Wisconsin Circle, Suite 605
Chevy Chase, Maryland 20815
appointments@
thewashingtonwellnessgroup.com

Tamjidi Skin Institute

Top Doctor 2026 | Dermatology

DR. PANTEA TAMJIDI

For more than twenty years, Tamjidi Skin Institute has been a modern, state-of-the-art dermatology center serving patients in Virginia and Maryland. Founded by Dr. Tamjidi, MD, FAAD, the practice has grown into a trusted home for comprehensive skin care, combining the expertise of our award-winning dermatologists, four physician assistants, and two licensed estheticians. We are welcoming new patients for both medical and cosmetic dermatology. Our services range from skin cancer screenings, acne, psoriasis, eczema, and hair loss treatments to the latest cosmetic options, including natural-looking fillers, neuromodulators, advanced laser treatments, and non-invasive body contouring. Every patient is treated as family, and our providers take a holistic approach, caring for the whole person and not just the condition. We are also one of the few dermatology practices in the region that accepts all insurances, making high-quality care accessible to everyone.



SPECIALIZATION

Skin cancer screening, leading edge, non-invasive laser treatments, natural looking fillers and neuromodulators, non invasive body contouring treatments

DESIGNATIONS, AFFILIATIONS, and AWARDS

Fellow of American Board of Dermatology, American Academy of Dermatology

Chevy Chase, MD | 301.652.4828
Vienna, VA | 703.345.6677
tamjidiskininstitute.com



Sara D. Collins, MD, FACC

Top Doctor 2026 | Interventional Cardiology

CHESAPEAKE CARDIAC CARE

Sara D. Collins, MD, FACC is a cardiologist whose practice at Chesapeake Cardiac Care puts the patient experience at the center of care, with particular focus on lipid management as treatment for atherosclerotic cardiovascular disease. She is passionate about addressing cardiovascular risk across a woman's full life cycle, from reproductive years through menopause. As Medical Director and Principal Investigator at Flourish Research Bowie, she leads clinical trials in cardiometabolic disease, lipid disorders, heart failure, and obesity, working to ensure research reflects the patients who stand to benefit most. She is an active voice in health policy and patient advocacy, championing access to high-quality cardiovascular care.

SPECIALIZATION

Cardiometabolic disorders, lipids and atherosclerotic cardiovascular disease, women's cardiovascular health, menopause, obesity, and clinical pharmaceutical research.

DESIGNATIONS and AWARDS

Board-Certified cardiovascular disease; Fellow, American College of Cardiology; *Washingtonian* Top Doctor 2024; Medical Director, Flourish Research Bowie.

16900 Science Dr, Ste 200
Bowie, MD 20715
410.573.9805 | **ccardiac.com**



Maryland ENT Associates

Top Doctor 2026 | Otolaryngology and Facial Plastic Surgery

EAR | NOSE | THROAT | FACIAL PLASTIC SURGERY

For more than 36 years, Maryland ENT has been a trusted destination for exceptional ear, nose, and throat care throughout the Washington–Baltimore region. Our board-certified physicians offer comprehensive care for children and adults across pediatric ENT, otology, laryngology, rhinology, sleep medicine, head and neck cancer, thyroid disease, and advanced hearing healthcare. As one of the region's most comprehensive private ENT practices, we bring together academic-level expertise, sophisticated technology, and the personal attention of a physician-owned practice. Our state-of-the-art facilities offer in-office sinus CT, comprehensive audiology and advanced hearing aid technology, vestibular testing, sleep testing and comprehensive sleep treatment and surgery, as well as complete allergy evaluation, sinonasal allergy testing, and immunotherapy. We also provide advanced, minimally invasive, office-based alternatives to traditional surgery, including balloon sinuplasty for chronic sinus disease, treatments for nasal obstruction, postnasal drip, and voice disorders, and radiofrequency ablation (RFA) for qualifying thyroid nodules. With innovative technology, specialized expertise, compassionate care, and same-day access through our Walk-In Clinic, Maryland ENT delivers an elevated standard of care—**exceptional medicine, thoughtfully delivered.**

SPECIALIZATION

Adult/pediatric/newborn ENT, in-office nasal and sinus surgery, allergy treatment, sleep apnea, otology/reconstructive ear surgery, thyroid/parathyroid surgery, laryngology and professional voice treatment

AFFILIATIONS and AWARDS

Holy Cross Hospital Silver Spring, Suburban Hospital, White Oak Adventist Hospital, Clinical Professors George Washington University Medical School

2415 Musgrove Road, Suite 203
Silver Spring, MD 20904 | 301.989.2300
marylandentassociates.com



Capital Area Pediatrics

Top Doctor 2026 | Pediatrics

DRS. HANITA OH-TAN, LAURA MADOO, EDWARD MORRIS, ARCHANA JASANI, KATHERINE BAEDER

For over 50 years, these doctors at Capital Area Pediatrics have set the gold standard for children's care. In collaboration with a robust team of providers and support staff, they have built a practice rooted in compassion, clinical excellence, and accessibility. Open 7 days a week across 5 offices, they offer comprehensive care - from birth to young adulthood - including lactation and behavioral health support, ensuring families feel supported every step of the way. All 5 of our locations across Northern Virginia are accepting new patients. Please visit our website for extensive information about our team and services.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Repeat recipients Top Doctors *Washingtonian* and *Northern Virginia* magazines

Ashburn, Falls Church, Herndon, Oakton, Sleepy Hollow
703.359.5100
capitalareapediatrics.com



Gabriel Petruccelli MD. Samuel Sanders MD. Korboi Evans MD. David Perim MD. Irvin Guterman MD. David Smink MD. Victor Wowk MD. Derek Kram MD. (Front middle left) Alyssa Choo PA. Karly Lorbeer MD.

Greater Washington Orthopedic Group

Top Doctor 2026 | Orthopaedics

LEADING PROVIDER OF ORTHOPAEDIC SERVICES IN MARYLAND

For more than 40 years, The Greater Washington Orthopaedic Group (GWOG) has been providing exceptional orthopaedic care to patients throughout Montgomery County. With convenient locations in Rockville, Silver Spring, and Germantown, GWOG brings together nine board-certified, fellowship trained orthopaedic surgeons and an experienced physician assistant, offering comprehensive care for patients of all ages and activity levels. Our specialists provide a full range of diagnostic, non-operative, and surgical treatments, including sports medicine, hip, knee, and shoulder joint replacement, spine surgery, hand and elbow surgery, and fracture care. Every patient receives an individualized treatment plan designed to address their specific condition, goals, and lifestyle. Our sports medicine physicians work closely with many of the area's leading high school athletic programs and certified athletic trainers, helping athletes recover from injury and return to the sports they love safely and confidently. Our highly experienced physical therapists provide personalized attention and comprehensive rehabilitation focused on restoring strength, mobility, and function. At GWOG, we believe exceptional orthopaedic care is about more than treating an injury or condition. It is about listening to our patients, understanding what matters most to them, and helping them return to an active, healthy lifestyle.

SPECIALIZATION

Total joint replacements (Hip, Knee, Shoulder), Sports medicine, Spine Surgery, Fracture Care, Hand/Elbow Surgery, Arthroscopy, Minimally invasive surgery, Physical therapy, PRP injections

AFFILIATIONS and AWARDS

Board Certified Orthopaedic Surgeons; American Academy of Orthopaedic Surgeons; Society of Military Orthopaedic Surgeons; Top Doctors, *Washingtonian* magazine: 2017-21, 2023-26, Top Doctors, *Bethesda Magazine*: 2021/23/25/26

Locations in: Rockville, Silver Spring & Germantown, Maryland
301.589.3324 | **gwog.com**



Christina Prather, MD, FACP

Top Doctor 2026 | Geriatrics

PRATHER MEDICINE

Christina Prather, MD, FACP is board certified in geriatrics and palliative medicine and the founder of Prather Medicine, a direct specialty care practice providing consultative geriatric, palliative, and memory care. Dr. Prather cares for older adults with memory change, including Alzheimer's disease and other dementias, as well as serious illnesses such as Parkinson's, cancer, heart failure, advanced lung disease, ALS, and frailty. She meets patients and families wherever they are: a first memory concern, a new diagnosis, a transition home after hospitalization, or the final chapter. Visits are unhurried and care plans are physician-led, with time to explain what is happening and what comes next. Families are welcome in every conversation.

SPECIALIZATION

Memory Care & Dementia, Consultative Geriatric Specialty Care, and Palliative Care for Older Adults

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Doctor, 2017–2026, Member of the Gold Humanism Honor Society and Alpha Omega Alpha Honor Society, Associate Professor, George Washington University

prathermedicine.com
christinaprathermd.com

Chawki Elzein, MD, FACS

Top Doctor 2026 | Pediatric Cardiac Surgery

INOVA CHILDREN'S HEART CENTER

Dr. Chawki Elzein is a nationally recognized congenital heart surgeon dedicated to transforming the care of children and adults with congenital heart disease through surgical excellence, innovation, and program development.

As Chief of Pediatric Cardiothoracic Surgery and Co-Director of the Inova Children's Heart Center, Dr. Elzein has led the development and growth of one of the region's premier pediatric cardiac surgery programs in Northern Virginia. Working closely with a multidisciplinary team of cardiologists, intensivists, anesthesiologists, perfusionists, nurses, and allied health professionals, he has helped establish a comprehensive program capable of caring for patients with the most complex congenital heart defects—from newborns requiring lifesaving surgery to children needing advanced mechanical circulatory support and ECMO. His vision extends beyond outstanding surgical outcomes to building a culture of collaboration, innovation, quality improvement, education, and family-centered care.

With more than 25 years of experience in congenital heart surgery, Dr. Elzein remains committed to advancing the field through clinical research, physician education, and the introduction of new technologies and treatment strategies. His long-term goal is to continue expanding the Inova Children's Heart Center into a nationally recognized destination for congenital heart care, offering world-class treatment while providing compassionate, personalized care for every patient and family.

Inova Children's Heart Center
3300 Gallows Road, Falls Church, VA 22042
703.776.4516 | Chawki.Elzein@inova.org
inova.org/childrens-heart



SPECIALIZATION

Pediatric and adult congenital heart surgery, neonatal cardiac surgery, valve repair, complex biventricular repair.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Bechara Akl Endowed Chair of Congenital Heart Surgery, Inova Children's Heart Center, Professor of medical education at University of Virginia.



Jules Feledy, MD

Top Doctor 2026 | Plastic Surgery

BELMONT PLASTIC SURGERY

Excellence in Aesthetic and Reconstructive Care

Discover the expertise of our renowned, board-certified plastic surgeon specializing in breast and body contouring, as well as breast cancer reconstruction. With locations in Chevy Chase, MD, and Stafford, VA, we offer a comprehensive range of cosmetic procedures, including breast augmentation and lifts, tummy tucks, liposuction, Brazilian butt lifts, facelifts, and eyelid lifts. In addition, we provide an array of minimally invasive treatments such as Botox®, dermal fillers, lip lifts, RF microneedling, and advanced laser therapies. At Belmont Plastic Surgery, we are dedicated to delivering the highest quality care with state-of-the-art surgical techniques and personalized service.

SPECIALIZATION

- Breast Augmentation, Lifts, and Reconstruction
- Face and Neck Lifts
- Mommy Makeovers
- Body Contouring with Liposuction
- Abdominoplasty (Tummy Tuck)
- Fat Transfer – Face, Breast & Buttocks

5530 Wisconsin Avenue, Suite 814
Chevy Chase, MD 20815
301.654.5666
2071 Richmond Highway
Stafford, VA 22554
540.891.0040
BelmontPlasticSurgery.com

Sarah Merritt, MD

Top Doctor 2026 | Pain Management

LIFESTREAM HEALTH CENTER



Pain is rarely one-dimensional, and neither is its treatment. For many people living with chronic pain, the goal isn't simply reducing pain—it's getting their lives back. That's the philosophy that guides Dr. Sarah Merritt and the team at Lifestream Health Center. As a triple board-certified physician in Anesthesiology, Pain Medicine, and Addiction Medicine, Dr. Merritt believes the best outcomes come from combining evidence-based medicine with compassionate, individualized care.

Lifestream Health Center has grown to be a regional referral center for patients with complex pain conditions, including spine disorders, neuropathic pain, Complex Regional Pain Syndrome (CRPS), hypermobility disorders such as Ehlers-Danlos syndrome (EDS), headaches, and other challenging conditions that often require a thoughtful, multidisciplinary approach. The practice offers comprehensive medication management alongside advanced interventional pain procedures, allowing patients to receive highly individualized care under one roof.

For carefully selected patients, Lifestream also provides regenerative therapies—including platelet-rich plasma (PRP), bone marrow concentrate (BMAC), prolotherapy, and other biologic treatments—designed to promote healing, restore function, and, when appropriate, help patients avoid or delay surgery. By integrating established therapies with thoughtfully selected emerging treatments, Dr. Merritt and her team focus on helping patients return to work, family, recreation, and the activities that matter most.

4000 Mitchellville Rd. Suite B322, Bowie, MD 20716
301.860.0305 | referrals@lifestreamhealth.com
lifestreamhealth.com

SPECIALIZATION

Interventional Pain Medicine, Regenerative Medicine, Spine Care, CRPS, Hypermobility/EDS, Neuromodulation, Medication Management

DESIGNATIONS, AFFILIATIONS, and AWARDS

Triple board-certified in Anesthesiology, Pain Medicine, and Addiction Medicine; *Washingtonian* Top Doctor; regional referral center for complex pain care, President of Lifestream Health Center.



Brenda Dintiman, MD

Top Doctor 2026 | Dermatology

DERMUTOPIA | VIVAZ WELLNESS

For over 30 years, Dr. Brenda Dintiman has provided compassionate, cutting-edge medical and cosmetic dermatology services to Northern Virginia at her practice, DermUtopia Wellness. She takes a holistic approach to skin health, addressing menopausal concerns and offering longevity guidance. Dr. Dintiman started with skin, but couldn't stop there. This year, she launched Vivaz Wellness with Dr. Elizabeth Allan and Dr. Christine Shanahan. Vivaz Wellness is a DermUtopia practice focusing on metabolic health, hormones & menopause care, and longevity. Through ongoing comprehensive regular visits and lab work, Vivaz Wellness tracks each patient's health over time, delivering personalized care that helps them function at their best for years to come.

SPECIALIZATION

Medical & Cosmetic Dermatology | Lasers, Fillers, and Toxins | Metabolic Health, Hormone & Menopause Care, Longevity Medicine

DESIGNATIONS and AWARDS

Washingtonian Top Doc, 1999-2026; *Northern Virginia Magazine* Top Doc, 2016-2026; AAD Telemedicine Award, 2013; *Castle Connolly* Top Doc, 2023-2026

527 Maple Ave E, Suite 204
Vienna, VA 22180 | 703.229.2544
dermutopia.com | vivazwellness.com

Jennifer Parker Porter, MD, FACS

Top Doctor 2026 | Plastic Surgery

CHEVY CHASE FACIAL PLASTIC SURGERY



Chevy Chase Facial Plastic Surgery (CCFPS), nestled in the heart of Bethesda, stands at the forefront of aesthetic enhancement. Their guiding philosophy is one of individualization, a commitment to crafting personalized treatment plans that challenges standardization in favor of an approach as unique as each patient's facial structure. With over 25 years of focused practice in Facial Plastic Surgery, Dr. Jennifer Parker Porter leads a team known for their artistry in facial plastic surgery. They offer an array of both surgical and nonsurgical procedures, from rhinoplasty, facelift, and eyelid surgery to minimally invasive treatments such as Botox, fillers, skin tightening and microneedling.

What sets CCFPS apart from others is their understanding of the nuances of diverse skin types and ethnic facial structures. With their dedication to honest consultations, patients can expect a comprehensive discussion about their aesthetic goals, ensuring a clear path towards achieving a refreshingly natural result. Experience the CCFPS difference, where the fusion of advanced medical procedures and personalized care leads to consistent long-lasting results. We're also excited to welcome Dr. Mariel O. Watkins, facial plastic and reconstructive surgeon, to CCFPS. She brings specialized expertise in preservation rhinoplasty and deep plane facelift techniques.

If you're looking for natural enhancements, please contact us to schedule a consultation.

7201 Wisconsin Avenue, Suite 515
Bethesda, MD 20814 | 301.652.8191
PN@chevychaseface.com
ChevyChaseFace.com

SPECIALIZATION

Rhinoplasty, Eyelid Surgery, Facelift, Facial Rejuvenation, Non-Invasive Skin Tightening, Botox, Facial Fat Grafting

DESIGNATIONS, AFFILIATIONS, and AWARDS

Bethesda Magazine Winner for Best Cosmetic Surgeon, Top Doctor, Castle Connolly Top Doctor, *DC Modern Luxury* Best Facial Plastic Surgery, *Washingtonian* Top Doctor

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Inpatient Surgical Consultants

Top Doctor 2026 | General Surgery

JASON BRODSKY, MD AND JOSHUA FELSHER, MD

Since 2006, Inpatient Surgical Consultants (ISC) has provided exceptional general surgical care to patients throughout Rockville and surrounding communities. Our surgeons provide compassionate, comprehensive care for elective and emergency surgical conditions, utilizing the full spectrum of open, laparoscopic, and robotic surgical techniques. We combine advanced surgical expertise with personalized care, ensuring that every patient receives the highest quality treatment in a supportive and compassionate environment. Beyond our commitment to patient care, ISC surgeons are leaders in the healthcare community and dedicated educators and innovators. We are honored to be part of this community and welcome you to Inpatient Surgical Consultants.

SPECIALIZATION

ISC treats hernias and diseases of the gastrointestinal tract, including gallbladder, stomach, intestine and appendix.

DESIGNATIONS and AWARDS

Board Certified - American Board of Surgery; Fellows - The American College of Surgery; *Washingtonian* Top Doctors - 2015 to present; Assistant Clinical Professors - The George Washington University School of Medicine and Health Sciences

9715 Medical Center Drive, Suite 233
Rockville, MD | **inpatientsurgery.com**



Chethana Rao, MD & Prima Medicine

Top Doctor 2026 | Internal Medicine

PRIMARY CARE, WOMEN'S HEALTH, ENDOCRINOLOGY, & CONCIERGE MEDICINE IN NORTHERN VIRGINIA

For more than 15 years, Prima Medicine has been a trusted leader in primary care and internal medicine across Northern Virginia. Founded by Dr. Chethana Rao, MD, the President of Prima Medicine, the practice is dedicated to personalized, evidence-based care that empowers patients to live healthier, longer lives. Prima Medicine Offers concierge medicine service, Endocrinology, and Women's Health Services. Dr. Rao leads a dynamic team of top-rated providers including Dr. Connor, Dr. Sadhu, Dr. Luther, Dr. Torno, Dr. Singh, Dr. Davoodi, Dr. Zucherman, Dr. McMillan and Dr. Yalamanchilli, supported by advanced practice providers. With offices in Fairfax, South Riding, Merrifield, and Tysons, and a full-service Prima Urgent Care center in Fair Oaks, patients benefit from both convenience and continuity of care. The practice offers comprehensive services in diabetes management, hypertension, asthma, lifestyle medicine, bariatric medicine, preventative health, and concierge internal medicine. Through its concierge program, patients enjoy direct physician access, longer visits, and personalized treatment plans focused on prevention and long-term wellness. The Weight Loss program is led by Dr Luther, MD and Shannon Ross, NP. Dr. McMillan is our Endocrinologist.

SPECIALIZATION

Diabetes, Hypertension, Asthma, Endocrinology, Womens Health, Chronic Disease, Preventative Health, Lifestyle Medicine, Bariatric Medicine, Concierge Medicine

AFFILIATIONS and AWARDS

Washingtonian Top Doctors, 2018–2026; *Northern Virginia Magazine* Top Doctor, 2020; American Association of Physicians of Indian Origin; GWAPI; American College of Physicians Virginia Chapter

Fairfax | South Riding | Merrifield | Tysons
703.870.3750 | **primamedicine.com**



Fernando Porter, MD

Top Doctor 2026 | Family Medicine

CAPITAL CITY PRIMARY AND IMMEDIATE CARE

Dr. Fernando Porter, MD, is a distinguished primary care physician known for his dedication to patient-centered care. With extensive experience in managing a wide range of health issues, Dr. Porter and his team provides comprehensive services including preventive care, chronic disease management, and health education. His compassionate approach ensures that each patient receives personalized attention tailored to their unique needs. Dr. Porter's commitment to excellence has earned him a reputation for being attentive and thorough by both his patients and peers. For appointments, contact his office at 301-337-2004 and experience the high standard of care that Dr. Porter consistently delivers.

SPECIALIZATION

Primary Care, Pediatrics, Hormone Replacement Therapy, Women's Health, Men's Health, LGBTQ+ Friendly, HIV/PrEP management

DESIGNATIONS, AFFILIATIONS, and AWARDS

Board Certified in Family Medicine, Fellows of the American Academy of Family Physicians, Privia Health Affiliated

12200 Annapolis Rd, Suite 123
Glenn Dale MD, 20769
301.337.2004
capitalcitydocs.com



Dr. Nisha Chand, MD

Top Doctor 2026 | Gastroenterology

NORTHERN VIRGINIA GASTROENTEROLOGY

TRUSTED GI CARE IN NORTHERN VIRGINIA FOR 20 YEARS

For two decades, Dr. Nisha Chand has provided personalized, physician-led care for patients with digestive and liver conditions throughout Northern Virginia. Comprehensive care includes reflux, abdominal pain, constipation, diarrhea, IBS, inflammatory bowel disease, swallowing disorders, fatty liver disease/MASLD, and other digestive and liver conditions.

Specialized Services: Colonoscopy & colorectal cancer prevention, Upper endoscopy, Capsule endoscopy, Bravo pH testing, Liver elastography, Hemorrhoid treatment, Gastroparesis management, Obesity Medicine & GLP-1, Therapy

Management of GI side effects from weight-loss medications

NOW EXPANDING TO FAIRFAX

Gastroenterology • Endoscopy • Obesity Medicine

SPECIALIZATION

Gastroenterology & Hepatology including but not limited to colon cancer screening, inflammatory bowel disease, complex colonoscopy and polypectomy, endoscopy, BRAVO ph testing, capsule enteroscopy, eosinophilic esophagitis, heartburn, abdominal pain/bloating, chronic constipation, IBS and fatty liver. Dr Chand is fluent in Spanish, Hindi and Urdu.

DESIGNATIONS and AWARDS

Washingtonian Top Doctor Hall of Fame, Board-Certified Gastroenterologist & Obesity Medicine Physician

Sterling • Fairfax — Coming Soon
703.378.1734 | **novagastro.org**



Mohit Gupta, MD

Top Doctor 2026 | Urologic Oncology

MEDSTAR GEORGETOWN UNIVERSITY HOSPITAL

Mohit Gupta, MD, is Director of Urologic Oncology and Associate Professor of Urology at MedStar Georgetown University Hospital. He treats complex kidney, bladder, prostate, testicular, and adrenal cancers, guiding each patient safely and precisely from consultation through surgery and recovery with compassion. Dr. Gupta is extensively trained in advanced robotic, laparoscopic, and endoscopic surgery for urologic cancers and is among the few Washington, DC-area surgeons who also perform conventional open surgery when needed. Fellowship-trained at Johns Hopkins, he has authored more than 50 peer-reviewed publications, several of which have shaped American Urological Association clinical guidelines.

SPECIALIZATION

Urologic oncology: robotic and open surgery for kidney, bladder, prostate, testicular, and adrenal cancers.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Director of Urologic Oncology, Associate Professor, Medstar Georgetown University Hospital; American Board of Urology

3800 Reservoir Rd NW
Washington, DC, 20007
202.444.4922

Dr. Ausim Chaghtai

Pain Management | Face of Neurology 2026

THE NEUROLOGY, HEADACHE & PAIN INSTITUTE

The Neurology, Headache & Pain Institute is a world-class comprehensive, multi specialty practice in the DC metropolitan area. Their services include:

- Neurology - EMG, EEG, sleep studies
- Memory Clinic - from cognitive evaluation to new Alzheimer's therapies, infused in the office
- Physical Therapy - 1 on 1 care with therapists specialized in neurological, vestibular, and pain conditions
- Infusion Center - IV treatments for headache, pain, multiple sclerosis, and Alzheimer's disease
- Pain Institute - x-ray guided injections, spinal cord stimulation, and peripheral nerve blocks
- Psychiatry - in-person, insurance covered integrated psychiatry services. Telehealth is also available!

The clinic is one of the few neurology practices in the region offering new infusion treatments for Alzheimer's disease. This is one of the many ways the practice is striving to meet the needs of the community and deliver quality patient care that is second to none. They continue to strive towards those goals every day with every patient.



SPECIALIZATION
Pain Medicine, Neurology

DESIGNATIONS, AFFILIATIONS, and AWARDS
Fellowship at Albany Medical Center - Pain Medicine
Residency at Albany Medical Center - Neurology

11119 Rockville Pike, Suite 500
Rockville, MD 20852
240.630.2188
neurohpi.com



John T. Cardella, MD

Top Doctor 2026 | Interventional Radiology

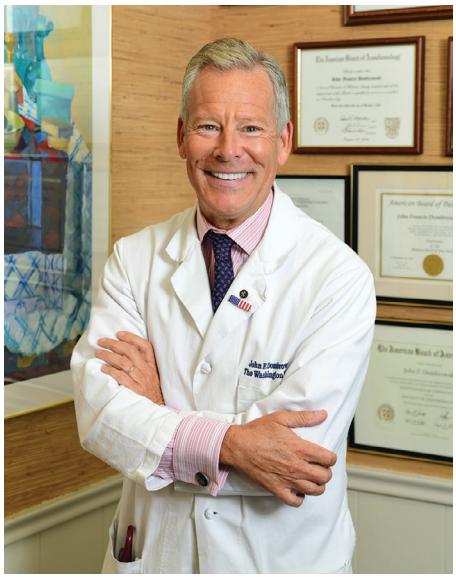
MEDSTAR GEORGETOWN UNIVERSITY HOSPITAL

John T. Cardella, MD, is a board-certified interventional radiologist specializing in minimally invasive, image-guided treatments for uterine fibroids, pelvic venous disorders, enlarged prostate, varicoceles, and blood clots in the legs and lungs. He is an Associate Professor at Georgetown University School of Medicine and Program Director of the Interventional Radiology Residency at MedStar Georgetown University Hospital. Dr. Cardella combines technical expertise with thoughtful, individualized care, taking time to listen, explain treatment options, and help each patient feel informed and supported.

SPECIALIZATION
Uterine fibroid embolization, prostate artery embolization, pelvic venous disease, varicocele embolization, venous stenting, and complex venous reconstruction

DESIGNATIONS and AWARDS
Member, Alpha Omega Alpha Honor Medical Society; Member, Society of Interventional Radiology

3800 Reservoir Rd., NW
Washington, DC 20007
202.444.5478
medstarhealth.org/doctors/john-t-cardella-md



John Dombrowski, MD, FASA, DABAM

Top Doctor 2026 | Pain Medicine

THE WASHINGTON PAIN CENTER

A *Washingtonian* Top Doctor since 2007, Dr. John Dombrowski is a 2026 BusinessRate Best of 2026 Award Winner and board-certified in Anesthesiology, Pain Medicine, and Addiction Medicine. A Georgetown University School of Medicine graduate with anesthesiology training at Yale, he founded The Washington Pain Center in 2004. He specializes in complex acute and chronic pain, including spine- and nerve-related conditions and persistent pain that has not improved with conventional treatment. His approach combines advanced interventional procedures and medication management. He also treats opioid and alcohol use disorders. Dr. Dombrowski provides individualized, evidence-based care focused on mobility, independence, and quality of life.

SPECIALIZATION

Interventional pain management, spine and nerve conditions, spinal cord stimulation, addiction medicine, and pain care.

DESIGNATIONS and AWARDS

Triple board-certified; Medical Director and Clinical Assistant Professor at Case Western Reserve University; *Washingtonian* Top Doctor; BusinessRate Best of 2026 Award Winner.

3301 New Mexico Avenue, #346
Washington, DC 20016
202.362.4787
dcpaindoc.com



Swati Divakarla, MD

Top Doctor 2026 | Psychiatry

CAPITAL FAMILY PSYCHIATRY

Dr. Swati Divakarla is a double board-certified adult and child and adolescent psychiatrist and founder of Capital Family Psychiatry, a boutique outpatient practice in Washington, DC. She provides individualized psychiatric care to children, adolescents, and adults throughout the DMV, integrating evidence-based medication management with psychotherapy. Dr. Divakarla specializes in treating ADHD, autism spectrum disorders, anxiety, and depression across the lifespan. She also works with college students, professionals, and women navigating infertility, pregnancy, postpartum, parenting, and perimenopause. Known for her approachable, empathetic style, she emphasizes collaborative care that considers the whole person, not simply a diagnosis.

SPECIALIZATION

ADHD, ASD, Anxiety, and women's mental health.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Board-Certified in Adult Psychiatry; Board-Certified in Child & Adolescent Psychiatry; Founder, Capital Family Psychiatry

1101 14th Street NW, Suite 210
Washington, DC 20005
202.670.7842
office@capitalfamilypsychiatry.com
capitalfamilypsychiatry.com



Dr. Stephanie Waggel, MD, MS, PMH-C

Top Doctor 2026 | Psychiatry

IMPROVE LIFE PLLC

Psychiatry and Women's Health in Northern Virginia: Dr. Stephanie Waggel is the medical director of Improve Life PLLC, a trusted physician-led psychiatric practice in Reston and Ashburn, VA. She and her compassionate team of psychiatrists diagnose and treat ADHD, anxiety, depression, bipolar disorder, OCD, PTSD, and more with thorough, evidence-based care. Dr. Waggel is nationally recognized for her expertise in perinatal pharmacology, helping women safely manage medications before, during, and after pregnancy. She also leads Mom's Physician, a personalized concierge service dedicated to supporting women through every stage of life. Services include women's health, skin care, weight management, fertility support, hormone balance, energy optimization, stress, and sleep management.

SPECIALIZATION

Adolescent and women's mental health, pregnancy, women's weight, energy, sleep, fertility, hormones.

DESIGNATIONS and AWARDS

Advanced Certification in Perinatal Pharmacology, PSI, AAAM, IAPAM, Physician of the Year.

703.988.5433
44075 Pipeline Plaza, Suite 110
Ashburn, VA 20147
ImproveLifePLLC.com

11250 Roger Bacon Dr, BLDG 10
Reston, VA 20190
MomsPhysican.com



Shobha Sikka, MD, FACOG, URPS

Top Doctor 2026 | Urogynecology and Pelvic Surgery

FOUNDER, CENTER FOR ADVANCED GYN & UROGYNECOLOGY

Dr. Shobha Sikka is honored to have a long history of recognition as a Top *Washingtonian* doctor since 2015. She is double board certified in Obstetrics and Gynecology and Urogynecology & Reconstructive Pelvic Surgery. She treats women with a variety of bladder and pelvic floor health issues including urinary incontinence and pelvic organ prolapse. She uses a combination of conservative and surgical treatments. She also specializes in robotic, laparoscopic, hysteroscopic and vaginal surgeries to treat complex gyn conditions like fibroids, pelvic pain etc. The center offers a full range of gynecological and urogynecological care to women of all ages.

SPECIALIZATION

Urogynecology & Reconstructive Pelvic Surgery, Minimally Invasive Gynecological Surgery

DESIGNATIONS and AWARDS

Washingtonian Top Doctor 2015 – 2022, 2025; Board Certified - Urogynecology & Reconstructive Pelvic Surgery; Fellowship trained - Minimally Invasive Gyn Surgery

12800 Middlebrook Rd, Suite 480
Germantown, MD 20874

5530 Wisconsin Ave, #1250/#1201
Chevy Chase, MD 20815

301.652.1231
centerforadvancedgyn.com



Hannah Yecheskel, OD

Optometry

ALL EYES ON ROCKVILLE

Voted BEST EYE DOCTOR by *Newsweek* & *Washington City Paper* and rated TOP OPTOMETRIST in Rockville on Yelp, "Dr. Hannah," as she is affectionately called by her patients, invites you to experience a whole new level in advanced comprehensive eye care and eye wear at her spa-like practice. We care for all ages and stages in life. Open Sundays!

SPECIALIZATION

Comprehensive Eye Care, Advanced Dry Eye Treatments, Myopia Control, Optical Boutique

DESIGNATIONS, AFFILIATIONS, and AWARDS

America's Best Eye Doctor, *Newsweek*; Best Eye Doctor, *Washington City Paper*; Mom-Approved Eye Doctor, *Washington Parent*; Best Eye Care & Eye Wear, *Washington Jewish Week*.

11921 Rockville Pike, Suite 110
Rockville, MD 20852
301.984.3937 | **alleyesonrockville.com**



Kaufman Allergy Asthma and Immunology

Top Doctor 2026 | Allergy/Immunology

KAREN KAUFMAN, DO FAAAAI

At Kaufman Allergy Asthma and Immunology, we provide expert, compassionate care for children and adults with allergies, asthma, and immune system disorders. Our growing team, led by board-certified allergist-immunologists, offers advanced diagnostics, including lung function testing and nasal endoscopy, alongside biologic therapies and specialized care for food and environmental allergies and immunodeficiency. With in-person and telehealth visits, expert care is more accessible than ever. Patients describe our practice as a place where they feel seen, heard, and genuinely supported. We help families throughout the greater Washington area not just manage their conditions, but truly reclaim their quality of life.

SPECIALIZATION

Environmental allergy, asthma, eczema, food allergy, hives, swelling, recurrent infections, immunodeficiency

AFFILIATIONS and AWARDS

Washingtonian Face of Allergy and Immunology 2023-26 and Top Doctor 2017-26, Fellow of the American Academy of Allergy, Asthma and Immunology; Board Certified in Allergy Immunology, Int Med

1945 Old Gallows Rd.
Suite 205, Vienna, VA 22182
Instagram: @dr.kaufmanallergy
703.403.5413 | **KaufmanAllergy.com**



Geeta Shah, MD

Top Doctor 2026 | Dermatology

CAPITAL LASER & SKIN CARE

Dr. Geeta Shah, at Capital Laser & Skin Care, is a board-certified dermatologist with specialized fellowship training in laser and cosmetic dermatology. Dr. Shah has been practicing dermatology for over 20 years. She takes a personalized approach to care, working closely with each patient to develop a customized treatment plan that aligns with their individual goals. With state-of-the-art technology and innovative techniques, Dr. Shah delivers elegant results that emphasize and enhance personal features and retain a natural look. Minimal downtime procedures are used to help reduce the signs of aging, treat sunspots, redness and rosacea, and can improve scars and acne. Dr. Shah advises that "consistency with non-invasive treatments is the key to natural-looking long-term results".

SPECIALIZATION

Dr. Geeta Shah is a board-certified dermatologist specializing in minimal-downtime anti-aging procedures.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Doctor 2023-2025; Fellow, American Academy of Dermatology; American Society of Dermatologic Surgery; American Society of Lasers in Medicine and Surgery

5471 C2 Wisconsin Ave., Suite 200
Chevy Chase, MD 20815
301.798.9699
CapitalSkinLaser.com



Mohammed Bayasi, MD

Top Doctor 2026 | Colon and Rectal Surgery

VIRGINIA SURGERY GROUP

Dr. Bayasi is dual board-certified in Colorectal Surgery and General Surgery. Before relocating to Northern Virginia, he served as an Associate Professor of Surgery at Georgetown University. He brings extensive expertise across a wide range of procedures, with particular skills in both traditional open surgery and minimally invasive techniques, including robotic surgery. His patient-centered philosophy emphasizes individualized care tailored to each patient's needs, with a focus on optimal outcomes and a smooth recovery. Dr. Bayasi sees patients and performs procedures at convenient locations throughout Northern Virginia.

SPECIALIZATION

Pilonidal Disease, Hemorrhoids, Colorectal Cancer, Inflammatory Bowel Disease, Gallbladder Disease, Inguinal Hernia, Ventral Hernia.

DESIGNATIONS and AWARDS

Board Certified in General Surgery; Board Certified in Colon and Rectal Surgery

1850 Town Center PKWY, #310,
Reston, VA 20190

8420 Quarry Rd,
Manassas, VA 20110

703.570.5227
virginiasurgerygroup.com



Jacqueline D. Griffiths, MD

Top Doctor 2026 | Ophthalmology

NEW VIEW EYE CENTER

Dr. Griffiths is a graduate of Yale, University of Michigan Medical School, and Georgetown University. She is an experienced board certified ophthalmologist you can trust. With over 30 years of experience, she has been voted "Top Ophthalmologist" by *Washingtonian* and *Northern Virginia Magazine* and has been selected as one of "America's Top Ophthalmologists." Services include advanced laser cataract surgery with premium implants, LASIK and PRK, laser floater removal, comprehensive ophthalmology, eyelid surgery, Botox®, and fillers. She has the first and only laser eye center in Reston. Her office accepts most medical and vision plans, and offers affordable financing for elective procedures.

SPECIALIZATION

Cataract and Refractive Surgery
RLE & EVO ICL

AFFILIATIONS and AWARDS

Former Ophthalmology Section Chief of Reston Hospital Department of Surgery; Fellow of the American Academy of Ophthalmology; Diplomate of the American Board of Ophthalmology; Reston Hospital and ASC

12110 Sunset Hills Road, Suite 50
Reston, VA 20190
703.834.9777
NewViewEye.com



Dr. Tina Alster & Dr. Nina Hartman

Top Doctor 2026 | Dermatology

WASHINGTON INSTITUTE OF DERMATOLOGIC LASER SURGERY

Internationally recognized for excellence in cosmetic dermatology and laser surgery, Dr. Tina Alster is a clinical professor at Georgetown University and a respected educator, lecturer, and media authority. Widely known as the "Queen of Lasers," she has received numerous accolades for her pioneering contributions to the field. Joining her is Dr. Nina Hartman, a board-certified, fellowship-trained dermatologist who has led and contributed to more than 50 clinical trials and is an active lecturer and educator. Together, they blend innovation with expertise, delivering advanced, personalized care while setting the standard for excellence in aesthetic dermatology.

SPECIALIZATION

The "OG" of cosmetic and laser treatments – treating the world's most recognized faces since 1990.

DESIGNATIONS and AWARDS

- *Washingtonian* Best Doctors (Hall of Fame)
- Castle Connolly Best Doctors
- Numerous Visionary, Mentorship, Leadership Awards (AAD, ASDS, ASLMS, WDS)

1430 K St NW, #200
Washington, DC 20005
202.628.8855
skinlaser.com



Mohamed Atalla, MD

Top Doctor 2026 | Urology

ATALLA UROLOGY

Dr. Atalla is a board-certified and fellowship-trained urologist, urologic oncologist and robotic surgeon. His training has spanned across the University of Massachusetts, George Washington University and Northwell Health. He has two decades of clinical, leadership and teaching experience.

Dr. Atalla leads Atalla Urology, a boutique practice with specialization in men's health (including sexual dysfunction management and surgery, penis and scrotum problems and surgery) and a personalized and attentive approach to urologic oncology, cancer survivorship, sexual recovery, and complex urologic problems.

SPECIALIZATION

Men's Health, Sexual Dysfunction, Urologic Oncology, Robotic Surgery

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Doctor 2015-2026. Virginia Hospital Center, JH Suburban Hospital, Medstar Washington Hospital Center, Holy Cross Hospital, Children's National Hospital

Atalla Urology
8180 Greensboro Dr., Ste. 300
McLean, VA 22102
571.571.7723
atallaurology.com



Reza Golesorkhi, MD

Top Doctor 2026 | Internal Medicine

POTOMAC INTERNAL MEDICINE

- Now providing concierge services
- Unlimited appointment times
- 24/7 access
- Personalized care
- Same day or last minute appointments
- Virtual appointments
- House Calls
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DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Doctor; *Northern Virginia Magazine* Top Doctor; Vitals.com; Patients' Choice Awards; Clinical Instructor, Yale University Physicians Assistant Program, Shenandoah University Physician Assistant Program; Chamberlain University FNP program; Faculty, Sentara Hospital

3985 Prince William Pkwy, #102
Woodbridge, VA 22193
Call Today! 571.298.3344
signaturemd.com



Lashea Davis Roland, MD, FACOG

Top Doctor 2026 | Gynecology

3 POINT ELITE GYNECOLOGY AND WELLNESS SPECIALISTS

Nestled in Downtown Silver Spring, 3 Point Elite Gynecology redefines women's healthcare. Dr. Davis Roland is known for her calming presence and meticulous attention to detail. Her mission is to empower women and support their mind, body, and spirit. In-house services include Behavioral Health, Ultrasonography, Hysteroscopy and Phlebotomy to diagnose and treat various medical conditions. Dr. Davis Roland has additional specialized training in Hormone Replacement, Vaginal Rejuvenation, and Hair Restoration. 3 Point Elite congratulates Dr. Lashea Davis Roland on being named one of *Washingtonian's* Top Doctors, honoring her commitment to providing transformative care to the DMV area—one patient, one story, and one stage of life at a time.

SPECIALIZATION
Obstetrics and Gynecology

AFFILIATIONS and AWARDS
Fellow, American College of Obstetricians and Gynecologists; Holy Cross Hospital; MedCHI, Maryland Medical Society; AOA, Honors Medical Society, Meharry Medical College

Board Certified in Obstetrics and Gynecology
Medical Director
ph: 301.747.1635 | fax: 301.747.6911
3pointelite.com



Kathryn Kelly, MD, FACP

Top Doctor 2026 | Internal Medicine

KELLY COLLABORATIVE MEDICINE

Kelly Collaborative Medicine congratulates Dr. Kathryn Kelly on her continued recognition as one of *Washingtonian's* Top Docs; celebrating 10 years of leadership and vision with compassionate, comprehensive primary care in Silver Spring. This prestigious distinction speaks to Dr. Kelly's Internal Medicine expertise, clinical trial work, commitment to community service, mentorship, and leadership in community advocacy as Chair of the Montgomery Cares Advisory Board, Commissioner for the ICH, and Vice President of the MCMS. Dr. Kelly also serves as the Medical Director for KCM Cares, Inc., our non-profit arm, overseeing our primary care, medical respite, and street outreach services for individuals experiencing homelessness through MCHH contracts.

SPECIALIZATION
Internal Medicine, Primary Care

DESIGNATIONS, AFFILIATIONS, and AWARDS
Board Certified Internal Medicine, Fellow of the American College of Physicians, American Medical Association, Montgomery County Medical Society, MedChi

10801 Lockwood Drive, Suite 160
Silver Spring, MD 20901
301.298.1040 (ph) | 240.847.7178 (fax)
info@kellymedicinemd.com
kellymedicinemd.com



Ob-Gyn Associates of Advantia

Top Doctor 2026 | Gynecology

SWETA PATEL, DO, FACOG, MSCP & MEREDITH KAPNER, MD, FACOG

Dr. Patel provides compassionate, comprehensive OB/GYN care throughout every stage of life, from pregnancy to menopause. As a Menopause Society Certified Menopause Practitioner, she provides individualized, evidence-based perimenopause and menopause care. She is passionate about improving access to high-quality women's health care and ensuring women of all backgrounds feel heard and supported. Dr. Kapner provides holistic, non-judgmental, evidence-based care that fosters meaningful patient relationships, with interests spanning pregnancy, postpartum care, pelvic pain, sexual health, contraception, menopause, and LGBTQIA+ care. Her minimally invasive surgical expertise ensures the safest treatment options, and she champions mind-body medicine.

SPECIALIZATION
Full-scope OBGYN practice, including labor and delivery, preventive care, gynecologic conditions, surgery, LGBTQIA+ and menopause care

DESIGNATIONS and AWARDS
Fellows of the American College of Obstetricians and Gynecologists (FACOG); Menopause Society Certified Practitioner (MSCP)

10750 Columbia Pike, Suite 700
Silver Spring, MD 20901
301.681.6772
advantiahealth.com/obgynsilverspring



Nicole P. Singh, MD

Top Doctor 2026 | Internal Medicine

OASIS INTERNAL MEDICINE

For Dr. Nicole P. Singh, exceptional healthcare starts with a relationship built on trust, time, and understanding. A board-certified internal medicine physician and founder of Oasis Internal Medicine, Dr. Singh trained at Beth Israel Deaconess Medical Center, a teaching hospital of Harvard Medical School, and has practiced in the DMV for 26 years. Her concierge practice offers a more personal approach to primary care, with the time and accessibility to truly know each patient. From preventive care and wellness to thoughtful guidance and chronic disease management, Dr. Singh partners with patients to help them make proactive and informed choices and live healthier, more fulfilling lives.

SPECIALIZATION

Preventive and proactive healthcare, personalized adult primary care.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Board certified, American Board of Internal Medicine; *Washingtonian* Top Doctor, 2010-2026; Castle Connolly Top Doctor; Member, American College of Lifestyle Medicine

1860 Town Center Drive, Suite 255
Reston, VA 20190
703.707.0607
oasis-internal-medicine.com



Sylwia Fowler, MD, DipABLM

Top Doctor 2026 | Psychiatry

PSYCHIATRY AND LIFESTYLE MEDICINE

Dr. Fowler is a double board-certified psychiatrist and lifestyle medicine physician who believes that medication management is most effective when utilized in combination with psychotherapy and lifestyle modifications. Dr. Fowler is the founder of the Psychiatry and Lifestyle Medicine practice, which specializes in an individualized approach to mental health, with treatment tailored to each person. This approach explores all areas of a patient's life, including family, relationships, work, and health, to help them return to a healthier and joyful life. With a deep commitment to evidence-based, patient-centered care, she offers comprehensive medication management in combination with psychotherapy while encouraging lifestyle-based interventions to help you feel better — and stay better.

SPECIALIZATION

Adult psychiatry: Anxiety, Depression, ADHD, PTSD, OCD, Life transitions, Sleep, Stress, Relationship, Self-esteem Issues.

DESIGNATIONS and AWARDS

Board Certified by the American Board of Psychiatry and Neurology and Board Certified by the American Board of Lifestyle Medicine

6000 Executive Blvd. Suite #405
North Bethesda, MD 20852
301.888.6128
admin@psychlifemed.com
psychlifemed.com



Sarah Nakib, MD, FAAD

Top Doctor 2026 | Dermatology

COMPLETE DERMATOLOGY OF VIRGINIA

Dr. Sarah Nakib is a board-certified dermatologist dedicated to providing exceptional medical and cosmetic dermatologic care. She earned her medical degree and completed dual residencies in dermatology and internal medicine at the University of Minnesota, where she served as Chief Resident, before joining the faculty at Johns Hopkins as an Assistant Professor of Dermatology for two years. She also completed fellowship training at the Centers for Disease Control and Prevention (CDC) and has received multiple national awards recognizing excellence in dermatologic research and patient care. Dr. Nakib specializes in acne, eczema, psoriasis, complex rashes, skin cancer screening, and personalized cosmetic treatments. She is a Fellow of the American Academy of Dermatology.

SPECIALIZATION

Dr. Nakib is a board-certified dermatologist providing individualized medical and cosmetic dermatologic expertise.

DESIGNATIONS and AWARDS

Dr. Nakib is a board-certified dermatologist specializing in medical and cosmetic dermatology, combining advanced clinical expertise with personalized, compassionate care.

2970 Chain Bridge Road,
Oakton, VA 22124
703.574.7510
completedermva.com



(L-R): Drs. Abbaa Sarhan, Carter Owen, Mark Payson, Olivia Carpinello, Chantel Cross

CCRM Fertility

Top Doctor 2026 | Fertility Care & Research

REPRODUCTIVE ENDOCRINOLOGIST & INFERTILITY SPECIALISTS

CCRM Fertility, led by Drs. Mark Payson, Carter Owen, Olivia Carpinello, Chantel Cross, and Abbaa Sarhan, provides personalized fertility care, advanced treatment options, and state-of-the-art technology. Our flagship location in Tysons Corner (Virginia) brings clinical care, surgical services, and an advanced IVF laboratory together under one roof; additional offices located in Rockville, Maryland and Washington, D.C. Known for strong success rates and an individualized approach, CCRM supports patients at every stage of their family-building journey. Our mission is simple: to make exceptional fertility care accessible to all and help patients move confidently toward their dream of a healthy baby. Call 571-789-2100 or visit ccrmivf.com to schedule a consultation today.

SPECIALIZATION

Comprehensive Fertility Testing; IVF; IUI; Male Fertility; Preimplantation Genetic Testing (PGT); Reproductive Genetics; Fertility Preservation; Oncofertility; LGBTQ+ Family Building; 3rd Party Reproduction

DESIGNATIONS and AWARDS

Our physicians are all sub-specialty board-certified and NIH fellowship-trained. Reproductive Endocrinology & Infertility Specialists

Main Location: Vienna, VA
Satellite Locations: Rockville, MD & DC
571.789.2100 | @CCRMFertility
ccrmivf.com/northernvirginia



The Urology Group

Top Doctor 2026 | Urology

EXPERT UROLOGIC CARE FOR ADULTS AND CHILDREN

For more than a century, we have remained committed to excellence, advancing urology through innovation, expertise, and patient-centered care. As part of The Specialty Alliance, we provide comprehensive urologic care using advanced technology and evidence-based treatments. Our physicians perform da Vinci robotic surgery for urologic cancers and complex conditions at Inova Loudoun, Reston, and StoneSprings Hospitals. Advanced BPH treatments include Prostate Artery Embolization and Aquablation. Patients also benefit from our Advanced Prostate Cancer Clinic, Patient Navigation service, in-office pharmacy, and Clinical Trials Program, expanding access to innovative therapies and research throughout Northern Virginia. As urology advances, our commitment remains unchanged: providing exceptional care to every patient we serve.

19415 Deerfield Ave
Leesburg, VA 20176
703.724.1195

1860 Town Center Dr, Suite 150 & 160
Reston, VA 20190
703.480.0220

24430 Stone Springs Blvd
Dulles, VA 20166
703.957.1022

224D Cornwall St NW, Suite 400
Leesburg, VA 20176
703.443.6733

1801 Robert Fulton Dr, Suite 150
Reston, VA 20191
urologygroupvirginia.com



Micha Joffee, MD

Top Doctor 2026 | Primary Care

VIENNA PRIMARY AND PREVENTIVE MEDICINE

For over two decades, Dr. Micha Joffee has provided exceptional primary care to the Northern Virginia community. By intentionally limiting his patient panel he is able to remain accessible and deliver prompt, unhurried attention to his patients. Well regarded by his peers, Dr. Joffee has been selected as a Washingtonian Top Doctor on numerous occasions. With a passion for primary care, Dr. Joffee will serve as your dedicated health partner, working with you to treat and prevent medical problems, and champion your personal wellness goals.

SPECIALIZATION

Primary Care

DESIGNATIONS and AWARDS

Board Certified in Family Medicine, Clinical Instructor for Georgetown University, Assistant Professor for UVA School of Medicine, Medical Degree from Emory University, Residency with VCU, Affiliate privileges at Inova Fairfax Hospital

243 Church Street NW, Suite 100C
Vienna, VA 22180
703.255.3067
drjoffee.com



Naren Gupta, MD, PhD

Top Doctor 2026 | Vascular Surgery

METROPOLITAN VASCULAR INSTITUTE

Dr. Gupta leads a compassionate team that expertly manages a broad range of vascular issues including peripheral arterial disease, carotid disease, dialysis access dysfunction and venous disease in a concierge-like outpatient setting. Drawing on his award-winning research in cardiovascular risk reduction and minimally invasive techniques, Dr. Gupta integrates surgical and endovascular interventions with motivational interviewing and lifestyle medicine to achieve meaningful improvement in his patients' quality of life. His team emphasizes personalized treatment and longitudinal care, collaborating closely with referring providers to ensure sustainable outcomes. Dr. Gupta's innovative, holistic approach and dedication to patient well-being earns him widespread trust and admiration from patients and peers.

SPECIALIZATION
Vascular Surgery

DESIGNATIONS, AFFILIATIONS, and AWARDS
Distinguished Visiting Surgeon, Landstuhl, US Army Medical Command; Young Clinician's Award, Assistant Professor, Harvard Medical School; Golden Heart Award, VA Boston; Certificate of Appreciation, White House Medial Unit

3015 Technology Pl
Suite 100 (Office), Suite 110 (ASC)
Waldorf, MD 20601
Ph 301.374.8540



Kaitlyn Schiavone, DO FAAD DABOM

Top Doctor 2026 | Dermatology

MCLEAN DERMATOLOGY AND SKINCARE CENTER

Dr. Kaitlyn Schiavone is a board-certified dermatologist passionate about treating the whole patient. She brings a thoughtful, personalized approach to every visit, taking time to understand each patient's unique concerns and goals. At McLean Dermatology & Skincare Center, she provides comprehensive care, encompassing in-depth skin evaluations, cosmetic dermatology, skin surgery, and hair and nail disorders all under one roof. A Navy Veteran, Dr. Schiavone trained at Walter Reed National Military Medical Center, where she gained rigorous clinical and surgical experience across the full spectrum of dermatologic conditions. She is dedicated to combining clinical expertise with genuine warmth and compassion, empowering patients to achieve healthy, glowing skin at every age.

SPECIALIZATION
Adult and Pediatric dermatology, Skin cancer surgery, cosmetic dermatology, hair and nail disorders

DESIGNATIONS, AFFILIATIONS, and AWARDS
American Academy of Dermatology
American Board of Obesity Medicine

6849 Old Dominion Dr, Suite 450
McLean, VA 22101
703.356.5111
mcleanskin.com
@drkaitschiavone



From left to right: Dr. Mokerrum Malik, Dr. Brian Kim, Dr. Sarah Swartz and Dr. Randy Lizardo

Dr. Randy Lizardo & Dr. Mokerrum Malik

Top Doctor 2026 | Gynecology

CAPITAL WOMEN'S CARE

The Center for Pelvic Health and Gynecology, a division of Capital Women's Care, brings exceptional expertise in complex benign gynecology and minimally invasive surgery to the DMV. Dr. Randy Lizardo, with 20 years of experience, is nationally recognized for advanced fibroid care and surgical education. Dr. Mokerrum Malik offers a decade of experience, NAMS certification, and specialized expertise in menopause health. Alongside an experienced team of general OB/GYNs, they provide preventive care, obstetrics, and comprehensive health services. Opening in 2027, their state-of-the-art Rockville expansion will offer mammography, sonography, phlebotomy, in-office procedures, and virtual consultations—all with compassion and personalized attention.

SPECIALIZATION
Advanced laparoscopic and robotic surgery

DESIGNATIONS, AFFILIATIONS, and AWARDS
Board Certified OBGyn's, Master Surgeon of Gynecologic Surgery, Assistant Clinical Professor of OBGyn, Menopause Society Certified Practitioner

Locations: Rockville
301.897.9817
DMVOBGYN.COM



Dr. Neeraja Tandra

Top Doctor 2026 | Nephrology

NEPHROLOGY & HYPERTENSION OF VIRGINIA

Dr. Tandra embodies the very essence of what it means to be a healer in the challenging field of Nephrology. She completed her training in Nephrology at Loyola University Medical center followed by a Glomcon fellowship in glomerular diseases. She serves as an expert in IGAN Foundation and INOVA Amyloidosis Program apart from expertise in cardiorenal diseases & Integrative Nephrology. The partnership with Legacy Dialysis brought cutting edge technology and innovation in dialysis to your doorstep as home dialysis modalities,we take pride in keeping patients where they belong despite life changing dialysis intervention, “at home”. We uniquely meet the needs of our patients with all known modalities of dialysis including assist home dialysis.

SPECIALIZATION

Glomerular and Genetic kidney diseases, Integrative nephrology, General nephrology, Home and in Center Dialysis, Renal Genetics, Cardiorenal disease

DESIGNATIONS and AWARDS

ASN fellow, GlomCon/Nephcure society Fellow, member Amyloidosis Consortium at INOVA, IGAN Society Member, Home Dialysis Hero Award 2023

19465 Deerfield Ave, Suite 310
Lansdowne, VA 20176

1897 Preston White Drive, Suite 105
Reston, VA 20191 | 703.468.1270
nhvonline.com | legacydialysis.com



Maria P. Canter, MD, MSc, FACOG, URPS, NCMP

Top Doctor 2026 | Urogynecology

UROGYNECOLOGY CENTER OF NORTHERN VA

Dr. Canter practiced for 10 years as a top urogynecologist before founding the Urogynecology Center of Northern Virginia in 2016. She holds multiple awards and is double board-certified in Urogynecology and Reconstructive Pelvic Surgery as well as Obstetrics & Gynecology. She is a Women’s Heath Specialist who treats urinary incontinence, pelvic organ prolapse, and sexual dysfunction. With over 20 years of experience, Dr. Canter and her staff are committed to offering a safe and supportive environment for treating medical and intimate health issues in women.

SPECIALIZATION

Emsella Chair for Urinary Incontinence, Platelet Rich Plasma Procedures for Intimate Health, Slings, Periurethral Bulking, Prolapse Surgery, Bladder Botox, Sacral Neuromodulation

DESIGNATIONS and AWARDS

Georgetown Medical School Award; American Urogynecology Society Award; Member, ACOG; Member, International Society Cosmetogynecology

1860 Town Center Dr, #225, Reston, VA
703.293.5239 | **urogyncenternova.com**



Liza A. Moore, MD, FAAD

Dermatology

LUXE DERMATOLOGY & AESTHETIC CENTER

Dr. Moore is the founder clinical director of Luxe Dermatology and Aesthetic Center located in The Boro at Tysons Corner. She earned her undergraduate and medical degrees from the esteemed Duke University and is a double board-certified dermatologist, expert injector, and anti-aging expert specializing in cosmetic and laser dermatology. The Luxe Team offers the latest in stateof-the-art technology to clients including CO2 Laser Resurfacing, Aerolase laser, CoolSculpting®, CoolTone® and HydraFacial™ MD. She is recognized as a leader and expert in the field by both her peers and patients as she is Clinical Director of Luxe’s Clinical Research Institute. In addition, she offers the most advanced technology and minimally invasive techniques for dermatological conditions, facial balancing, facial reconstruction, and body rejuvenation.

SPECIALIZATION Non-surgical facial rejuvenation, non invasive body sculpting/weight loss and hair loss

AFFILIATIONS and AWARDS

Fellow of the American Academy of Dermatology and the American Society of the Dermatologic Surgeons. Member of the Women’s Dermatology Society and the Dermatology Foundation.

8200 Greensboro Drive, Suite 801
McLean, VA 22102
Phone: 703.942.9787
Fax: 703.563.3824
luxedermgroup.com



Georgetown Dermatology

Top Doctors 2026 | Dermatology

CATHARINE LISA KAUFFMAN, MD, FACP | AGNIESZKA KUPIEC, MD, FAAD

At Georgetown Dermatology, medical expertise drives everything we do. We treat complex skin conditions with precision, elevate results through aesthetic insight, and lead in the diagnosis and prevention of cancer. Our *Washingtonian* Top Doctors pair rigorous medical care with advanced technology to deliver exceptional outcomes and skin rejuvenation. We keep our patients looking their youthful best with cosmetic dermatology complemented by meticulous attention to medical concerns.

SPECIALIZATION

Early Diagnosis and treatment of skin cancer; cosmetic rejuvenation with lasers, fillers and Botox.

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Doctors; Diplomates American Academy of Dermatology; Fellows, American Board of Dermatology

3301 New Mexico Avenue NW
Suite 210, Washington, DC 20016
202.363.9600
georgetowndermatology.com



From Left to Right: Dr. Karen Evans, Dr. Jayson Atves, Dr. Chrstopher Attinger, Dr. Rich Youn, Dr. John Steinberg, Dr. Cameron Akbari

MedStar Georgetown University Hospital

Top Doctor 2026 | General Surgery

CENTER FOR MULTIDISCIPLINARY FUNCTIONAL RECONSTRUCTION

At MedStar Georgetown University Hospital, complex reconstructive challenges are addressed through collaboration within an integrated, multidisciplinary team. Our program delivers exceptional scale and impact, with more than 12,000 patient visits, 2,000 surgeries, and 100 scientific papers and abstracts annually. Care is centered in our Verstanding Pavilion, a state-of-the-art facility, with advanced operating rooms and immediate emergency department access, enabling seamless transition from acute intervention to definitive reconstruction. Our team includes nationally recognized experts in plastic and reconstructive surgery, microsurgery, oncology, wound care, infectious diseases and rehabilitation, providing depth of expertise rarely unified within a single program.

SPECIALIZATION

Plastic Surgery, Orthopedic Surgery, Vascular Surgery, Podiatry

3800 Reservoir Rd NW, BLES Building
FL 1, Washington, D.C., 20007
202.444.6161
medstarhealth.org/services/plastic-surgery



Lucy M. De La Cruz, MD, FACS

Top Doctor 2026 | Breast Cancer Surgery

MEDSTAR GEORGETOWN UNIVERSITY HOSPITAL

Lucy M. De La Cruz, MD, is an internationally recognized breast surgical oncologist and the first surgeon in the DMV region to perform robotic nipple-sparing mastectomy. Her approach is distinctive: working entirely through a single incision hidden in the inframammary fold, the natural crease beneath the breast, she removes both the breast tissue and the lymph nodes. She is one of the only surgeons in the country using this technique. A pioneer of structural mastectomy, Dr. De La Cruz also performs re-sensation surgery, single-stage reconstruction, and hidden-scar and oncoplastic approaches to lumpectomy with wireless localization. She has a special interest in caring for young women with breast cancer, with an emphasis on personalized treatment and integrative survivorship.

SPECIALIZATION

Structural mastectomy pioneer, resensation surgery, hidden scar lumpectomy, single-stage reconstruction, and care for young women with breast cancer.

DESIGNATIONS and AWARDS

Chief of Breast Surgery, MedStar Georgetown; Director, Ourisman Breast Center; Associate Professor, MedStar Georgetown University Hospital

Betty Lou Ourisman Breast Health Center
3800 Reservoir Rd NW,
Washington, DC 20007
202.444.0308



Suneetha Budampati, MD

Top Doctor 2026 | Pain Management

NATIONAL SPINE & PAIN CENTERS ARLINGTON VA

Experienced and expertly trained, Dr B has been offering world class care for over two decades. Fluoroscopy guided spinal injections, ablations, balloon kyphoplasty, neuromodulation, pain pump management, minimally invasive lumbar decompression, spinal arthrodesis, SI joint fusion are her basic bread and butter treatment modalities. Equally offered are regenerative injections including PRP, peptides, prolotherapy and others for improved joint and musculoskeletal health, function. Musculoskeletal and pain syndrome of menopause and its medical treatment and reversal is her passion. She is among a handful of experts in our area for it. “Pain is universal, suffering is optional”: her mantra!

SPECIALIZATION

Board Certifed in Physical medicine & Rehabilitation; Interventional Pain Management

DESIGNATIONS, AFFILIATIONS, and AWARDS

Medical Director, NSPC Arlington VA

2800 Shirlington Road, Suite 102
Arlington VA 22006
703.738.4336
treatingpain.com



Nirschl Orthopaedic Center

Top Doctor 2026 | Orthopaedics

SPORTS MEDICINE & JOINT RECONSTRUCTION

Since 1974, Nirschl Orthopaedic Center has delivered orthopaedic and sports medicine care throughout the Washington, D.C. metropolitan area. Our physicians bring decades of experience, advanced fellowship training, and a patient-first approach to every diagnosis and treatment plan. From sports injuries and joint pain to complex orthopaedic conditions, we combine proven expertise with innovative techniques to help patients move with confidence. Our physicians work closely with the Virginia Sportsmedicine Institute physical therapy team to create individualized recovery plans, whether rehabilitation is the primary treatment or follows surgery. Founded by internationally recognized orthopaedic pioneer Dr. Robert P. Nirschl, our practice continues his tradition of innovation, compassion, and understanding - because experience matters.

SPECIALIZATION

Hand/wrist; Elbow/shoulder; Hip preservation; Joint replacement; Knee; Foot/ankle; Spine; Sports medicine

DESIGNATIONS and AWARDS

Washingtonian Top Doctors; Best of Arlington; *Arlington Magazine* Top Doctors; *Northern Virginia Magazine* Top Doctors

1715 North George Mason Drive, Medical Offices D, Suite 504
Arlington, VA 22205

1945 Old Gallows Road, Suite 430
Vienna, VA 22182
Nirschl.com



Rasha Ebeid, MD, PhD, FACOG

Top Doctor 2026 | Gynecology

MERIT WOMEN’S CARE PLLC

Dr. Ebeid founded Merit Women’s Care in 2022 to provide holistic and individualized care to her patients. She held various leadership positions over the past 20 years. She operates at the top-ranked Inova Fairfax Hospital, where she was the Lead Hospitalist and the Medical Director of Inova Cares Clinics. She has served on the editorial board of the Journal of OBGYN Hospital Medicine and is currently an Examiner for the American Board of OBGYN certification. In addition to her vast clinical and surgical experience, she has a Ph.D. and is an Assistant Professor at UVA. Her patients appreciate her medical skill and emphasis on their physical and emotional well-being. She continues to find ways to meet her patients needs, and has grown the practice to include 3 excellent NP’s.

SPECIALIZATION

General OBGYN, Pregnancy, Contraception, Office Hysteroscopy, Cervical Dysplasia, Pediatric Gynecology

DESIGNATIONS and AWARDS

ABOG Examiner
Founding Member SOGH
Virginia Top Doc 2021/2022
Washingtonian 2023-2026
IFH/UVA/RestonHCA/VHC

8316 Arlington Boulevard, Ste 222
Fairfax, VA 22031
Ph: 703.687.6783 F: 703.712.7753
mamw@meritwomenscare.com



Metro Colon and Rectal Surgery

Top Doctor 2026 | Colon and Rectal Surgery

RAMI MAKHOUL, MD AND MATTHEW SKANCKE, MD

Metro Colon and Rectal Surgery has been a pillar of quality colon and rectal surgery in Montgomery County for over 25 years. Three generations of board-certified surgeons later, they continue providing cutting-edge services at offices in Bethesda and Rockville. Dr. Makhoul and Dr. Skancke prioritize providing a safe environment and transparency about diagnostic and surgical care plans. Both are board certified in Colon and Rectal Surgery and active participants in the American College of Surgeons and American Society of Colon and Rectal Surgery. Dr. Makhoul and Dr. Skancke continue to be two of the most distinguished surgeons in the area.

SPECIALIZATION

Minimally Invasive Robotics; Colon Rectal Cancer; Natural Orifice Surgery; IBD; Diverticulitis; Pelvic Floor Specialist; LGBTQ+.

DESIGNATIONS and AWARDS

Board Certified in Colon and Rectal Surgery; Fellow American College of Surgeons; Fellow American Society of Colon and Rectal Surgery.

15001 Shady Grove Rd, Suite 100
Rockville, MD 20850 | 240.702.0122
10215 Fernwood Rd, Suite 102
Bethesda, MD 20817 | 240.858.6764
Mcrsdocs.com



Marc E. Rankin, MD

Top Doctor 2026 | Orthopedics

CAO – SUMMIT ORTHOPEDICS

Dr. Rankin is board-certified by the American Board of Orthopaedic Surgery and he holds a Certificate of Added Qualification in Sports Medicine. A native Washingtonian, Dr. Rankin has provided exceptional operative and nonoperative musculoskeletal care to area high school and collegiate student athletes as well as individuals of all ages wanting to maintain an active lifestyle. He has particular expertise in the fields of cartilage preservation and restoration, complex knee and shoulder soft tissue reconstruction procedures, and minimally invasive knee replacement surgery. He places a premium on patient education and their participation in formulating a treatment plan.

SPECIALIZATION

Sports Medicine; Minimally invasive knee replacement surgery

AFFILIATIONS and AWARDS

American Orthopedic Association; American Academy of Orthopaedic Surgeons; American Orthopaedic Society for Sports Medicine

3301 New Mexico Avenue, NW, #248
Washington DC, 20016
202.244.0706
5530 Wisconsin Avenue, #1660
Chevy Chase, MD 20815
301.657.9876
summit-orthopedics.com



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REMEMBER ★ HONOR ★ TEACH



JOIN THE MISSION

REMEMBERING AND HONORING OUR NATION'S HEROES

The mission to Remember the fallen, Honor those who serve, and Teach the next generation the value of freedom is carried out year-round by dedicated volunteers in all 50 states, including here in Washington, D.C. Your $17 sponsorship supports the many free and growing programs offered across the country all throughout the year, and ensures a live, hand-made balsam veteran's wreath is placed on the final resting place of an American hero this December.

Join the mission today, visit **www.wreathsacrossamerica.org** to sponsor a wreath or register to volunteer at one of our many locations in the region.

REMEMBER HONOR TEACH

WREATHS *across* AMERICA

wreathsacrossamerica.org

LIFE, SHOPPING & TRAVEL



PHOTOGRAPH BY NEAL LEWIS/COURTESY OF NATIONAL PARK SERVICE

CONSTELLATION PRIZE

Turn to page 210 for stargazing getaways, including Big Meadows at Shenandoah National Park.

Precious Time

Now trending: watches with stone dials cut from natural minerals

By Daniella Byck

Dennison

ALD Mini Dual Time

Why choose? Two stacked faces come in pink Malaysian jade and starry aventurine. $1,360 at *dennisonwatch.com.*





Shinola

Runwell

Petoskey, a type of 350-million-year-old fossilized coral, is paired with a leather strap for a monochromatic look. $895 at Shinola.

Bulgari

Serpenti Tubogas

This steel-and-gold timepiece with a malachite dial is functional jewelry. $16,300 at *bulgari.com.*



PHOTOGRAPHS OF WATCHES COURTESY OF RETAILERS; MALACHITE STONE COURTESY OF PEXELS; OTHER STONES COURTESY OF GETTY IMAGES



Omega

Constellation

The steel-blue face on this 41-mm timepiece is actually a piece of iron meteorite. $10,500 at *omegawatches.com.*

Bulova

Super Seville Precisionist

This two-tone 35-mm watch features a vibrant jade dial. $769 at *bloomingdales.com.*





Anders & Co

AC1 Chronograph

A red-jasper dial adds a pop of color to this 38-mm watch. $712 at *andersandc-otimepieces.com.*

Dennison

ALD Time Only

A black marble dial and embossed leather strap add texture to the typical black watch. $690 at Little Treasury.





TAG Heuer

Carrera Date

The 29-mm watch has a mother-of-pearl dial set with diamonds. $4,350 at *tagheuer.com.*

Star Treks

Dark skies, powerful telescopes, and remote locations make these destinations ideal for "astrotourism." Plus: Don't miss the winter sky's main event.

By Andrea Poe



A starry night on Assateague Island

Green Ridge State Forest

Flintstone, Md.

Buffered by a vast swath of wilderness in the Allegheny Mountains and far from urban glare, this forest is among the darkest in the region. Head for the aptly named Point Lookout, an elevated flat that sits above the tree line, for the clearest view of Jupiter and Mars.

STAY: Rocky Gap Resort, about a 20-minute drive from the forest, is located inside Rocky Gap State Park. It has a spa, a casino, restaurants, and pretty good Milky Way visibility from the property.

Drive time from DC: Two hours

Assateague Island National Seashore

Berlin, Md.

This barrier island in the Atlantic is just far enough from the bright lights of Ocean City to reveal exceptional views over the water. Expect to see thousands of distant stars, the whole of the Milky Way, and gems such as the Seven Sisters, a group of young stars dubbed the "mini dipper."

STAY: The Atlantic Hotel in downtown Berlin offers historic rooms and a restaurant with an enclosed porch. For devoted dark-sky diehards, beachfront campsites are available in winter, no reservations required. Just remember to bring a wind-resistant tent—you'll need it.

Drive time from DC: Three hours

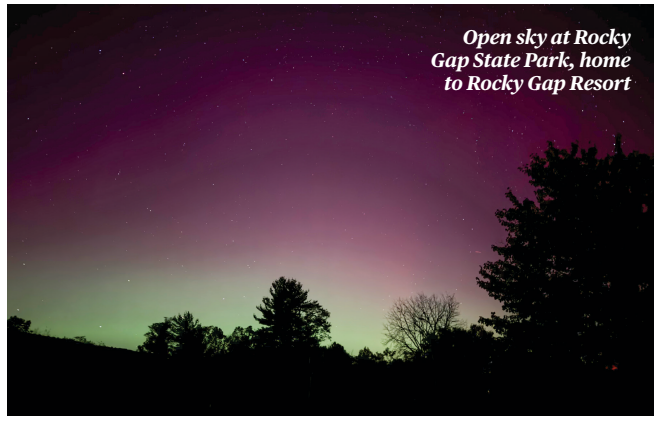
Blackwater National Wildlife Refuge

Church Creek, Md.

This protected area in a remote part of the Eastern Shore offers a guided stargazing experience. Led by a retired NASA astrophysicist, the Friends of Blackwater Night Sky Tour is a visual escape into deep space through a 12-inch digital telescope mounted at the edge of the property. Here you can view nebulae, distant galaxies, and celestial objects. The family-friendly outing is free, but you must register in advance. Tours are scheduled around light winds and clear skies.

STAY: The Hyatt Regency Chesapeake Bay Golf Resort, Spa and Marina is a 20-minute drive from Blackwater. It has an indoor swimming pool, some rooms with bunk beds, and nightly s'mores by the outdoor fireplace.

Drive time from DC: Two hours



Open sky at Rocky Gap State Park, home to Rocky Gap Resort

Drive times are from the Washington Monument.

THIS PAGE, TOP PHOTOGRAPH BY JIM HALVORSEN; BOTTOM BY RUTH BRANTER; OPPOSITE PAGE, COURTESY OF WEST VIRGINIA DEPARTMENT OF TOURISM

Far Out

Some of the world's best stargazing destinations are a nonstop flight away

San José, Costa Rica

Irazú Volcano National Park is a unique spot where you take in both the Northern and Southern Hemisphere constellations. Stop at overlooks right outside the park or trek the Prusia Sector at night with guides from Natura Tours.

STAY: GrandPas Hotel may have a silly name, but the simple accommodations make an excellent, affordable base for your star trek.

AIRPORT: BWI or Dulles.

FLIGHT TIME: Five hours.

Cabo San Lucas, Mexico

Situated between the Pacific Ocean and the desert, Cabo is one of the few marquee tourist spots clocking enough truly dark nights for the destination to legitimately promote "noctourism."

STAY: Grand Velas Los Cabos delivers a glam telescope experience, pairing sparkling wine with galaxy guidance from a trained staff member.

AIRPORT: Dulles.

FLIGHT TIME: Five and a half hours.

Reykjavík, Iceland

Thingvellir National Park, a UNESCO World Heritage Site, is famous for its super-low light pollution. Northern Lights are commonly seen from September through April.

STAY: ION Adventure Hotel, built on a lava field, was designed with stargazing in mind. The property even provides wake-up calls when viewing is at its finest so that guests don't miss a thing.

AIRPORT: BWI or Dulles.

FLIGHT TIME: Six hours.

Lisbon, Portugal

Alqueva Dark Sky Reserve sits beneath one of Europe's quietest night skies. You can select from an array of telescopes, and astronomy experts are on hand to guide your gaze.

STAY: The inn and winery São Lourenço do Barrocal, inside the reserve, is known for its stellar photography opportunities.

AIRPORT: Dulles.

FLIGHT TIME: Seven hours.

Cape Town, South Africa

The rugged Cederberg Mountains are home to a renowned astronomical observatory and some of the clearest night skies in the Southern Hemisphere.

STAY: Simbavati Cederberg Ridge Wilderness Lodge has two rooms as well as nine stylish suites with outdoor showers – remember, it's summer in South Africa – and a portable telescope that guests can borrow.

AIRPORT: Dulles.

FLIGHT TIME: 14 and a half hours.

Sky Meadows State Park

Delaplane, Va.

An official part of the International Dark Sky Program, Sky Meadows' designation may be surprising considering its proximity to the DC area. However, its location within the Blue Ridge foothills blocks much of the suburban light. Here you can catch both the glowy band around the Milky Way and distant star clusters with the naked eye. Head to Turner Pond, the darkest corner of the park, which is open to stargazers until 2 AM.

STAY: The Ashby Inn, less than two miles from the park, has a farm-to-table restaurant and luxurious guest rooms, some with wood-burning fireplaces.

Drive time from DC: One hour

Coopers Rock State Forest

Bruceton Mills, W. Va.

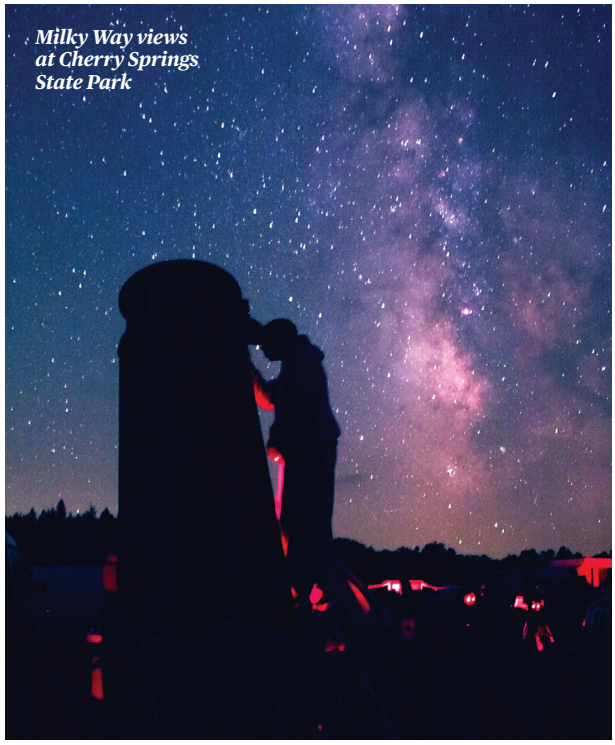
This 13,000-acre park offers clear sky views, including from an overlook where you can see starry nights unfold over the Cheat River. Jupiter, Venus, and Mars shine bright on crisp winter nights, and December is a nice time to catch shooting stars.

STAY: Sleek new A-frame "stargazing cabins"—two of them ADA-accessible—are equipped with high-powered telescopes so you can spot faraway constellations at any time of night.

Drive time from DC: Three hours and 15 minutes



A cabin with a telescope in Coopers Rock State Forest



Milky Way views at Cherry Springs State Park



Primland has an observatory you can sleep in.

Cherry Springs State Park

Coudersport, Pa.

In the mountains of north-central Pennsylvania, Cherry Springs is considered one of the best dark-sky destinations on the East Coast. Its fortunate position 2,300 feet above sea level happens to be ringed by a vast, mostly undeveloped forest, so on clear nights you can see the Milky Way's bright core, the Andromeda Galaxy, and occasionally the Northern Lights. Serious astronomy fans will appreciate that the official observation field has strict dark-sky rules, requiring visitors to eliminate all light sources.

STAY: Frosty Hollow Bed & Breakfast, a low-key inn adjacent to the park, can connect you with a stargazing tour guide.

Drive time from DC: Five hours

The Lodge at Primland, Auberge Collection

Meadows of Dan, Va.

This off-the-grid resort is tucked into southwestern Virginia atop the Blue Ridge Mountains. Its elevation and distance from light pollution make it an extraordinary spot to soak in the cosmos. The posh property has great restaurants, a wellness spa, aerial adventures, and a golf course, but the biggest draw for stargazers is the research-grade observatory dome, staffed by a resident astronomer who helps guests identify planets and distant galaxies on high-tech telescopes.

STAY: Splurge on the two-story Celestial Suite, located in the observatory tower itself.

Drive time from DC: Five and a half hours

Glow-Getter

A NASA expert shares what you can see – and how to see it – in the winter

Dark skies have become a bright spot on travel itineraries. According to Booking.com, at least 62 percent of travelers have expressed interest in "astrotourism." Bill Cooke, head of NASA's Meteoroid Environment Office at Marshall Space Flight Center, attributes this amped-up attention to several factors, including rapidly diminishing dark-sky spaces caused by acute light pollution combined with smart phones' increasingly excellent photo capabilities. "Astronomers of the past would have only dreamed of what we all have right in our pockets," Cooke says. But no equipment is needed to take in the celestial sights during East Coast winters: "With the naked eye, you can see some bright comets, meteor showers, and winter constellations like Taurus, as well as stars like Sirius, which in winter is the brightest of them all." However, a pair of binoculars will enhance your experience if you hope to see star clusters such as the Orion Nebula. Want to kick it up a notch? Get a portable telescope – some weigh less than ten pounds and fit in your pocket. Depending on the model, "you should be able to zoom in on exciting things like the rings of Saturn and the moons of Jupiter," Cooke says. In the end, like much in life, he concludes, "location is everything. The darker the sky, the better the view. Always."

Rock Show

Mark your calendar for this celestial event

The winter sky arrives in all its glory in December when the Geminids, a torrent of meteors – as many as 120 an hour – light up the night. This is a rare occasion when your naked eye is actually your best tool, because a telescope or binoculars will only narrow the field of vision. Beyond their beauty, what makes the Geminids so special is that they emanate from an asteroid rather than a comet, as most shooting stars do. Great viewing depends somewhat on the moon's phase: The brighter the moon, the fewer meteors you'll see. This year, the moon is just a sliver of a crescent during the peak dates – December 13 and 14 – thus ensuring dark skies as early as 9 PM and pitch-dark in the predawn hours.

Big Meadows

Stanley, Va.

Crowning a peak in the Shenandoah Mountains along Skyline Drive, Big Meadows does indeed have a big meadow–domed by an even bigger sky–where you'll find a standout view of the planets and constellations. Astronomers occasionally come for talks and bring professional telescopes, but this spot has such a clear view that you can simply bring binoculars.

STAY: Big Meadows Lodge closes for the winter on November 29, but Lydia Mountain Lodge is about 35 minutes away from the stargazing area. There are rooms in the lodge as well as more than 30 private cabins and glamping pods.

Drive time from DC: Two and a half hours

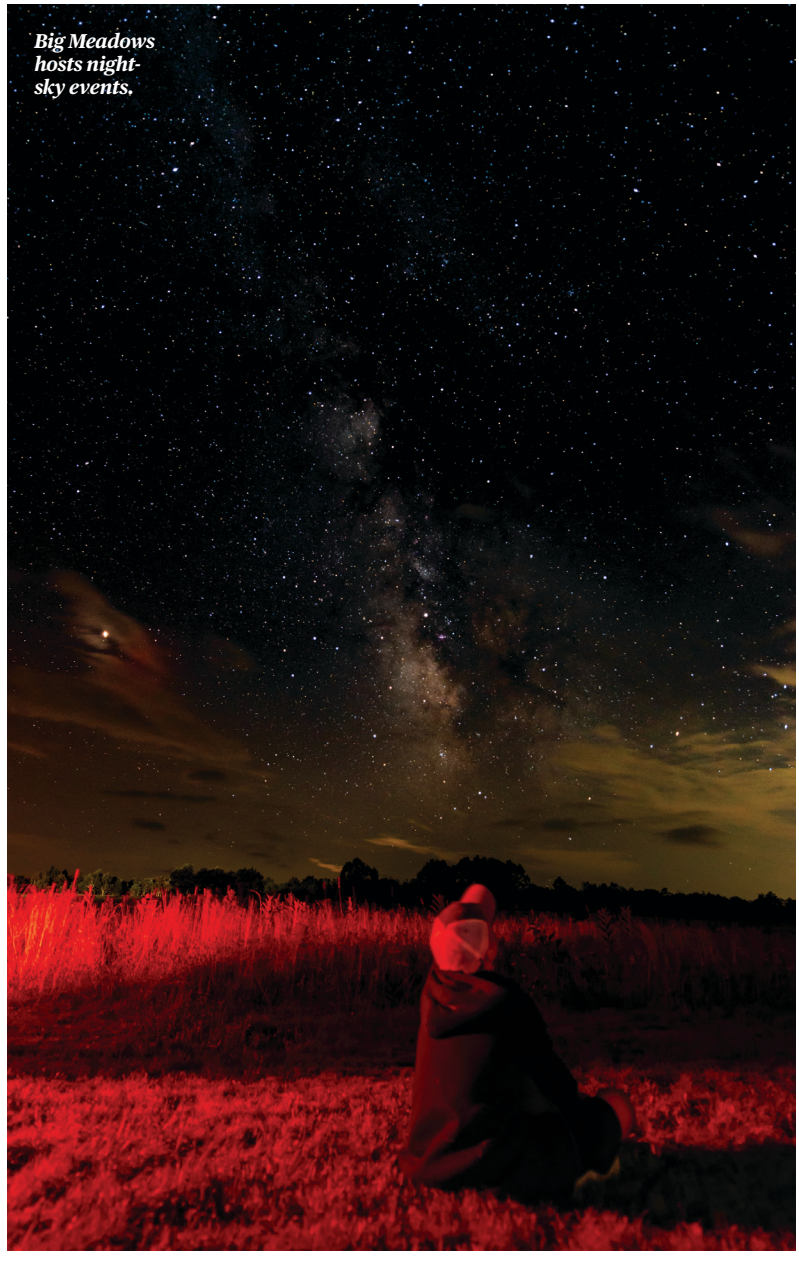
Mount Cuba Astronomical Observatory

Wilmington, Del.

Novices and families can't beat Mount Cuba in the Brandywine Valley. The property hosts regular telescope viewings with experts and has an onsite planetarium that helps put it all in context. On select Fridays and Mondays, you can make a reservation to check out a working 19th-century telescope, along with a powerful modern one that can pick up dwarf stars. Nearby White Clay Creek State Park holds full-moon hikes led by naturalists.

STAY: The saddle-barn suites at the Inn at Whitewing Farm have fireplaces and seating areas.

Drive time from DC: Two and a half hours W



Big Meadows hosts night-sky events.

OPPOSITE PAGE, LEFT: PHOTOGRAPH BY CURT WEINHOLD; RIGHT BY PETER FRANK EDWARDS/COURTESY OF LODGE AT PRIMLAND, AUBERGE COLLECTION; THIS PAGE, BY MARY O'NEILL/COURTESY OF NATIONAL PARK SERVICE

How to Make Things Last

Whether you're committing to more sustainable practices or looking to save money, or simply want to keep using items you love, here's how to make your stuff more durable—and who to call when you need something repaired

By Daniella Byck

Take Care

An upcycling pro shares her tips

BACK IN 2012, ZSAMERIA RAYFORD STARTED NOTICING HOW SOCIAL MEDIA AND single-use style culture was deterring people from wearing an outfit more than once. That observation sparked SwapDC, a recycling-and-upcycling pop-up that combats overconsumption at a grassroots level. Having started from Rayford's home in 2015, SwapDC organizes sustainability events, from mending tutorials to clothing, book, plant, and art exchanges. (Rayford's favorite thing she's snagged at a swap? A pair of limited-release Basquiat Doc Martens.) Here's what she considers throughout the life cycle of an item.

Phase 1: Shop
Start With the End

It may seem odd to think about the afterlife of a piece before you even own it, but that's a key mindset shift for Rayford. Her motto when it comes to throwing things away: "There is no away." Everything ends up somewhere, so she's gotten in the habit of asking herself if it's a "forever" purchase, considering the material and quality. The mentality can be useful for buying durable, versatile pieces and can also be applied to items beyond clothing. When Rayford buys cleaning supplies, she focuses on refillable products to reduce container waste.

Phase 2: Prevent
Know Your Material

Lessons on mending and upcycling have long been a part of the SwapDC schedule, but Rayford is planning new workshops on how to make clothes last longer. A large part is knowing what your clothes are made of and the best way to wash and dry them. The evolution of plastics means that a lot of modern clothing is made with the material—plastic is in polyester, for example. "If you're melting that in the dryer," she says, "it's not going to last as long as you hang-drying it."

Phase 3: Fix
Throw a Mending Party

The to-fix list can pile up, but through countless events, Rayford has learned that bringing folks together to complete a task can be a strong motivator. "We have people that bring stuff in like, 'This has been sitting in my to-do for two years, and I just did this in five minutes.' " She recommends starting small in your own home and organizing mending sessions with friends—begin with a "button soiree," for example—that turn pesky chores into a social occasion.

ILLUSTRATIONS BY ALINA SPATZ

Case Study

A secondhand shopper's journey to repair her rescued designer bags

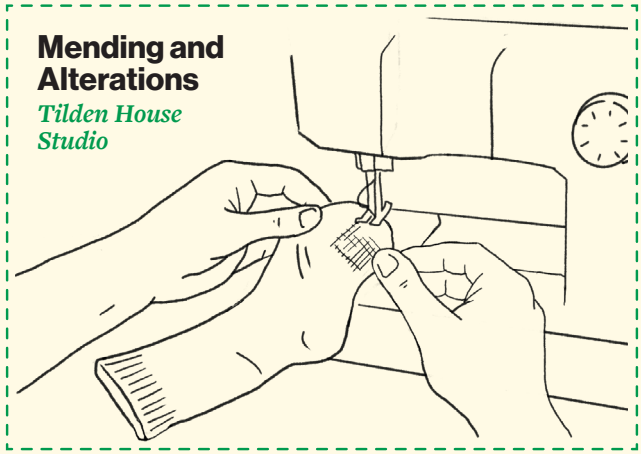


AT AN ESTATE SALE A WHILE BACK, I bought a vintage brown leather Hermès "Kelly" bag that once belonged to a Georgetown doyenne and former Miss America. At $500, it was a steal for a purse that can run into the tens of thousands. The only catch: The handle was ripped off, as if it had been in a tug of war with a Doberman—and the dog won.

I brought my find to the Hermès outpost in CityCenterDC. Yes, they could

Patch Up

Classes and workshops where you can learn to fix your stuff and prevent further damage



Mending and Alterations

Tilden House Studio

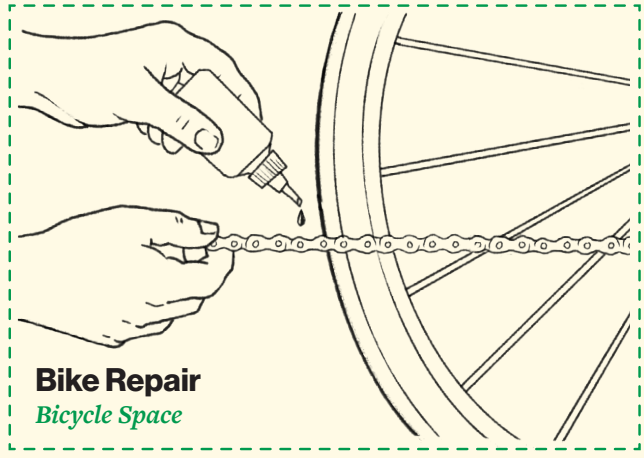
To take this class, you'll need some experience working a sewing machine (which you can pick up in a beginner course that's also offered). Learn to fix rips and tears, sew hems, make alterations, and even combine two garments to create something new. Sessions, limited to five people, are in the instructor's Brentwood home studio. Choose among three two-hour lessons on Wednesday or Tuesday evenings or two three-hour sessions on Friday mornings. *$195; tildenhousestudio.com.*



Home Maintenance

Arlington Community Learning

This adult-ed program hosts a one-off "Understanding Your Home: Keep Everything Functioning" workshop. It's virtual, so you can attend from the very home you're trying to take care of, and learn how to check and preserve plumbing, HVAC, electric, and more. The next session is December 14. *$65; apsva.us.*



Bike Repair

Bicycle Space

On the third Thursday of every month, the Ivy City bike shop hosts a class on how to service your ride. The evening lesson covers the basics, from swapping a flat tire to caring for your chain. You'll also learn what to check before every ride. *Free; bicyclespacedc.com.*

repair it. No, it wouldn't be simple. My bag went on a world tour: New York to Paris, back to New York, and finally a return to Washington. After all that, the only thing Hermès did was polish and refurbish the bag, without fixing the handle. It was the purse version of mowing the lawn while the house is on fire.

So I went independent, bringing the bag to Corrective Shoe Repair, at the time in Dupont Circle. (The shop now takes repairs via mail in Silver Spring. Visit *shoerepairresolecenter.com* for information.) When I saw photos of owner Nelson Ramos posing with former Presidents, I thought, *This must be a good place*. One week and $30 later, he'd magically Frankensteined the handle back on.

Through the purchase of other secondhand designer bags (with, um, issues) and recommendations from owners of high-end consignment shops, I've learned where to bring "my precious" for the best leather repairs. Among my favorites: Westwood Cleaners in Chevy Chase and Fortuna's in Bethesda. At Westwood, ask for Garbis Chubukian, who restored a Chanel bag that looked as though scissors–and a pair of children's hands–had gotten hold of it. Meanwhile, Fortuna's mended a broken strap on a vintage Gucci handbag–a happy ending for a $7 score.

–CATHY ALTER

Repair Right

Sometimes you just need to outsource the fix. This directory was compiled by *Washington Consumers' Checkbook,* which provides vetted ratings and reviews for local businesses.

Washington Consumers' Checkbook (checkbook.org) is a nonprofit devoted to helping people get the best service and lowest prices. It is supported by consumers and takes no money from service providers it evaluates.

Top Upholsterers

Cannon Upholstery
4913 Cordell Ave., Bethesda; 301-654-0090

J&C Interiors
25103 Vista Ridge Rd., Laytonsville; 301-921-0024

K&S Upholstery
5465 Randolph Rd., Rockville; 301-770-4777

Kings Upholstery & Drapery
6230 Rolling Rd., Springfield; 703-866-5575

Sparkle Upholstery
5712 General Washington Dr., Alexandria; 703-354-2616

Top Appliance Repair

Alco Appliance Sales and Service
10101 Bacon Dr., Beltsville; 301-937-6996

L&M Appliance Service
14525 Lock Dr., Centreville; 703-815-9088

Norris Major Appliance Repair
12946 Dunbarton Dr., Bristow; 703-368-6562

Reddix Appliance Service
12138 Central Ave., Mitchellville; 301-499-4567

Silver Spring Appliance Service
Serves lower Montgomery and north-central Prince George's counties; 240-271-4267

Top Tailors

Connell's Valet
148 Maple Ave. W., Vienna; 703-255-9481

Edna's Cleaners
1061 Rockville Pike., Rockville; 301-424-6007

Mode Custom Tailor & Formal Wear
6132 Greenbelt Rd., Greenbelt; 301-474-2004

SK Dry Cleaning & Clothing Care
5408 Randolph Rd., Rockville; 301-881-5035

Tang's Alterations
8675 Sudley Rd., Manassas; 703-393-8458

Top Furniture Repair

Gary Simpson Furniture Service
1017 Taft St., Rockville; 301-424-5011

Looney & Sons Upholstery
2839 Dorr Ave., Fairfax; 703-560-9104

My Home Shop
12501 Lee Hwy., Fairfax; 703-631-0554

Pascal's Woodworking
1121 W. Nolcrest Dr., Silver Spring; 301-509-5103

Termini Furniture Service
7877 Cessna Ave., Gaithersburg; 301-963-6600 W

Your Story Deserves a Permanent Place on the Shelf



W CUSTOM MEDIA

WCM creates custom magazines, commemorative books, and digital storytelling experiences for organizations that want to be remembered. Backed by award-winning editorial and design talent, we help institutions capture their history, celebrate their achievements, and connect with audiences in meaningful ways. As the United States marks its 250th anniversary, let us help you tell your story with clarity, credibility, and impact.

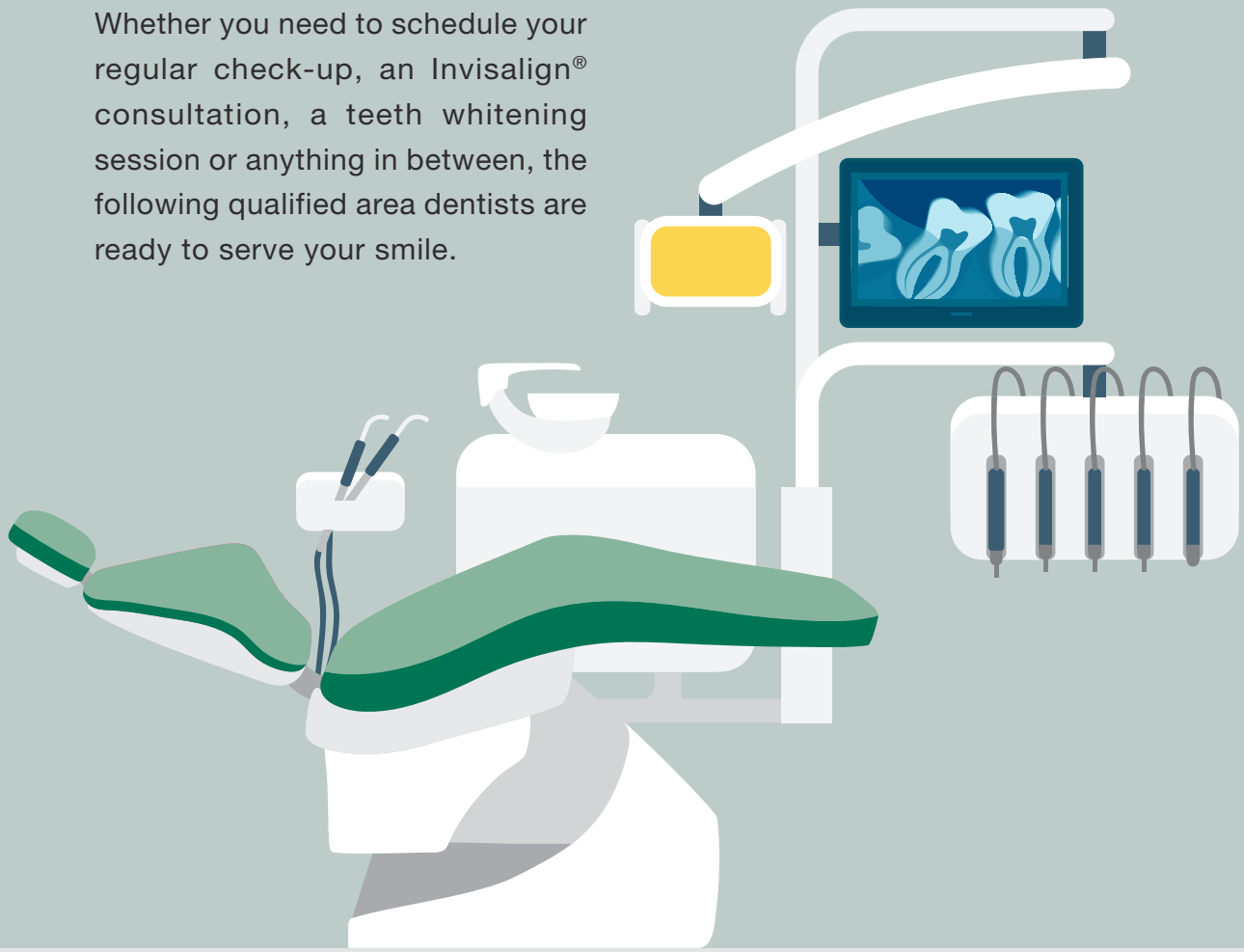
CBE certified WBENC WOMEN'S BUSINESS ENTERPRISE

A WASHINGTONIAN MEDIA COMPANY

DENTAL PROFILES

FIND DENTAL CARE THAT'S RIGHT FOR YOU

Whether you need to schedule your regular check-up, an Invisalign® consultation, a teeth whitening session or anything in between, the following qualified area dentists are ready to serve your smile.



Selected photographs by Shannon Ayres, Hilary Schwab and Michael Ventura.

Dr. Samantha Siranli, DMD, PHD, FACP

SIRANLI DENTAL

The Face of Porcelain Veneers and Implants

Siranli Implants+Facial Aesthetics+Prosthodontics

Dr. Samantha Siranli is renowned for crafting stunning yet natural looking smiles for Washington, DC's elite. As a Diplomate of both the American Board of Prosthodontics and American Board of Oral Implantology, she holds the highest distinctions in the field.

Dr. Siranli believes that smile design starts with the face. Her unique approach begins by studying the patient's distinct facial structures, including cheekbones, lip support, smile line and teeth display. Dr. Siranli considers resting and full smiles and carefully listens to understand the patient's goals. Only then can she deliver the amazing results that built Siranli Dental's reputation.

Siranli Dental's in-house, state-of-the-art laboratory is also unique. Technicians craft veneers and crowns onsite, collaborating directly with doctors and patients to ensure the best aesthetic and functional results. When technicians see a patient's transformation firsthand it adds an extra level of passion and dedication.

What sets Dr. Siranli apart is a blend of precise technique, exceptional artistry and meticulous attention to detail. In addition, Siranli Dental uses advanced technology such as computer-guided surgery, photogrammetry, and digital workflows to deliver extraordinary results.

Dr. Siranli's practice is also a Diamond Invisalign® Provider, a distinction earned by her team's extensive experience and demonstrated ability to consistently achieve outstanding patient results. As one of the most popular Invisalign® providers in the Washington, DC area, Siranli Dental ensures every treatment plan is personalized for precision, comfort, and efficiency.

SPECIALIZATION

Porcelain Veneers, Full-Arch Dental Implants, Prosthodontics, Smile Design.
General dentistry and Invisalign® provided by associate doctors.

DESIGNATIONS, AFFILIATIONS, and AWARDS

- Mark of Excellence; Medical College of Georgia, Center of Esthetic and Implant Dentistry
- Exceptional Service, Dedication, and Contribution; Medical College of Georgia, Center of Esthetic and Implant Dentistry
- *Washingtonian* Top Dentists
- Diplomate, American Board of Prosthodontics
- Fellow, American College of Prosthodontists
- Diplomate, American Board of Oral Implantology

FOGGY BOTTOM

2112 F Street, #605, NW
Washington, DC 20037
202.466.4530

DUPONT

1234 19th Street, #704, NW
Washington, DC 20036
202.296.3330

CLARENDON

1920 Clarendon Blvd.
Arlington, VA 22201
703.528.0800

CRYSTAL CITY

2550 S. Clark Street, #100A
Arlington, VA 22202
703.415.0505

MCLEAN

6707 Old Dominion Dr., #200
McLean, VA 22101
703.734.0100

siranlidental.com

siranli
implants + facial aesthetics
prosthodontics


sirani

Dr. Allen A. Robinson

THE DISTRICT CENTER FOR ORAL, FACIAL AND IMPLANT SURGERY



Dr. Allen Robinson is the owner and founder of The District Center for Oral, Facial & Implant Surgery, a practice that provides care in the full scope of oral and maxillofacial surgery to all age groups. The practice is the first facility in the DC metropolitan area to utilize robotic-assisted surgery for dental implants. These types of procedures are meticulously planned using in-office CT scan technology. Once in surgery, the robot physically guides Dr. Robinson into the planned position. This allows for greater accuracy and more minimally invasive care.

Dr. Robinson and his team take pride in creating a warm, calming and inviting environment for even the most apprehensive patients. Patient comfort is of the utmost priority and the facility was designed to address these needs. Dr. Robinson is an active member of the medical and dental community with privileges at Washington Hospital Center.

Please visit our website or call today to schedule a consultation.

SPECIALIZATION

Robotic-Assisted Dental Implants, Full Mouth Implant Rehabilitation, Corrective Jaw Surgery, Surgical Treatment of Obstructive Sleep Apnea, Bone Grafting, Tooth Extractions for Adults and Children, Surgically Accelerated Orthodontics, Laser Infant Frenectomies, In-Office Sedation/General Anesthesia, TMJ Disorder

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Dentist 2019–2026
Diplomate, American Board Oral and Maxillofacial Surgery
DC Modern Luxury Magazine: Top Healthcare Professionals
Fellow, American Association of Oral and Maxillofacial Surgeons
Fellow, American College of Oral and Maxillofacial Surgeons
Member, DC Dental Society

@DrAllenRobinsonDC | @DCoralfacialimplantsurg
2440 M Street, NW, #807, Washington, DC 20037
202.871.1955
dcoralsurgeons.com



ImplantsDC, Dental Implants & Periodontics

DR. ISRAEL PUTERMAN AND DR. CHRIS BARTH

When you need specialized care, you deserve doctors with the highest level of expertise. Our mission statement is to provide the highest level of care in the most caring and relaxing atmosphere. We place extreme emphasis on cutting edge technology to maximize accuracy and minimize recovery, with 3D microscopes, LANAP laser, X-Nav guided implant surgery, digital impressions, and IV sedation. However, Drs. Puterman and Barth have learned through their decades of experience that it's our team's unparalleled focus on personalized care that truly sets us apart. As *Washingtonian* Top Doctors, we are driven to delivering the best, starting right from your initial call. Read our rave reviews and see what our patients say!

SPECIALIZATION

Dental Implants and Bone / Gum Grafting using 3D microscopy; IV sedation

DESIGNATIONS, AFFILIATIONS, and AWARDS

Dual 3-year residencies in Periodontics and in Implant Dentistry, Licensed in IV sedation, Published authors in peer-reviewed journals, *Washingtonian* Top Dentist for a combined 30 years

5454 Wisconsin Avenue, Suite 1550
Chevy Chase, MD, 20815
301.652.0939
info@implantsdc.com

Jeffrey L. Brown, DDS

SLEEP & TMJ THERAPY

What makes Sleep & TMJ Therapy so unique? They focus solely on TMJ/TMD, sleep apnea and finishing orthodontics. This allows Dr. Brown and his team to provide individualized care for patients dealing with these specific issues. Every day, the team helps patients of all ages with facial development, sleep issues, chronic headaches, migraines, neck pain, movement disorders, and much more. His training also includes multiple disciplines involving the cranial bones (skull), and the discs in the jaw joints. Through treatment, Dr. Brown can reduce these symptoms, align cranial bones, avoid extractions, and greatly reduce the need for traditional braces. His expertise allows him to identify issues early on which promotes proper facial development using dental appliances. If there is an internal imbalance, whether an adult or child, the body does not develop or function properly. When the cranial bones are lined up correctly, patients can function, sleep, and generally live better. There is a strong correlation when it comes to TMJ Dysfunction, Sleep Apnea, and sleep habits. That is why they try and identify the root of the problem instead of recommending medicine, night guards or irreversible procedures. With that in mind, the team at Sleep & TMJ Therapy uses a whole-body multidisciplinary approach when treatment planning. When needed they work with a team of doctors to identify problems outside the normal boundaries which provides solutions for complex cases.

Dr. Brown is a sought-after speaker outside of business hours. Since TMD is not really taught in dental school, his goal is to spread the word about treatment options so doctors worldwide can learn to help those in need. It is his goal is to catch underlying issues and guide growth to avoid problems later on. For more information, check out our website and Dr. Brown's blog!



SPECIALIZATION

Conservative TMJ/TMD Therapy, Sleep Apnea Treatment, ALF Appliance Therapy, Migraine/Headache Treatment, Reducing Symptoms Associated with Movement Disorders, Extraction-Free Three-Dimensional Orthodontics, Cold Laser Massage Therapy, In-House TMD Massage Therapist, and Early Childhood Prevention

DESIGNATIONS, AFFILIATIONS, AND AWARDS

Dr. Brown graduated from Georgetown Dental School and completed residencies in Dental Sleep Medicine and ALF Appliance Therapy. He has been featured on Channel 9's *Good Morning Washington*, several podcasts, numerous magazines and journals. He is a fellow of the American Academy of Craniofacial Pain, Legacy Probider of the ALF Interface Academy, a member of the American Academy of Dental Sleep Medicine and Academy of Integrative Pain Management, as well as many more organizations.

2841 Hartland Road, Suite 301, Falls Church, VA 22043
703.821.1103 | **sleepandtmjtherapy.com**

David Matney, DDS

BALLSTON DENTAL CARE



Discover the Smile You Deserve at Ballston Dental Care
Featuring Dr. David Matney, DDS – Platinum Invisalign® Provider. At Ballston Dental Care in Arlington, VA, Dr. David Matney combines expertise, compassion, and personalized care to help you feel at ease. With over 25 years of experience, Dr. Matney delivers high-quality dentistry in a calm, welcoming environment for patients of all ages—from children to adults. As a Platinum Invisalign® Provider he offers discreet, state-of-the-art clear aligners to achieve beautifully straight smiles. Dr. Matney also provides advanced cosmetic dentistry, Laser-Assisted Periodontal Therapy (LAPT), and sleep apnea care, all tailored to your individual needs. Dr. Matney graduated from Virginia Commonwealth University School of Dentistry and completed a residency and fellowship at the University of Connecticut. He remains committed to dental innovation, completing hundreds of hours of continuing education. His career includes serving as a dentist for Emirates Airline, where he cared for patients from around the world—an experience that deepened his ability to connect with people from diverse backgrounds. Ballston Dental Care continues a legacy of more than five decades of trusted care in Arlington, with a longstanding commitment to the well-being, comfort, and confidence of every patient.

SPECIALIZATION
General Dentistry

DESIGNATIONS, AFFILIATIONS, and AWARDS
American Dental Association-Member; Virginia Dental Association-Member; Northern Virginia Dental Society-Member; American Aligners Association-Member; Academy of General Dentistry-Member; Invisalign® Gold Provider, 2021-2025; Platinum Invisalign® Provider, 2026; *Washingtonian* magazine Top Dentist: 2022-2026; *Northern Virginia Magazine* Top Dentist: 2021-2026; *Virginia Living Magazine* Top Dentist: 2022-2026

801 N Quincy St, Suite 230
Arlington, VA 22203
703.243.9365
info@ballstondentalcare.com



Shivani Maharaja, DDS

VIENNA COSMETIC & FAMILY DENTISTRY

A systematic approach combined with artistry and personal connection is the recipe which defines Dr. Maharaja's work. Each aesthetic detail is taken into consideration when creating the perfect, healthy smile. The patient's needs must not only be met, but expectations and experience exceeded. The technology her office utilizes, and her continuing education, allows her to perform seamless treatment of very complex cases. Dr. Maharaja leads a team of professionals to provide full service care catered to an individual's specific needs. Her office specializes in cosmetic smile makeovers, full mouth rehabilitation, pinhole gum grafting, single tooth implants, and computer-guided full arch implant surgeries and prosthetics.

SPECIALIZATION
Gum Recession, Veneers, Invisalign®, Dental Implants, Sleep Apnea, Full-Mouth Reconstruction

DESIGNATIONS, AFFILIATIONS, and AWARDS
Washingtonian Top Dentist, 2019–2026. *Northern Virginia Magazine* Top Dentist, 2017–2026, *DC Modern Luxury* and *Virginia Living Magazine* Top Dentist, 2020–2025.

2563 Chain Bridge Road
Vienna, VA 22181
703.281.0902
viennacfd.com



Valerie I. Okehie, DDS, MS

FOUNDER | BOARD-CERTIFIED ENDODONTIST | ELITE ROOT CANAL SPECIALTIES

Dr. Valerie Okehie is a Board-Certified Endodontist and founder of Elite Root Canal Specialties, a growing specialty practice dedicated to providing exceptional endodontic care. With two convenient locations in Greenbelt and Laurel, Maryland, Dr. Okehie leads a team of four highly skilled doctors who share her commitment to clinical excellence, advanced technology, and compassionate patient care. Dr. Okehie earned her Doctor of Dental Surgery degree from the University of Maryland School of Dentistry. She subsequently completed an intensive three-year endodontic specialty residency at the University of Texas, where she earned her Certificate in Endodontics and Master of Science degree. She is also a Diplomate of the American Board of Endodontics, a distinction reflecting her dedication to the highest standards of specialty care. Under Dr. Okehie's leadership, Elite Root Canal Specialties has expanded to two locations, bringing together a talented team of doctors dedicated to delivering endodontic treatment at an elite level. The practice combines clinical expertise with state-of-the-art technology to provide effective treatment, and an exceptional patient experience. Despite the practice's continued growth, Dr. Okehie's founding philosophy remains unchanged: to provide exceptional endodontic treatment in a gentle, warm, and comforting environment.

SPECIALIZATION

Endodontic treatment, Re-treatment, Apicoectomy, Management of traumatic injuries including cracked teeth in mature/immature teeth.

DESIGNATIONS and AWARDS

Board Certified Endodontist; Published Author (*Journal of Endodontics*), *Washingtonian* Top Dentist, *Incisal Edge Magazine's* Top 40 under 40 Dentists, *DC Modern Luxury's* Top Dentists.

14333 Laurel-Bowie Road, Suite 300
Laurel, MD 20708
7525 Greenway Center Drive, Suite T6
Greenbelt, MD 20770 | 240.219.9010
eliterootcanal.com



Annie Yu, DDS, MAGD

COSMETIC, RESTORATIVE, IMPLANT & SLEEP DENTISTRY

Highly credentialed and respected by her community and colleagues as a Cosmetic and General dentist, Dr. Yu distinguishes herself by making personalized care and going the extra mile the standard. Dr. Yu's meticulous and thorough nature is something about which her patients rave repeatedly in their reviews. That combined with her warm yet fun Midwestern personality, Dr. Yu puts her patients at ease, whether it be for a regular hygiene maintenance, implants, sleep apnea appliances, veneers, or cosmetic smile make-over. "Creating beautiful smiles is my passion, but equally important is fostering lasting relationships with my patients—only by working together may we achieve healthy smiles for a lifetime!"

SPECIALIZATION

General, Cosmetic & Implant Dentistry, Invisalign®, Veneers, Airway & Sleep Dentistry, Advanced Technology

DESIGNATIONS, AFFILIATIONS, and AWARDS

Washingtonian Top Dentist; American Academy of Cosmetic Dentistry; Master, Academy of General Dentistry; American Academy of Dental Sleep Medicine

5454 Wisconsin Avenue, Suite 1035
Chevy Chase, MD 20815
240.743.4421
avantdentistry.com



Drs. Christopher & Favagehi

Drs. Christopher & Favagehi

FALLS CHURCH PERIODONTICS & DENTAL IMPLANT SURGERY

We're honored to be included in the *Washingtonian* Top Dentist Hall of Fame. About 30 Washington DC area periodontists were voted as TOP DENTIST in the independent survey conducted by the *Washingtonian*. Only a handful made it, however, to the Hall of Fame category which is reserved for those who have been consistently voted as TOP DENTIST in the past 15 years. We thank our colleagues for this recognition.

SPECIALIZATION

Periodontics and Dental Implant Surgery

DESIGNATIONS, AFFILIATIONS, and AWARDS

- Diplomate- American Board of Periodontology
- Fellow- Academy of Osseointegration (implants)

313 Park Avenue, Suite 103
Falls Church, VA 22046
703.237.3700
Drperio.com



Eugenia Prokopets, DDS, MSD

ESTHETIC PERIODONTAL & IMPLANT MICROSURGERY

Dr. Prokopets is a board certified periodontist with a boutique, patient-centered practice in Chevy Chase. She is the only Periodontist in the DMV area who performs microsurgery. The aim of microsurgery is to achieve a precise, minimally invasive and esthetic outcome. Microsurgical techniques promote the patient's comfort and long-term health. With a highly regarded concierge practice, Dr. Prokopets prides herself on individualized and patient-centered care. Whether the patient requires bone grafting, gum grafting, dental implants or a deep cleaning, microsurgery provides a more comfortable and non-invasive experience. Her commitment to advanced techniques and compassionate care ensures patients receive exceptional results with the highest level of comfort. Connect with Dr. Prokopets on Instagram: @prokopetsperio

SPECIALIZATION

Esthetic Periodontal and Implant Microsurgery; Microsurgical Gum Grafting; Microsurgical Dental Implants

AFFILIATIONS

American Board of Periodontology; American Academy of Periodontology; American Dental Association; DC Dental Society; Greater Washington Academy of Women Dentists

5550 Friendship Boulevard, Suite 330
Chevy Chase, MD 20815
301.941.0525
prokopetsperio.com



Dr. Steven Philips, Dr. Priya Grewal and Dr. Michael Foley

Spring Valley Dental

PERSONALIZED CARE FOR YOUR FAMILY'S NEEDS AND COSMETIC DESIRES

At Spring Valley Dental, our mission for over 50 years is that we prioritize your health and value your time. Our family-based and personalized care approach allows streamlined appointments for all members of your family, at the same time! The modernized office with digital technology has truly allowed our practitioners to be leaders in cosmetic dentistry - allowing patients to see blueprints of each smile before starting treatment, resulting in conservative care and predictable results. Dr. Priya Grewal, Dr. Steven Philips and Dr. Michael Foley, along with their amazing team customize a path that will lead you to strong oral health, happiness, and a bright smile! Call us today: 202.244.5900 or visit us online at springvalleydentaldc.com.

AFFILIATIONS

American Dental Association; American Academy of Cosmetic Dentists; Diplomate, American Dental Sleep Medicine; DC Dental Society; Greater Washington Association of Women Dentists; Fellow, American Academy of General Dentistry; DC Top Dentist; DC Top Invisalign® Provider; Special Olympics; Mission of Mercy

4900 Massachusetts Ave, NW, #200
Washington, DC 20016
202.244.5900
springvalleydentaldc.com



Prostho Endo Dental Group

ADVANCED CARE MEETS ACCESSIBLE INNOVATION

At Prostho Endo Dental Group, prosthodontic and endodontic specialists work alongside an in-house dental lab, so comprehensive care happens under one roof. The practice is known across the DMV for cosmetic dentistry and full-mouth reconstruction, and its doctors also teach these techniques to dentists in the U.S. and abroad. The team uses AI-enhanced x-ray analysis to support clinical findings and plan treatment more precisely. For patients still weighing their options, a complimentary virtual consultation is an easy first step. Many start with a conversation from home at prosthocosmeticdentistry.com.

Comprehensive, Preventative Care

Now accepting new patients, the practice takes a holistic, preventative approach to dentistry.

- Cosmetic Dentistry: Porcelain veneers and smile design
- Full-Mouth Reconstruction: Restoring worn, broken or missing teeth
- Dental Implants: All-on-X full-arch restorations
- General Dentistry: Cleanings, routine checkups and preventive care
- Endodontics: GentleWave® root canals, microsurgery
- Comfort Care: TMJ therapy, Botox®, sedation dentistry

SPECIALIZATION

Cosmetic dentistry, porcelain veneers, full-mouth reconstruction, dental implants, All-on-X, crowns, bridges.

DESIGNATIONS and AWARDS

Prosthodontic and endodontic specialists. Columbia University associate faculty.

Schedule Your Visit Today
Bethesda, MD – 4825 Bethesda Ave, #308
Rockville, MD – 5904 Hubbard Dr
Vienna, VA - 311 Maple Ave W, Ste J
Instagram @prostho.dental
301.377.8306 | hello@prostho-dent.com
prosthocosmeticdentistry.com



Dr. Elizabeth “Andie” Shin, DDS

BCC PEDIATRIC DENTISTRY — BETHESDA, MD
LEADING THE WAY IN PEDIATRIC DENTISTRY

Children who once feared the dentist leave BCC Pediatric Dentistry smiling and confident. Dr. Elizabeth “Andie” Shin, a board-certified pediatric dentist with more than 30 years of experience, was named Best of Bethesda 2026 and is a multiple-time *Washingtonian* and *Bethesda Magazine* Top Dentist. She provides advanced pediatric and in-office IV sedation care in a safe, welcoming environment families trust. Unlike many high-end practices, we accept most major insurance plans, making exceptional pediatric dental care accessible throughout the community.

SPECIALIZATION

Pediatric Dentistry | Advanced Behavior Guidance | IV Sedation

DESIGNATIONS and AWARDS

Best of Bethesda 2026 – Pediatric Dental Office; *Washingtonian* Top Dentist 2021, 2023, 2026; *Bethesda Magazine* Top Pediatric Dentist 2020, 2022, 2024, 2025

4825 Bethesda Ave, STE 220
301.941.7374
smile@bccpediatricdentistry.com
bccpediatricdentistry.com



Laudan Izadi, DDS

DUPONT SMILES FAMILY AND COSMETIC DENTISTRY

Dr. Laudan Izadi was born and raised in Silver Spring and has proudly served the Washington metropolitan area for more than 19 years. A University of Maryland Dental School graduate, Dr. Izadi is dedicated to providing exceptional dental care that is both highly personalized and thoughtfully delivered with a gentle, compassionate approach. Dr. Izadi believes that outstanding dentistry begins with truly understanding each patient. She takes the time to build meaningful relationships, offering tailored treatment in a warm, welcoming environment designed to foster comfort and trust. By combining the latest advancements in dental technology with a conservative, patient-centered philosophy, she ensures care that is precise, effective, and mindful of long-term oral health.

SPECIALIZATION
Family, Cosmetic Dentistry, Invisalign®

DESIGNATIONS, AFFILIATIONS, and AWARDS
Washingtonian Top Dentist 2026, American Academy of Cosmetic Dentistry, American Dental Association, Academy of General Dentistry, District of Columbia Dental Society

1325 18th St NW #102
Washington, DC 20036
202.659.9494
dupontsmilesdentistry.com



Atiyeh Emam, DDS

COSMETIC AND FAMILY DENTISTRY

Washingtonian Top Dentist, Dr. Emam, provides her patients the highest quality comprehensive dental care. The dentistry that Dr. Emam practices is the art of designing, enhancing and protecting a healthy smile by utilizing the state-of-the-art technology, techniques and materials available today. Patients come from hundreds of miles away to receive the top tier care from Dr. Emam. Your beautiful smiles are the best reward for our dedication to the work we love. Dr. Emam and her team focus on exceptional and personable care with excellent results so you can have your happiest, picture-perfect smile for the moments that you'll treasure for the rest of your life.

SPECIALIZATION
Cosmetic and Restorative Dentistry, Implants, Full Mouth Restorations, Restoring Congenitally Missing and Misshapen teeth, and Dentures

DESIGNATIONS and AWARDS
Top Dentist, *Washingtonian*
Top Dentist, *Virginia Living*
American Dental Association
Virginia Dental Association
Greater Loudoun Study Club

44135 Woodridge Parkway, Suite 280
Lansdowne, VA 20176
703.858.9200
lansdownedental.com



Diane Pham, DMD

CAPITAL ESTHETICS AND FAMILY DENTISTRY

At Capital Esthetics and Family Dentistry, Dr. Diane Pham and her team create beautiful smiles in a welcoming environment for patients. Dr. Pham has taken hundreds of hours of continuing education credits to stay current in the latest procedures to ensure the best care for her patients.

At the boutique practice, which focuses on family dentistry and wellness, Dr. Pham creates customized treatments in a spa like environment designed for patient comfort and comprehensive care. Services include smile makeovers, bondings, porcelain veneers, crowns, implant restorations, adult orthodontics, fillings and annual routine visits.

SPECIALIZATION
Comprehensive, restorative dentistry
Cosmetic Dentistry, Family Dentistry

DESIGNATIONS and AWARDS
Selected as top dentist in *Washingtonian* 2021, 2023, 2025, 2026, *Northern Virginia Magazine* 2022-2026, *Virginia Living Magazine* 2021, 2022, 2024, 2026 and *Arlington Magazine* 2026, member of American Academy of Cosmetic Dentistry, Kois Center graduate.

133 Maple Avenue E, #204
Vienna, VA 22180
703.255.0040
capitalesthetics.com



Greg L. LaVecchia, DMD, PC

GENERAL, COSMETIC, AND IMPLANT DENTISTRY

The LaVecchia family has a long legacy of dentistry in Arlington. Dr. Greg L. LaVecchia was born and raised in the Northern Virginia area. He completed his undergraduate degree at Georgetown University before graduating from Temple University School of Dentistry. Dr. LaVecchia joined his father's practice in 2002 and then purchased the practice which originally opened in Arlington over 50 years ago. The practice mission is centered around the belief that exceptional and comprehensive dental care happens when old-fashioned service meets modern technology. Dr. LaVecchia and his team are dedicated to providing the best comprehensive dental care. They are committed to continuing education and advanced training in their field.

SPECIALIZATION
Cosmetic Dentistry, General Dentistry, Dental Implants, TMJ, Invisalign®, therapeutic BOTOX®

DESIGNATIONS, AFFILIATIONS, and AWARDS
American Dental Association; Top Dentist in *Washingtonian, Northern Virginia Magazine, Arlington Magazine* and *Virginia Living Magazine*; Angie's List Super Service Award

1515 Wilson Boulevard, Suite 103
Arlington, VA 22209
703.528.3336
rosslyndentist.com



Dr. Navneet Dhaliwal

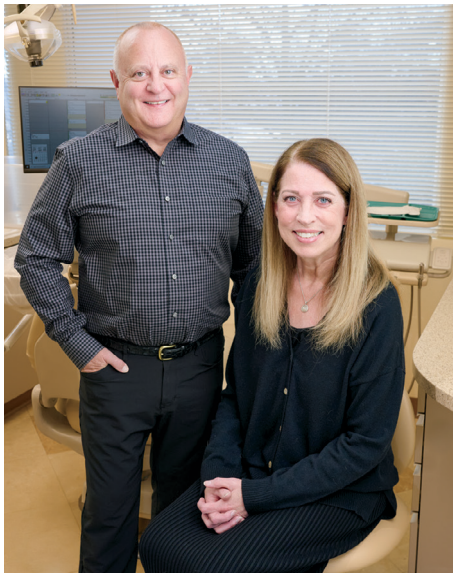
PRISTINE SMILES

Dr. Navneet Dhaliwal earned her undergraduate degree from University of California, Los Angeles and her DDS from New York University College of Dentistry in 2014, followed by an Advanced Education in General Dentistry (AEGD) residency at New York Lutheran Hospital. Since purchasing her Rockville practice in 2018, she has created a modern, patient-focused office recognized for exceptional care, cleanliness, and advanced technology. Named a Top Dentist every year since 2022, Dr. Dhaliwal specializes in full-mouth rehabilitation, Invisalign®, surgical extractions, and smile design, helping patients achieve healthy, functional, and confident smiles.

SPECIALIZATION
Comprehensive restorative dentistry, full-mouth rehabilitation, Invisalign®, surgical extractions, aesthetic smile design.

DESIGNATIONS and AWARDS
Washingtonian Top Dentist - present; Top Doctor 2022–2025; Lutheran-trained AEGD; Spear trained and member, Academy of General Dentistry, American Dental Association, Chinese American Dental Association.

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Rockville, MD 20852 | 301.231.9100
pristinesmilesmd.com



Drs. Love & Miller, PC

FAMILY AND COSMETIC DENTISTRY

Drs. Love and Miller provide a family practice with special emphasis on healthy and beautiful smiles for adults and children. Both doctors graduated from the Medical College of Virginia and have been practicing together in Falls Church for over 25 years.

We take time to listen to our patients so that we truly understand their needs. With emphasis on overall health, we offer services including composite restorations, metal-free crowns, implant restorations, veneers and other cosmetic procedures. Our oral hygiene program excels at understanding the vital relationship between oral health and other systems in the body. Drs. Love and Miller, along with our amazing team, greatly appreciate the community's trust and support.

SPECIALIZATION
ADA, Virginia Dental Association, Northern Virginia Dental Association (Dr. Love is Past President), AACD

DESIGNATIONS and AWARDS
Washingtonian Best Dentists; Best Dentist of Falls Church 2013–2024; *Virginia Living Magazine* Top Dentists and *Northern Virginia Magazine* Best Dentist, 2016–2024; Best of Falls Church 2023; *Washingtonian* Hall of Fame; *Virginia Living* and *Northern Virginia,* 2024

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SPECIALIZATION

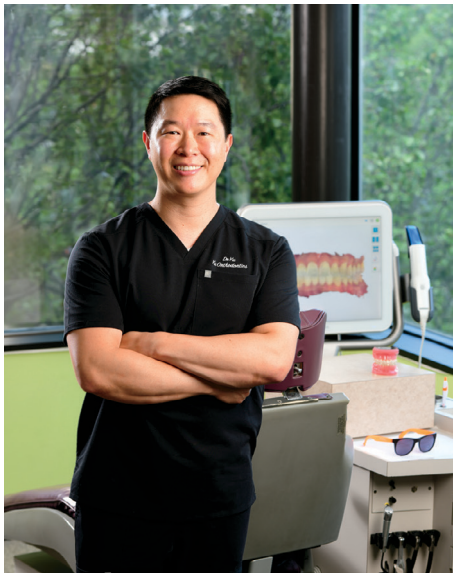
Orthodontics - Metal and clear braces, Invisalign®, Invisalign® Teen, Jaw surgery, Children and Adults

DESIGNATIONS and AWARDS

American Association of Orthodontists, American Dental Association, Invisalign® Platinum Provider, *Washingtonian* magazine Top Doctor, *Bethesda Magazine* Top Doctor

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Robert Yu, DDS, MS

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SPECIALIZATION

Invisalign®, Spark™ Aligners, Self-ligating Braces, Bite correction, Cosmetic tissue shaping, Child and Adolescent Growth and Development, Adult Orthodontics, Accelerated treatment times

AFFILIATIONS

American Dental Association; Maryland State Dental Association; American Association of Orthodontics; Diplomate of the American Board of Orthodontics; University of Maryland Alumni

814 W. Diamond Ave, Suite 300
Gaithersburg, MD 20878
301.948.7660
dryuorthodontics.com



Harmony Pediatric Dentistry & Orthodontics

HEATHER SHOLANDER & MADELEINE GOODMAN

Dr. Heather Sholander, pediatric dentist, and Dr. Madeleine Goodman, orthodontist, have created a practice that focuses on collaborative care which involves looking at dental health as it relates to the whole body. This can include family education such as discussing lifestyle and behavioral habits, or recommending early orthodontic treatment to redirect growth. Harmony is an inclusive practice that tailors treatment to meet the needs and expectations of each family and creates a fun experience that has kids asking to come back! The practice offers comprehensive dental care for kids as well as orthodontics for both children and adults.

SPECIALIZATION

Board-certified Orthodontist
Board-certified Pediatric Dentist

DESIGNATIONS, AFFILIATIONS, and AWARDS

Bethesda Magazine Best of Bethesda 2025 (winner), 2024 (finalist), 2023 (finalist); *Washington Parent Magazine* Top Pick (finalist); *Washingtonian* Top Dentist

4818 Del Ray Avenue
Bethesda, MD 20814
301.664.4220
www.harmonybethesda.com



Zohra Darwish, DDS

DENTAL AESTHETIC ARTS

Dr. Darwish understands people have fears when it comes to dentistry, and feels that building a foundation of trust by treating her patients as special individuals is vital. She knows how uneasy some patients may feel about their dental visit, and strives to make a difference in providing a positive experience. Dr. Darwish has a special interest in cosmetic dentistry and enjoys transforming "average smiles" into magnificent and healthy smiles.

"Building meaning relationships with my patients, while maintaining the highest standard of care with a gentle touch, is the foundation I lay for myself in my profession."

SPECIALIZATION
Preventative, cosmetic, restorative and family dentistry; Invisalign® provider

DESIGNATIONS and AWARDS
AACD-American Academy of Cosmetic Dentistry; AAFE-American Academy of Facial Esthetics; AAID-American Academy of Implant Dentistry; Washington's Patient's Choice Award, 2015–2018; *Washingtonian* and *Bethesda Magazine* Top Dentist; *DC Modern Lux* Health and Beauty Expert 2020

3409 Wisconsin Avenue, NW
Washington, DC | 202.506.1976
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Dr. Monica Chandran

OLNEY SMILES ADVANCED DENTISTRY AND PROSTHODONTICS

Dr. Monica Chandran is a prosthodontist specializing in the restoration and replacement of teeth, with expertise in implant dentistry, esthetic dentistry, and comprehensive oral rehabilitation.

At Olney Smiles Advanced Dentistry and Prosthodontics, she takes an integrated approach to care, considering function, esthetics, bite, tooth structure, implants, materials, and long-term stability. From single-tooth restorations to complex multidisciplinary cases, Dr. Chandran helps patients achieve beautiful, lasting results.

SPECIALIZATION
Prosthodontics, Implant Dentistry, Full-Mouth Reconstruction, Implant Restorations, Crowns, Bridges, Dentures, TMD

DESIGNATIONS and AWARDS
University of Pennsylvania Dental School, University of Maryland Prosthodontics, *Washingtonian* Top Dentist, Top 40 Dentists Under 40, ADA, Board of Directors Maryland Foundation of Dentistry, Dental Committee Somos Amigos Medical Missions

17904 Georgia Ave, Suite 105A
Olney, MD 20832 | 240.454.5718
contact@olneysmiles.com



Peter K. Cocolis, Jr., DMD

PETER K. COCOLIS, JR., DMD & ASSOCIATES

With 30 years of experience, Dr. Peter K. Cocolis, Jr. delivers comprehensive dental care in a warm and compassionate setting. His practice specializes in general, restorative, and cosmetic dentistry, with particular expertise in implant and sedation dentistry. Dr. Cocolis is committed to offering exceptional care, treating every patient with respect, courtesy, and compassion. A proud Springfield native, Dr. Cocolis is a Master of the Academy of General Dentistry, a Fellow of the Misch Implant Institute, and a Diplomate of the International Congress of Oral Implantologists. He is also dedicated to staying at the forefront of dental innovation through ongoing education.

DESIGNATIONS, AFFILIATIONS, and AWARDS
Education: Bachelor of Science, Chemistry: The College of William and Mary 1990;

Doctor of Dental Medicine: University of Pennsylvania School of Dental Medicine 1994;

General Practice Residency: University of Virginia 1994-1996

5803 Rolling Road, Suite 211
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Larry G. Reyes, DDS

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Dr. Reyes and his knowledgeable and experienced staff provide comprehensive dental treatment in a friendly, relaxed, and comfortable setting, always allowing for focused time with each patient. Dr. Reyes graduated with a dual degree in Biochemistry and Psychology from University of Maryland Baltimore, and also obtained his dental degree from UMD. Dr. Reyes is a proud provider of Invisalign® clear aligners. Born and raised in the Washington metropolitan area, Dr. Reyes is known for his gentle and comforting demeanor and exceptional diagnostic skills. Dr. Reyes and his team pride themselves on giving back to the community by volunteering their time to the local community and providing dental care for those in need.

SPECIALIZATION
Preventive, cosmetic, and implant dentistry; Gold Level Invisalign® and Xeomin® provider.

DESIGNATIONS, AFFILIATIONS, and AWARDS
American Dental Association, Virginia Dental Association, Northern Virginia Dental Society, Spear Faculty Club; 2023 Top Dentist *Northern Virginia Magazine*

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SPECIALIZATION
Advanced surgical & non-surgical root canal treatments for patients of any age, to preserve their natural teeth.

AFFILIATIONS and AWARDS
Diplomate of the American Board of Endodontics; American Dental Assoc.; American Assoc. of Endodontists; District of Columbia Dental Society; Edward C. Penick Endodontic Club; International College of Dentists, USA

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dcendodontics.com



Dr. Adam Schneider, DDS

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SPECIALIZATION
One Visit Custom Crowns, Veneers, Implant Crowns, Sleep-Dentistry, Laser Dentistry, Invisalign®, Bridges, Dentures, TMJ

DESIGNATIONS, AFFILIATIONS, and AWARDS
ADA, MSDA (Past Annual Meeting Chair & Scientific Chair), SMDS (Past President), FACD (Past DC Chapter President), Donated Dental Program Provider

22 Montgomery Village Avenue,
Gaithersburg, MD 20879
240.654.3555
schneiderdentists.com



From L-R: Dr. Ziad Batrouni, Dr. Zachary Jones, Dr. Lisa Cohen, Dr. Amir Itani, Dr. Sarah Naghibi, Dr. Brian Robinson, Dr. Steven Kishter, Dr. Malini Iyer, Dr. Mary Carter Robinson, Dr. Mitchell Stark, Dr. Mark Hoffrichter, Dr. Glenn Nathan Not Pictured: Dr. Scott Kim, Dr. Marvin Thomas, Dr. Anthony Contratto, and Dr. Robbie Berlinsky

Maryland Oral Surgery Associates

MOSA ORAL SURGEONS

Maryland Oral Surgery Associates, the state's oldest and largest Oral and Maxillofacial Facial Surgery practice, was established in 1969 in Greenbelt, MD. Since 1985, MOSA expanded from two full-time surgeons to 15 surgeons. In MOSA's nine locations—covering six Maryland counties—they have successfully performed nearly 1 million procedures over the past 59 years. Each MOSA location has extensively trained their staff to ensure a safe and comfortable experience and maintains the highest standards of infection control for their patients' protection. Drs. Nathan, Stark, B. Robinson, Batrouni, Cohen, Iyer, Carter Robinson, Hoffrichter & Associates use their collective experiences to ensure the best and most current treatment and care for their patients.

SPECIALIZATION

Implants, Extractions, Wisdom Teeth, Bone Grafting, Pathology, Elective Jaw Reconstruction, Trauma, Sedation, General Anesthesia, Cosmetics

DESIGNATIONS and AWARDS

Washingtonian Top Dentists; *What's Up Annapolis/West County* Top Docs; *Bethesda Magazine* Top Docs; *Frederick Magazine's* Best of Frederick; *Northern Virginia Magazine* Top Docs

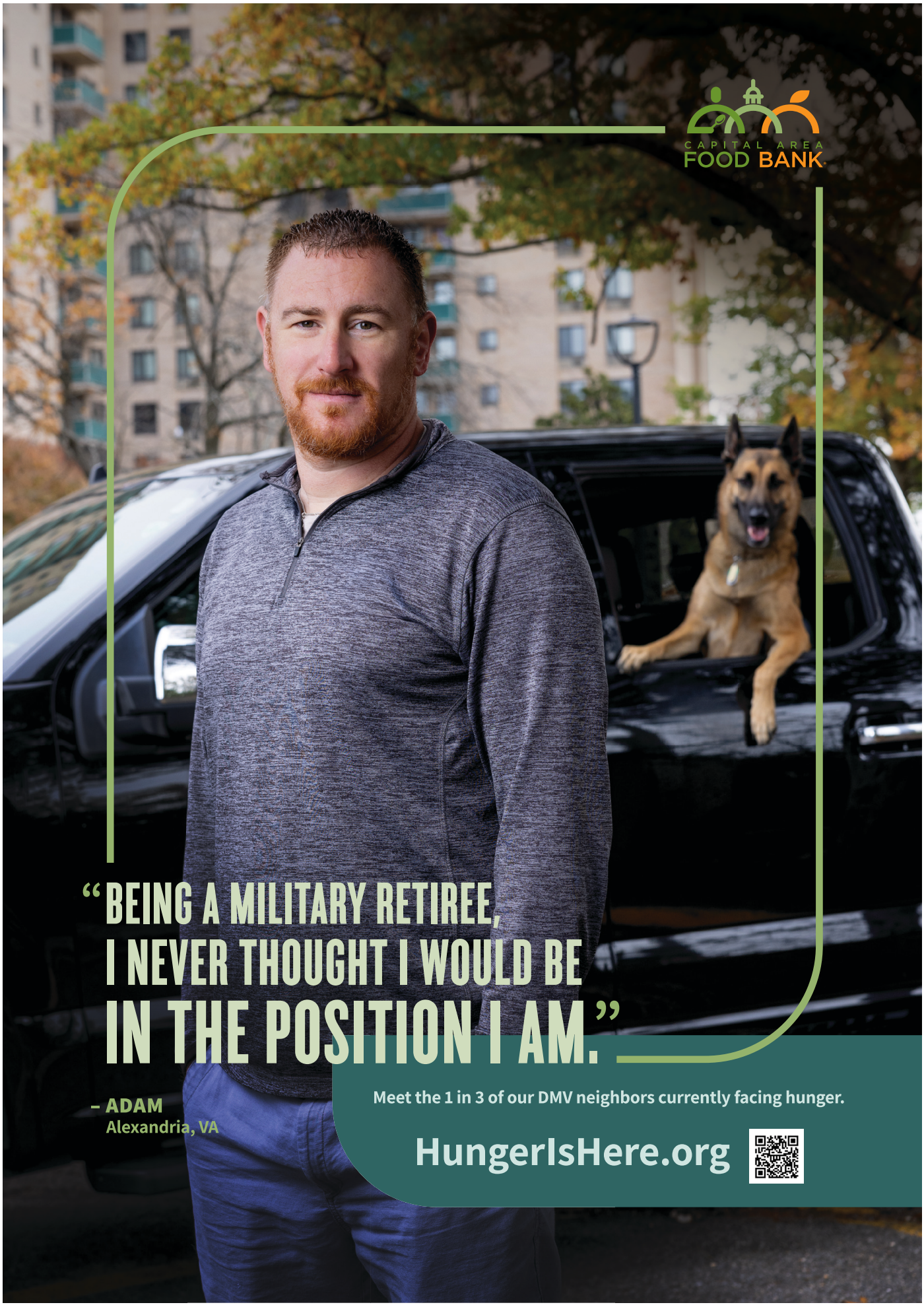
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HOME



COMING HOME
Turn the page to see a local house that was renovated to be a gathering spot for extended family.

PHOTOGRAPH BY PEAK VISUALS



The Thanksgiving House

This Chevy Chase home was designed with holiday hosting in mind

By Amy Moeller

THANKSGIVING HAS LONG BEEN A BIG holiday for Taraneh Razavi. As part of a relatively small family–which includes her mom, her aunt, a brother who lives in Philadelphia, plus spouses and children–she says it's always been important to them to be together that day: "It's my favorite holiday–and one that doesn't involve gifts, so we can just gather and eat."

For decades, they celebrated at Razavi's childhood home–her mother's house in Chevy Chase. But as her mom got older, Razavi and her husband, Stuart Schlisserman–both physicians in San Francisco–began to wonder if the hosting had become too much. "We could see she was getting tired," Razavi says. Schlisserman adds: "And she started letting me do the dishes, which I knew was a sign."

The pair began discussing buying a home in the DC area that could serve as their East Coast base and would allow them to take over hosting duties. But it wasn't until a visit to her mother's, when they realized the house next door was vacant, that the idea began to take hold. They approached the owners to see if they had any interest in selling, and they did.

The couple assembled a Washington team to renovate the property, led by architect Zahraa Alwash of Zee Design, who says, "Hosting was part of the conversation from the very beginning." Top of the list: hosting their extended family's annual Thanksgiving gathering.

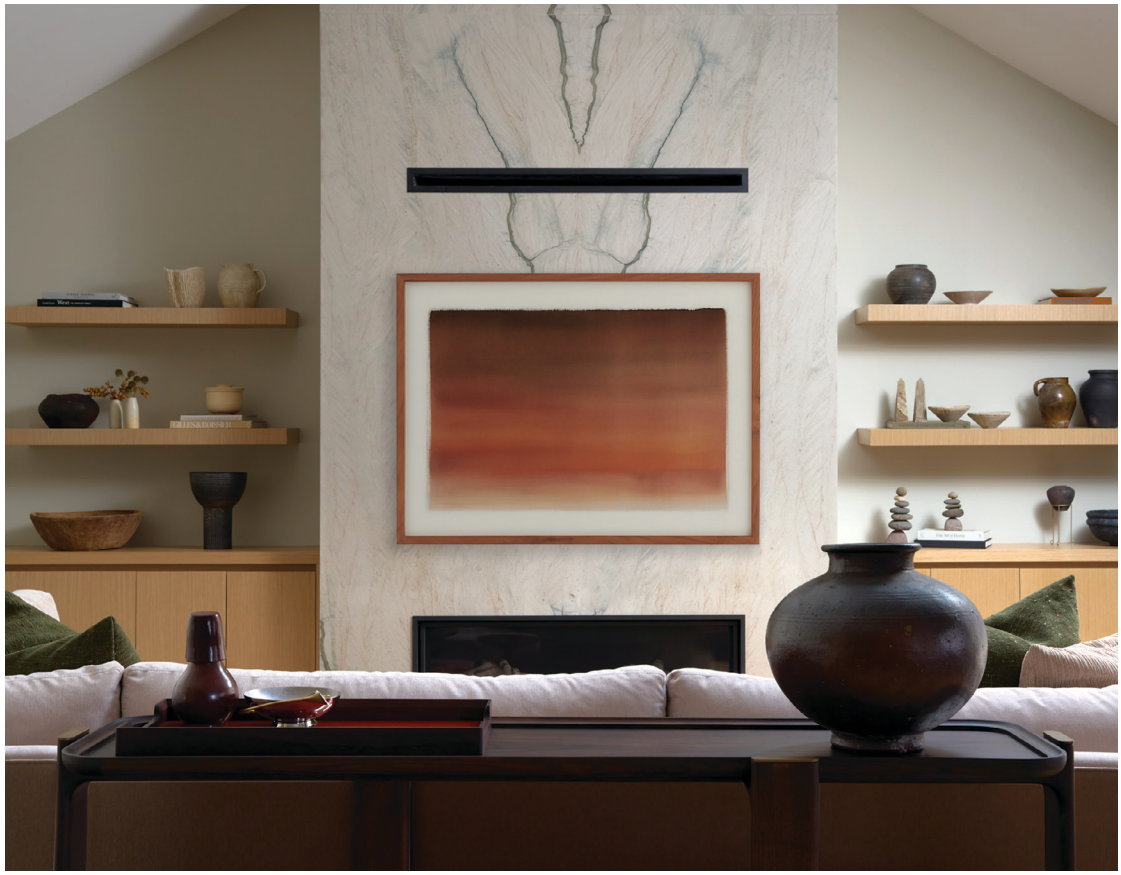
Here, Alwash walks us through the main hosting-inspired design decisions.

A Top-Notch Kitchen

Cooking for a crowd requires a generous workspace and lots of tools. Alwash says that she and the family kept all that

PHOTOGRAPHS BY PEAK VISUALS







A kitchen made for cooking for a crowd (left), a spacious family room (above), and a dining room fit for a large table (right) were integral parts of the renovation of this home, which serves as a West Coast couple's Chevy Chase "home base" and a place for family to spend holidays.

in mind in the kitchen, opting for double 48-inch Sub-Zero ovens, ample prep space, and a clear connection between kitchen and family room—ideal for catching up over dinner preparations and after-dinner tea.

A Butler's Pantry

Positioned between the kitchen and dining room is a butler's pantry, which allows for storage of extra servingware and place settings as well as hiding some prep and clean-up from view. "Those practical details make an enormous difference," says Alwash.



Each guest bedroom includes a comfortable setup for remote work.

Cozy Guestrooms

Hosting for the holidays isn't limited to dinner. Guests are invited to stay at the house when they visit, and the guest bedrooms were designed with hospitality in mind. "[The couple's] nieces and nephews are young professionals, and several work remotely, so each room includes a proper desk, a television, and enough privacy and functionality for someone to stay comfortably for several days," says Alwash. "The idea was for guests to feel as though they had their own space rather than temporarily occupying someone's spare bedroom."

Dining Space for Many

"The dining room," Alwash notes, "needed to accommodate a genuinely large table." While the family's initial group numbered about 13—the dining room is designed for that many—it's grown to include up to 20 at times. That's when the spacious family room, which can accommodate additional tables, comes in handy. Holidays and family dinners aren't just occasional events for them, says Alwash, but part of how they live. In fact, Razavi says, while gathering for Thanksgiving is the older tradition, they've since begun hosting Persian New Year in the house as well.

Other Thoughtful Details

Because the two properties—this one and Razavi's mother's—sit side by side, the landscape was designed to create an easy, stair-free path between them, "essentially allowing the two backyards to function as an extended family compound," Alwash says. To make it easier to navigate the three levels for aging family members and travelers with luggage, an elevator was installed. "We learned that if you're going to have anything above a first floor and you're planning long-term—for this to really be your forever house—you need an elevator," Razavi says. "And to this day, every time we come in with the suitcases, we're like, 'Oh, thank God we put in an elevator.' "

Making Space

Hosting in a home that's not exactly designed for a crowd? **Zahraa Alwash** of Zee Design says there are two main approaches for making the most of the space you have: For a formal dinner, the mission is to maximize "one central moment around a table," and for a more casual gathering, it's to "design for movement." Here are her tips for each.

Hosting a Dinner Party

THE SETUP: "Maximize the dining area. Remove nonessential furniture. Add a folding table to the end [of the dining table] and use one tablecloth so it reads as one long table. Benches can usually fit more people than individual chairs, and slimmer armless chairs help a lot."

THE DETAILS: "Keep styling beautiful but minimal. Low greenery, candles, or a simple centerpiece works better than something taking away space. Using a kitchen island or countertop as a buffet allows the table to feel more comfortable even when you're fitting more people."

Hosting a Cocktail Party

THE SETUP: "Instead of creating a seat for every person, create a few different gathering zones. Open up pathways and use stools, ottomans, or benches that can move around easily. A console can become a bar, a kitchen island can hold food, and smaller surfaces can be used throughout so everything isn't concentrated in one area."

THE DETAILS: "Lighting is especially important in this type of gathering. Layering lamps, sconces, pendants, and candles helps create different pockets within the room and makes the space feel more inviting." W

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HOSTS WITH THE MOST



"My warming drawer is a game changer. I made fresh rolls for a dinner party last weekend and kept them warm until serving. Some friends were late—I kept their meal warm." —**Christine Olmstead, *artist***

Our pick: Hokku Designs electric warming drawer, $340 at Wayfair



"If you use as many candles as I do, an electric lighter is essential." —**Candace Ourisman, *brand/social-media consultant and content creator***

Her pick: Luma "Flume" lighter, $58 at Anthropologie





"This speaker, and a lovely playlist streaming through the home." —**Andrea Montone-Rinaldi, *socialite***

Her pick: Beosound A9 wireless speaker in gold, $5,100 at bang-olufsen.com

"Make sure you have the proper glassware for every type of drink. A good crystal old-fashioned glass with a heavy bottom can cover a lot of cocktails." —**Shannon Claire Smith, *interior designer***

Her pick: Double old-fashioned glass, $109 at match1995.com

BOTTOM LEFT PHOTOGRAPH COURTESY OF KELLY-LYNNE RUSSELL



OVERNIGHT GUESTS?

Washingtonian Style Setter and content creator **Kelly-Lynne Russell** of the Low Low Style shares a few things she keeps on hand



Makeup remover wipes—like the Original MakeUp Eraser ($20)—in guest rooms.

Having the right tools to throw dinner parties, holiday festivities, and other gatherings can make all the difference. Here, hosting mavens share the housewares and gadgets that help make their events shine. **By Amy Moeller**

"A generous beverage tub allows guests to easily help themselves while it also becomes part of the presentation."
—**Charese John, *chef and event designer***

Our pick: Double-wall antique-brass beverage bucket, $200 at Williams-Sonoma







"Petite cordless lamps on a buffet, bar, or dining table create an intimate, polished atmosphere. They're practical, beautiful, and an easy way to make a gathering feel special."
—**Charese John, *chef and event designer***

Our pick: Hearth & Hand ceramic-shade table lamp, $30 at Target

"My Bartesian—I even ordered the travel bag for when I'm not hosting but a friend is. And it can be used to make mocktails."
—**Fendy Mesy, *senior digital manager***

Her pick: Premier cocktail maker, $400 at bartesian.com



"I could write paragraphs on the virtues and versatility of my collection of candy-colored platters and bowls for everything from craft nights to a holiday party for 100."
—**Shannon Marie Sheridan, *hairstylist***

Our pick: Oval aqua glass dish, $24 at rareformshop.com



A basket of quick breakfast options in the kitchen, with tea, oatmeal, breakfast bars, and pour-over coffee—such as Copper Cow ($16 for eight single-serve filters)—for early risers.



Pitchers with water glasses at each bedside. We like this "Tierra" water-carafe-and-glass set from Pottery Barn ($75).



"[I put this] icemaker next to the bar setup with top-shelf liquor." —**Andrea Montone-Rinaldi, *socialite***

Her pick: GE Profile "Opal" nugget icemaker and side tank, $400 at Williams-Sonoma

"I host my family every year—50 to 70 people. [One of] the best things is a catering kitchen's worth of white, dishwasher-safe salad plates." —**Johanna Howe, *interior designer***

Our pick: "Aspen" rimmed porcelain salad plates, $45 for eight at Crate & Barrel





"I use these folding tables for the bar, buffets, or large dinner parties. Tip: Use a 132-by-90-inch tablecloth—it will cover the legs and go to the ground." —**Johanna Howe, *interior designer***

Her pick: Modern Space Store six-foot foldable table, $52 at Amazon

"This stemware polisher makes life significantly easier." —**Danielle Couick, *event planner***

Her pick: Electric glassware polisher by Pavimet, $70 at Amazon





"I WANT THE UNEXPECTED"

Need more tips? Self-proclaimed "serial hoster" **Candace Ourisman** shares her approach to entertaining.

"I want people to feel completely comfortable, but I also want there to be an element of the unexpected. I'm always thinking about surprise and delight. Something funny at a place setting, an unexpected food moment, a fabulous late-night snack—something that gets everyone talking. Those are the things people remember.

"I think about all of the senses. Overhead lighting is basically banned in my house. I use rechargeable lamps everywhere when I entertain—on the bar, buffet, dinner table, and outside. It completely changes the feeling of a room, and I'm obsessive about it. I want everything to feel warm and inviting, and I want everyone to look good. I'm usually lighting 25 candles before people arrive.

"Music should be playing before the first person walks through the door, and scent is important to me. I love having a signature scent in my home. Smell is so closely tied to memory, and I love the idea that someone recognizes the scent of your house the minute they walk in.

"Finally, nothing should feel too precious. I love beautiful things and believe in using them. Pull out the good china and the beautiful glassware, then serve something unfussy. That mix of high and low is much more interesting than perfection. Beautiful trays are one of my favorite ways to make even the most ordinary things feel considered. Diet Cokes and Pellegrino on a beautiful tray? Perfect."

TOP RIGHT PHOTOGRAPH COURTESY OF CANDACE OURISMAN

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One of Old Town's appeals: Residents can walk to lots of restaurants.

PHOTOGRAPH BY V&T FILMS FOR VISIT ALEXANDRIA

The Briefing

Alexandria

New places to eat, drink, and shop—plus, play old-school arcade games and take a haunted walking tour—in this historic Virginia city

By Ike Allen and Sydney Carroll

ALEXANDRIA AND DC HAVE A COMPLIcated history. When the District of Columbia Organic Act of 1801 established the 100 square miles that would become the nation's capital, Alexandria–founded in 1749 and one of the oldest cities in the country–sat within its boundaries. But representatives of Alexandria immediately wanted out: As part of DC, they'd lost their position as the county seat in Fairfax, they couldn't vote in congressional and presidential elections, and political and economic discord grew. Eventually, the interest in retrocession became mutual as abolitionists sought to outlaw slavery in DC and wanted Alexandria–then a hub for the trade of enslaved people–to be moved back to Virginia. In July 1846, that happened. The city continued to grow, with its prosperity, according to the tourism organization Visit Alexandria, "inextricably linked to the work of enslaved and free African Americans," whose stories make up much of the town's past. Today, it combines centuries of history with modern-day shops, restaurants, and activities for residents and visitors alike.

WHERE TO EAT

Pasta-bilities

The name Hank's may be recognizable to local oyster fans, but **Hank's Pasta Bar** *(600 Montgomery St.)*, an offshoot of Hank's Oyster Bar, specializes not in bivalves but in build-your-own pasta bowls. First, choose a pasta–bucatini, rigatoni, and mafalde are among the options–then select from sauces such as pomodoro, cacio e pepe, pistachio pesto, and artichoke lemon butter. You can also add proteins and veggies, or opt for

Fun Fact

Lights, Camera, Alexandria
A number of films have connections to Old Town or Alexandria more broadly. The 2000 movie *Remember the Titans* was inspired by the T.C. Williams High School football team, which went undefeated and won a state championship in 1971. And several films had scenes shot at the George Washington Masonic National Memorial: Nicolas Cage's *National Treasure: Book of Secrets,* Natalie Portman's *Jackie,* and *J. Edgar,* starring Leonardo DiCaprio.

ready-built choices including fusilli with shrimp and pesto or bucatini amatriciana. It works like fast-casual but feels like something else—you'll eat from white ceramic plates here, not disposable bowls.

Fiery Chicken

Over-the-top fried-chicken sandwiches are the move at **Little Birdie** *(1504-B Mount Vernon Ave.)*, a casual chicken-centric restaurant launched in June by the team behind nearby Matt & Tony's All Day Kitchen + Bar. The kitchen amps up Asian-inspired flavors with items such as a spiced crispy chicken thigh glazed with gochujang and sandwiched between a milk-bread bun, or honey cornbread served with nori, blueberry-miso, and chipotle butters. You can also order a single fried chicken nugget topped with osetra caviar.

High Dive

This year, Alexandria got an outpost of the **Commodore** *(220 N. Lee St.)*, a nautical-themed "five-star dive bar" that's also in Dupont Circle. It serves not just Miller High Life and bar snacks but pastas, Chicago-style thin-crust pizza, and espresso martinis. Also on tap: arcade games, a pool table, and weekly trivia.

Veteran Cafe Reopens

One of King Street's most well established eateries is the **Majestic** *(911 King St.)*, which has been operating in one format or another since 1932. Its most recent chapter began in April, when chef Santiago Lopez bought the Art Deco landmark and reopened it with a new Mediterranean menu, featuring dishes like saffron mussels, duck-and-pancetta dumplings in butternut-squash crema, and mushroom risotto with truffle aïoli. There's also a lengthy brunch menu.

Old Town Omakase

One of *Washingtonian's* 100 Best Restaurants, **Nasime** *(1209 King St.)* would be at home in Ginza or Manhattan. Instead, it occupies an intimate rowhouse in Old Town, where Tokyo-trained chef Yuh

Hank's Pasta Bar is a new noodle-fueled offshoot of the area's beloved Hank's Oyster Bar.



TOP PHOTOGRAPH BY BOB NAROD; BOTTOM BY DEB LINDSEY

WHAT'S SELLING



Among a slew of historic townhouses, plus some new-builds and a rare single-family home, here's what's sold in Old Town Alexandria over the past few months.

$786,900

A brand-new two-bedroom, two-bath condo with a den in the Whitley, with nine-foot ceilings, an open floor plan, designer appliances, and amenities that include a concierge, a fitness center, and a rooftop terrace.

$1,199,000

A 1,439-square-foot, two-bedroom, two-bathroom waterfront condo with an updated kitchen and Potomac River views—plus community amenities that include a 24-hour concierge and a pool.

$1,250,000

A three-bedroom, three-and-a-half-bathroom detached brick home with two fireplaces, off-street parking, and historic architectural details—as well as "good bones" for a potential renovation.

$1,800,000

A three-bedroom, two-and-a-half-bathroom circa-1875 semidetached townhouse with nearly 2,500 square feet of living space, a gas fireplace, and a private rooftop deck.

$1,939,662

A three-bedroom, three-bathroom, 2,500-square-foot newly built townhouse by Madison Homes, with four levels, a private elevator, multiple outdoor spaces, and a two-car garage.





Clay pots of udon noodles (top) are on the menu at Nasime. The wine shop DCanter (bottom) hosts tastings and other events.

Fun Fact

World-Class Acts

Alexandria is home to the Birchmere, a 60-year-old music venue famous for hosting renowned artists and launching such stars as Mary Chapin Carpenter and Vince Gill. The city has also been home to musicians Dave Grohl, Jim Morrison, and John Phillips and Cass Elliot of the Mamas & the Papas.

Shimomura serves a seasonal rotation of plates like seared Wagyu, octopus in dashi broth with lotus and nameko mushrooms, bubbling donabe pots full of udon noodles, and kaleidoscopic selections of sashimi.

The Dubliners

The DC area has many Irish bars, but few get as serious about Irish cuisine as **Daniel O'Connell's** *(112 King St.)*, a handsome pub where you can complement your Guinness with shepherd's pie, lamb stew with house-made brown bread, beer-battered cod and chips, or an Irish takeaway-style "spice bag": chicken and fries seasoned with salt and chili and served with curry sauce.

South American Sushi

The sleek sushi-and-steak restaurant **Finn & Fire** *(111 N. Pitt St.)*, which landed in Old Town this past June, isn't just any surf-and-turf spot. The kitchen specializes in Peruvian-Japanese Nikkei cooking, meaning you can expect ceviches, tiraditos, and steaks paired with Peruvian mash and shishito peppers, alongside a variety of nigiri, maki, and sashimi.

PLACES TO SHOP

Bake Sale

King Arthur Baking *(617 King St.)* is opening a store and baking school—its first outside Vermont—in the heart of Old Town, eyeing a December debut. The Alexandria store will stock all of King Arthur's products in addition to a selection of other kitchen and baking brands' items. The school will offer cooking classes, private events, and community gatherings, teaching recipes for bread, pastries, and more.

New Bloom

After K. Aubrey Flowers closed its doors, Katie Meerstein reopened in September as **Greenhouse Flora Collective** *(1401 King St.)*. The shop aims to maintain its historic charm while building something new, offering curated bouquets and weekly, biweekly, and monthly flower subscriptions. Greenhouse will also host workshops to teach flower care and arranging plus color theory.

Screams and Sweets

Chanthal Harris wants Alexandria to fall in love with horror. In September, she opened **Long Dark House** *(1510 King St.)*, an in-

TOP PHOTOGRAPH BY SCOTT SUCHMAN; BOTTOM BY KATE WICHLINSKI

dependent horror-and-science-fiction bookstore. Besides horror classics and thrillers, she stocks dystopian novels and niche subgenres such as botanical horror. The store also hopes to serve as a third space for the community by offering book clubs, craft nights, and Dungeons & Dragons games. It shares a space with the chocolate shop Madame Coco's Emporium, making it easy to balance the scary with the sweet.

Vino Veritas

Woman-owned **DCanter** *(1101 King St.)* made its way to Old Town in April after serving Washingtonians in Capitol Hill for 13 years. The store features a wide selection of wines from across the world. For true enthusiasts, DCanter also offers wine classes, tastings, and private events. A wine-concierge service can help make selections based on taste and budget, then deliver bottles each month.

Fresh Scent

Arielle Shoshana Perfumes *(313 Cameron St.)* opened in Old Town last January after ten years in Fairfax's Mosaic District.



Arielle Shoshana Perfumes is organized by scent, such as "woods" or "citrus."

Its founder, Arielle Shoshana Weinberg, prides herself on curating a collection of niche scents organized by category, such as "woods," "citrus," and "spicy." The shop also sells its own collection, named for days

Fun Fact

A Cherry on Top

In 2019, *Forbes* named Alexandria the "ice cream cone capital of the United States." We counted nearly a dozen scoop shops in Old Town alone, with several more in the vicinity.



PHOTOGRAPH BY TIARA LOVELACE CASTILLO/FORAGED PHOTO

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A PERFECT DAY *in* OLD TOWN

Real-estate agent **Allison Goodhart DuShuttle** walks us through her ideal day in the historic district

One of the many reasons Alexandria native Allison Goodhart DuShuttle and her family love Old Town is that a fun day can be spent entirely on foot. "Between the waterfront, shops, restaurants, parks, and community events, there's always something to do," says DuShuttle.

8 AM

Coffee at Misha's

"Old Town has no shortage of great coffee shops, but my go-to is Misha's on Prince Street. It's small, charming, and has a rooftop deck overlooking the Potomac. Grab a coffee – and don't sleep on the pies."



9 AM

Old Town Farmers Market at Market Square

On Saturdays, the next stop is the country's oldest continuously operating farmers market. "George Washington reportedly shopped here," DuShuttle says. Her advice? "Pick up a fresh juice, a breakfast sandwich – be prepared for a small wait – and wander the stands. It's one of my favorite places to catch up with neighbors, clients, and friends."

10:30 AM

Explore the Waterfront

"From there, you might walk along the waterfront, rent a bike and hop on the Mount Vernon Trail, or simply enjoy the views from one of the many parks along the Potomac. You could also take a water taxi to National Harbor, Georgetown, the Wharf, or Nats Park, or a historical tour."



11:30 AM

Check Out the Torpedo Factory Art Center

"It's one of Alexandria's most unique attractions, with working studios where you can watch painters, jewelers, photographers, and makers creating in real time. No two visits are ever the same."

1 PM

Lunch With a View

"Grab a table with a view at Ada's on the River, Barca Pier & Wine Bar, or Jula's on the Potomac. There are few things better than a leisurely meal overlooking the water."

2:30 PM

Stroll King Street – and Beyond

"Browse local shops, people-watch, and explore. But don't just stay on King Street. Some hidden gems are tucked along the side streets that make up Old Town's boutique district."

5 PM

Happy Hour at Brut

"Order a glass of wine and the raclette," DuShuttle says, or "ask owner Dustin what he's excited about that day. He always has a great recommendation and makes everyone feel like a regular."

7 PM

Dinner

"Old Town has fantastic restaurants, but for dinner out I'm usually choosing Italian. Thompson Italian is newer and has quickly become a favorite. Landini Brothers is an Old Town institution. I've been going for years."

9 PM

A Nightcap on King

"To end the day, grab ice cream at Pop's or a drink on the pedestrian-only 100 block of King Street. Between the street performers, outdoor dining, and stream of people enjoying the evening, it's one of the most vibrant corners of the city to sit and soak up the atmosphere. If you're not ready to call it a night, head to the rooftop at Hotel Heron for some of the best views. Or make one last stop at Hank's Oyster Bar."





Walking tours—like this Booze and Boos one—are a popular activity in Old Town.

of the week—think a caffeinated aroma for Monday, a light floral for Friday, and passionfruit for Saturday.

THINGS TO DO

Past Is Prologue

History buffs can learn more about the stories of enslaved and free Africans and African Americans in Alexandria on one of **Manumission Tour Company's** guided walking tours. Founded in 2016 by fourth-generation Alexandrian John Taylor Chapman, the company offers 90-minute tours on topics ranging from the city's connection to the Underground Railroad to early African American spirituality. Tours take place, rain or shine, every weekend from February through December.

Play On

If you're wanting to leave the digital world for a while, go analog at **Continues Arcade** *(1050 N. Fayette St.)*. This old-fashioned game hall that opened in 2025 features more than 50 original arcade cabinets with such classics as Pac-Man, Mortal Kombat, Donkey Kong, and Asteroids, alongside other staples like Skee-Ball, pinball, and claw machines. It also has a restaurant and bar serving brunch, lunch, dinner, dessert, and cocktails.

Tiny but Mighty

For 92 years, the **Little Theatre of Alexandria** *(600 Wolfe St.)* has delighted

TOP LEFT AND BOTTOM RIGHT PHOTOGRAPHS COURTESY OF ALLISON GOODHART DuSHUTTLE; WATER TAXI, BY HOVER SOLUTIONS FOR VISIT ALEXANDRIA; SANDWICH COURTESY OF PEXELS; BOOZE AND BOOS TOUR BY VRG PHOTOGRAPHY/COURTESY OF NIGHTLY SPIRITS



audiences with more than 450 productions and counting. The community theater's season includes the musicals *She Loves Me* and *Once on This Island,* the plays *The Pitman Painters* and *Calendar Girls,* and the holiday classic *A Christmas Carol*. It also offers opportunities to act, direct, and enroll in classes.

The Spirit World

Halloween season or not, Alexandria can be spooky year-round thanks to the Booze and Boos Tour run by **Nightly Spirits.** The two-and-a-half-hour walking tour takes you through alleys, streets, and houses with haunted histories, stopping along the way at pubs for some liquid courage. W

Fun Fact

Out of Spite

There's more than one famous "Spite House" in Alexandria – ultra-thin residences reportedly built in alleyways to deter carriage traffic from accessing them. The most famous is a seven-foot-wide blue house on Queen Street, but according to *Alexandria Living*, there are three more – one on King Street and two on Prince Street.



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brings to mind things I really enjoy	119	95	100
affects me emotionally	113	93	97
is one of my favorites	113	93	102
is relevant to me	106	104	84

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MRI-Simmons Multi-Media Engagement Study, Spring 2019

The Fall Market

What's it like right now to buy or sell a home? To get a picture of how the fall real-estate market is shaping up and how to navigate it, we surveyed 100 top-producing agents in the area. Here's what they said.

By Amy Moeller

Slow but Steady

81%
of agents said they're seeing a decrease in sales this fall compared with spring.

43%
said fall 2026 is shaping up to be slower than the same time last year.

Changing Tides



76%
of agents said this fall is more of a buyer's market.

Interest Rates

76%
said interest rates are having the single biggest impact on the market.

Inventory Boost



85%
of agents said inventory is on the rise, though some noted that it's still a concern overall.

The Holiday Slump



Thanksgiving typically ushers in the slowest time of year in real estate, but agents say a push for year-end deals may lead to a small December sales bump before things ramp up again in the new year.

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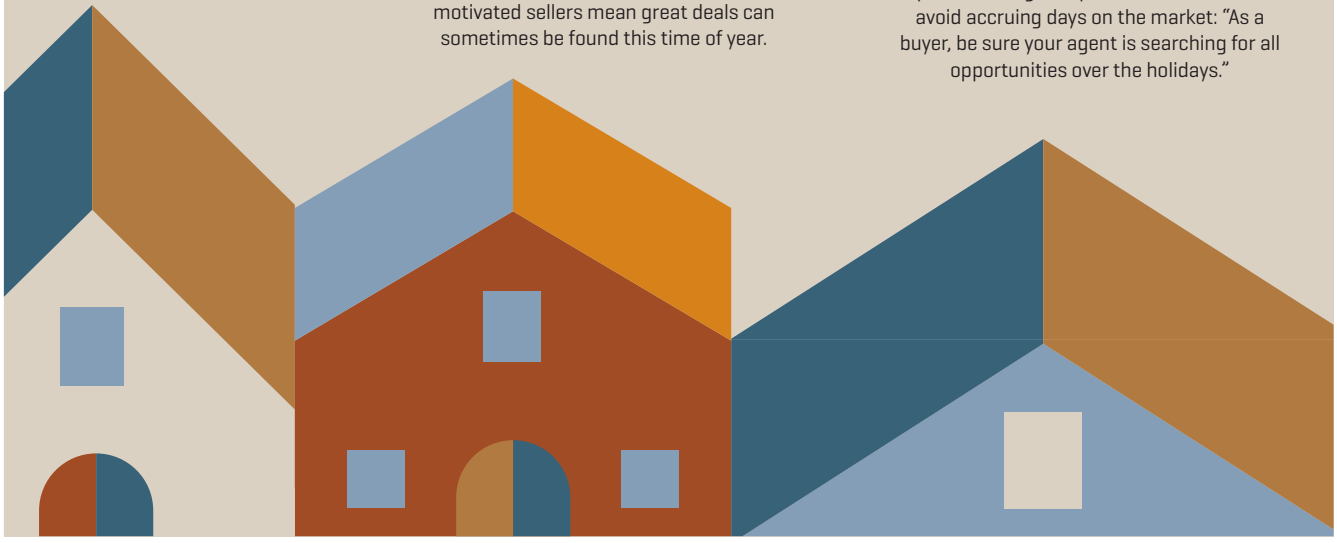
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Buyer Be Ready

Thinking of buying now? Agents say the market is primed.

"This is a great time for folks who have a hard time competing in the spring market," says Compass's **Jaime Willis.** Agents agree that less competition and increasingly motivated sellers mean great deals can sometimes be found this time of year.

Tip: "Many sellers will wait until spring to [list]," says **Koki Adasi** of Compass. While they wait, some test the waters through private listings or "private exclusives" to avoid accruing days on the market: "As a buyer, be sure your agent is searching for all opportunities over the holidays."



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Seller Central

For sellers, agents advise being patient—there are buyers in every season.

"Do not underestimate the importance of market preparation," says TTR Sotheby's **Carolyn Sappenfield.** Agents say investing in updates and staging for a fully move-in-ready feel is critical.

Tip: Price to sell. Being priced right is the top factor in sales success right now.



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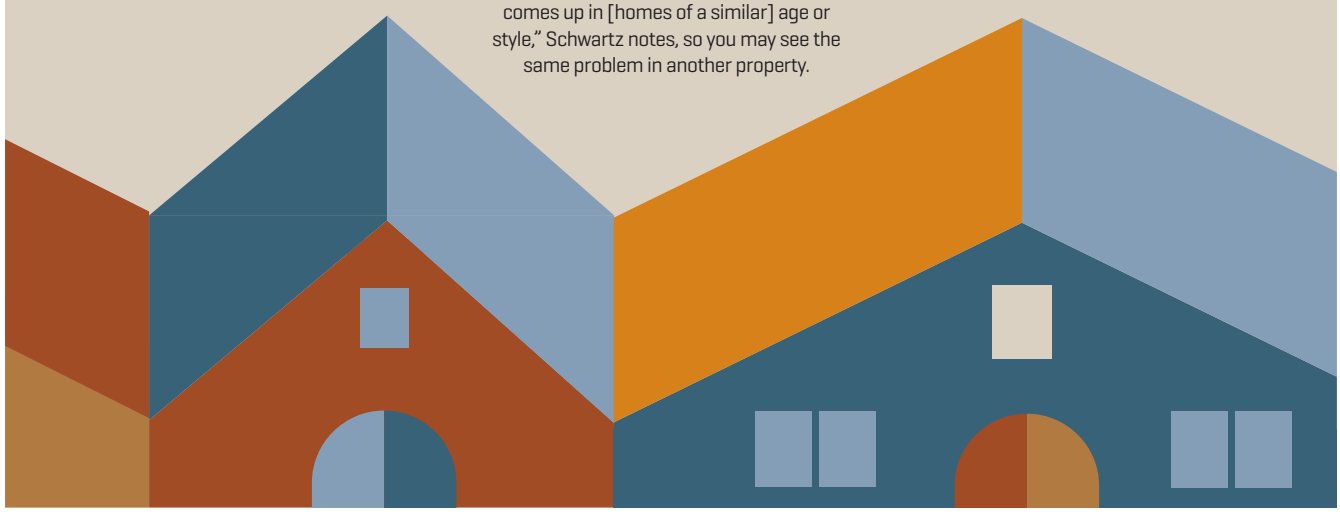
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An AI Effect

As more folks use artificial intelligence, the Real Brokerage's **Laura Schwartz** is concerned that deals could get more complicated.

One issue Schwartz is seeing is buyers uploading inspections into ChatGPT only for it to tell them a house is falling apart. "AI is a tool, but it's not always right," she says. "Many times, the same concern comes up in [homes of a similar] age or style," Schwartz notes, so you may see the same problem in another property.

Tip: Talk to an agent to determine how scary the issue is to you as a buyer, how to properly address the concern, and the best way forward.





2026 FALL REAL ESTATE GUIDE



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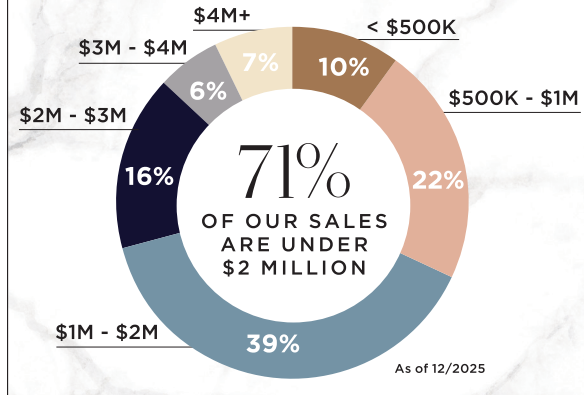
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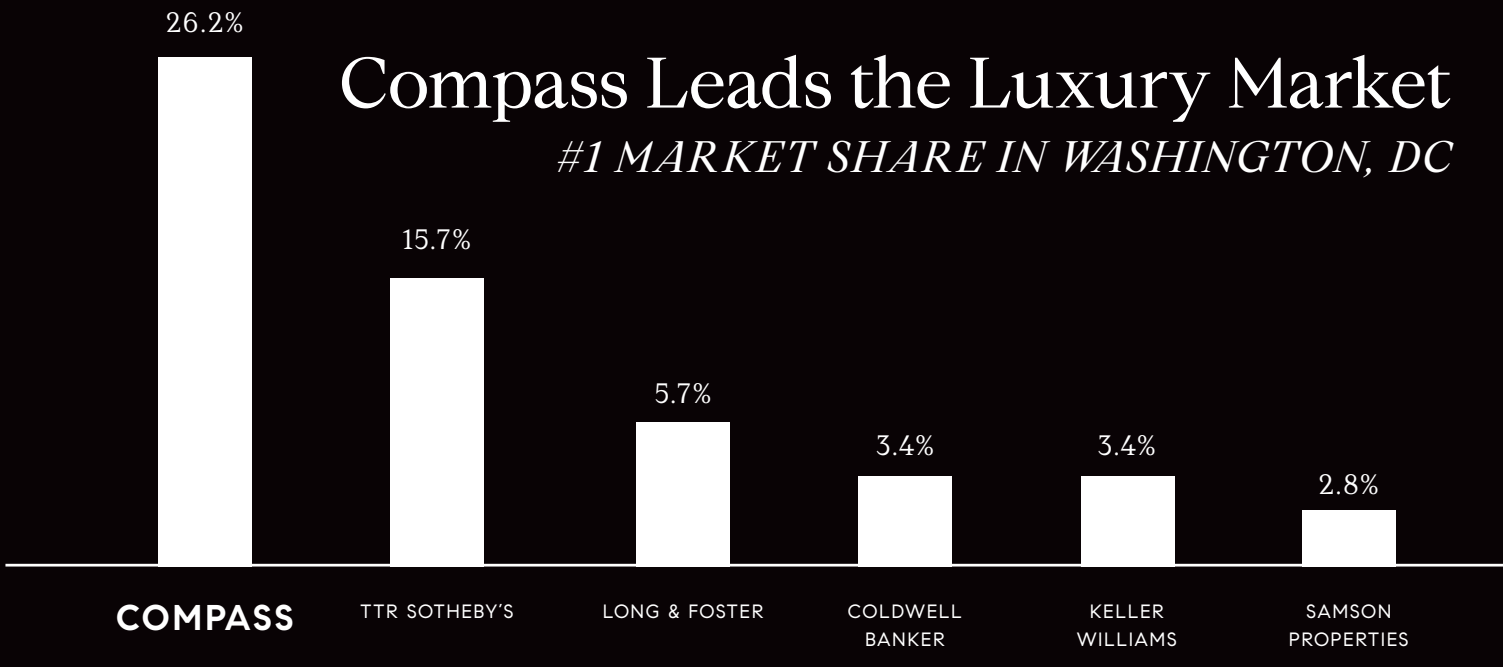
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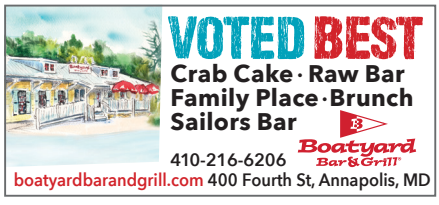


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TASTE



PLANT POWER
A bountiful array of vegan salads and stews at Chercher. Turn the page for our guide to more of the area's best Ethiopian eateries.

PHOTOGRAPH BY SCOTT SUCHMAN

The Injera Crowd

Your cheat sheet to Washington's terrific Ethiopian food scene

By Ike Allen



Beteseb makes a superb kitfo—beef tartare with housemade cheese and collards.

I'VE SOMETIMES ARGUED THAT THERE'S NO SUCH THING AS A BAD ETHIOPIAN restaurant. Maybe such a thing exists in the wilds of America outside Washington, but it's certainly hard to find in Silver Spring, Petworth, Shaw, Falls Church, or Alexandria. Something about berbere-spiced meats and lentils arrayed on springy injera makes it difficult to go wrong. This doesn't mean some places aren't better than others. Here are a handful of exceptional ones that stand out in our stellar Ethiopian food scene.

Beteseb

8201 Georgia Ave., Silver Spring

This corner spot has become one of the area's most recommended for a reason. Injera-wise, you get your choice here: tangy, deep-brown imported Ethiopian bread made from all teff flour or the fluffy kind made locally with a mix of flours. Bozena shiro, a bubbling pot of chickpea stew, is especially satisfying, while crispy beef tibs arrives at your table crackling and sputtering like a pan of fajitas. Vegetables such as gomen (collards) and atikilt wat (cabbage and potatoes) round things out.

Buna Coffeehouse

4400 Georgia Ave., NW

Is this the most distinctly DC cafe in town? Where else but this laid-back corner could you get a lox bagel, tibs, waffles, or a platter of kinché (porridge), firfir (torn injera), and habesha eggs for breakfast? You can linger over coffee and try a bit of everything—maybe an order of electric mitmita-spiced kitfo for lunch, then coffee and a muffin later on.

Chercher

1334 Ninth St., NW; 3608 14th St., NW; 4921 Bethesda Ave., Bethesda

Alemayehu Abebe opened Chercher, a ten-seat subterranean space several blocks beyond the borders of Shaw's Little Ethiopia, in 2012. It's thrived since then, expanding more recently to two other locations—upper 14th Street and Bethesda. Abebe's vegan deluxe platter includes ten dishes—the usual spicy lentils and dark greens, but also unusual finds such as suf fitfit (sunflower-juice-soaked injera). Meats are also a draw, especially the rich bone-in lamb stew known as yebeg wat, whose ginger-and-cardamom-laced sauce demands mopping with extra injera.

PHOTOGRAPH OF DORO SOUL FOOD (OPPOSITE) BY REY LOPEZ; OTHERS BY SCOTT SUCHMAN


Tinbet Mekonnen presents the veggie platter at Chercher.


Doro Soul Food puts an Ethiopian spin on fried chicken and cornbread.

Doro Soul Food
2108 Eighth St., NW
Buttermilk-marinated fried chicken with berbere seasoning, biscuits drenched in spiced qibe butter, mac and cheese seasoned like doro wat, ayib ricotta pie spiced with korerima: Chef Elias Tadesse's experiments with Ethiopian flavor and soul-food recipes are inspired and addictive. Try them before a show at the 9:30 Club next door.

Eatopia
1301 U St., NW
To see the new guard on U Street, head to this dark, elegant dining room run by Addis-born former DJ Surafel Gizachew and his wife, chef Eden Yime. They serve generous communal platters of veggie and meat dishes, but also unusual items like kitfo made with ahi tuna, anebabero (triangles of layered injera slathered with sauce), and a trio of Ethiopian white cheeses. Cocktails are original, too—try a gura becha, which blends single malt with tej (Ethiopian honey wine).

Effoi
8233 Fenton St., Silver Spring
A big hangout for Ethiopian Tigrayans, this Silver Spring eatery serves several dishes you won't find elsewhere in town. In fact, hlbet (whipped fava beans and fenugreek topped with a spicy sauce), bula genfo (porridge made from the false-banana plant), and tihlo (barley-dough balls speared with skewers and dipped in minced-meat sauce) aren't often served anywhere else outside northern Ethiopia. Classics like beef tibs and the veggie combo are unimpeachable as well.

Elfegne
2420 18th St., NW
Along with Tsehay across the street, this comfortable restaurant is a terrific representative of Ethiopian food right in Adams Morgan. Its name refers to the dining halls in ancient Ethiopia where kings and queens ate. The chefs are generalists here, so dabble away. The Mehaberawi platter includes four veggies and four hearty meat stews—beef-based kaye wat, buttery alicha wat, and both spicy and mild variations on what could be the city's best doro wat (chicken stew). A traditional coffee ceremony is also available.

Enat
4709 N. Chambliss St., Alexandria
Up-tempo Ethiopian pop blares from a TV in this gold-toned strip-mall space, where the cooks are known for their fine take on kitfo, the finely minced beef tartare to be scooped up with injera and topped with ayeb cheese. It's not all meat here, though. The menu has an extensive vegan section, and one of our favorite dishes is timatim fitfit, a zippy salad of chopped injera, sweet tomatoes, peppers, garlic, and olive oil that tastes something like a spongy panzanella. The vegetarian combo is top-notch: a rainbow of stewed legumes that each taste distinct and sophisticated.

Ethiopic

401 H St., NE

This stalwart has occupied the same bright H Street space, decorated with patterned letters of the Amharic alphabet, since 2010. Owners Samuel Ergete and Meseret Bekele make great tibs and timatim salad, but I've always particularly appreciated their choice to include shimbra asa wat, a stew of spicy chickpea-flour dumplings, in the house veggie combo.



Spicy lentils, simmered cabbage, and other vegetarian offerings at Ethiopic



Lentils and peas line the shelves at Habesha Market in Shaw.

Habesha Market

1919 Ninth St., NW

The "taste of Habesha" platter at this spartan favorite has to be one of the most wholesome ways to feed three people for $35 in DC: spicy lentils, yellow split peas, collards with beef, chickpea-flour shiro, salad, cabbage, and two rich stews–doro wat and spicy beef-based menchet abesh–all on one packed injera. Plus, the place is open till 11. Just don't expect the niceties of most of the city's sit-down Ethiopian restaurants.

Heat Da Spot and Ice 'N' Slice

3213 Georgia Ave., NW; 3937 Georgia Ave., NW

Twin sisters Semret and Timnit Goitom and their brother Ben Solomon invented a new type of only-in-DC Ethiopian restaurant and opened two on Georgia Avenue. The first, Park View's Heat Da Spot, is a kind of zany deli or diner. If you get one thing here, make it what the menu calls Ethiopian Style X, an aggressively seasoned scramble with eggs, peppers, and tomatoes, ringed by a folded injera and topped with one sambusa. At Ice 'N' Slice a little farther up the road, the specialty is pizza–think pies topped with doro wat or all the cabbage, lentils, chickpeas, and spinach you'd get on a typical Ethiopian veggie combo.

Keren

1780 Florida Ave., NW

This 40-year-old Eritrean diner in Adams Morgan was the first place I ever tried East African breakfast. After a fire knocked



Breakfast plates at Heat Da Spot include scrambled eggs and firfir—torn and spiced injera.

Keren out of commission for two years, it recently returned in a polished new iteration. All-day breakfast is still the big event, centered on ful (slow-cooked fava-bean mash topped with bright tomatoes, jalapeños, and yogurt), flaxseed silsi (tomato sauce infused with the fiber-rich superfood), and kicha (torn flatbread fried in clarified butter).

Letena

3100 14th St., NW

Yamrot Ezineh may stop by your table at her warm, stylish Columbia Heights restaurant to help guide you through its mighty shareable platters. She'll point you to tender beef lega tibs, extraordinary berbere-spiced kay siga wat, and my favorite, the garlicky braised-lamb yebeg wat. Sweet-and-savory carrot wat and mushroom tibs are among Letena's slightly less typical veggie offerings, and the lentil sambusas are essential. You can buy a package frozen to take home.

Makeda

516-A S. Van Dorn St., Alexandria

One of the area's hot spots for live Ethiopian jazz and traditional music is also a wonderful restaurant. Strains of mellifluous saxophone provide a nice accompaniment for the pitch-perfect injera platters coming out of the kitchen. Lentil wats and grilled beef entrées each get their own distinctive seasoning blends, and you can choose between chestnut-brown imported injera made from 100 percent teff flour and the more supple local variety with wheat mixed in.

Nazret

3821 S. George Mason Dr., Falls Church

At the heart of Build America Plaza, the destination-worthy Ethiopian strip mall, lies Nazret, a destination in itself. Owner Endalkachew Mekonnen ran a cooking school in Addis Ababa for years. He makes everything from scratch here, taking such measures as pickling the lemons he uses to dress his house green salad. Mekonnen's specialty, though, is huge hunks of beef: goden tibs (fried short rib with rosemary and tomatoes), shint tibs (rib eye seasoned with Ethiopian spices), and tire siga (big slabs of raw beef to be dipped in seasonings—a tartare for the bold).

Negus Winery

5509 Vine St., Alexandria

If your association with mead is medieval England, you should know about tej, the traditional Ethiopian honey wine on the table at all celebrations. Alexandria-based producer Gize Negussie provides tej to restaurants like Elfegne and Chercher, but he also runs this off-the-beaten-path tasting room. There's a syrupy-sweet variety and a dry, beer-like option. Pair them with an Ethiopian-inflected charcuterie board of salami, cheese, olives, injera crisps, and sambusas.

Shagga

6040 Baltimore Ave., Hyattsville

This longtime Hyattsville restaurant, occupying a light-filled standalone building that was once a doughnut shop, is all about traditional dishes. Opt for smooth, creamy shiro, cooling azifa lentil salad, and spicy or mild lamb stews. Chicken or lentil sambusas are great, too. Plus, Shagga does double duty as a coffee shop with wi-fi, so you can stay awhile.

Tsehay

2429 18th St., NW

Recognition in the Michelin Guide has never been essential for a great DC Ethiopian place, but it was a welcome honor for this relatively polished, vibey Adams Morgan restaurant. The $50 Ye Belay ("superior") combo lets your table test out beef tibs, lamb tibs, kitfo, red lamb stew, yellow beef stew, and housemade ayeb cheese.

Thick and Thin

Chicago-style pizza is having a moment—and not just deep-dish

There are two main strains of Chicago pizza: saucy, cheesy deep-dish and less hyped—and often better—tavern pies, which have super-thin crusts cut into snacky, cocktail-napkin-size squares. Until recently, you had to work hard to find either one around here, but this summer a few newcomers came to town. Here's where to sample both styles.

By Ann Limpert

THE DEEP-DISH

THE CHICAGO CHAIN

Giordano's

600 14th St., NW

More than a half century ago, Giordano's opened its first pizza shop on Chicago's South Side. Now there are more than 50 locations around the country—and the latest is a five-month-old dining room near the White House. The spare exposed-brick space slings both styles of pizza, but the gooey deep-dish pan pies are what you want. (Tavern versions taste like expensive Celeste knockoffs.)



THE PIZZA ARTIST

Della Barba

1382 E. Capitol St., NE

Lawyer turned pizza obsessive Joey Barber takes pride in serving several types of pie at his Capitol Hill shop, including New York, Detroit, and Chicago deep-dish. The latter style isn't known for having a memorable crust, but Barber's buttery, cornmeal-heavy version is terrific. Even better: You can get your ultra-cheesy pizza in both regular and miniature sizes. (Few pizzas lose their charm in the fridge more than deep-dish.)



THE TAVERN STYLE

THE INSTANT HOT SPOT

La Merna

2153 P St., NW

This snug Dupont tavern opened in August and quickly became one of DC's toughest reservations. It's worth the hassle. Giant, crunchy tavern pies are destination-worthy—go for the Chicago Classic, loaded with an unexpectedly fiery mix of crumbly Italian sausage and giardiniera. Plus, the space is packed with old-school Midwestern character: burgundy-leather booths, knotty-wood-paneled walls, and a chalkboard where you sign up to buy shots for other customers.

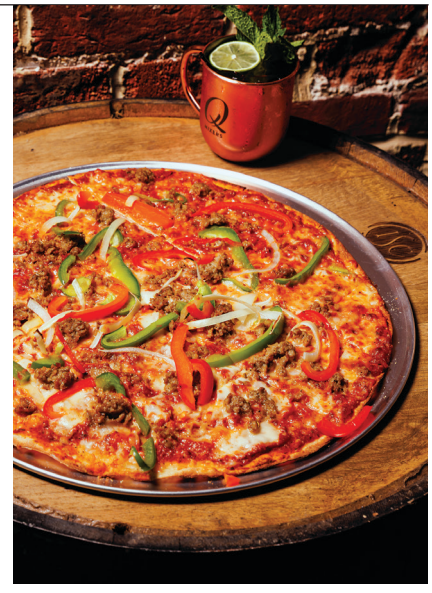


THE CHEFFY PUB

The Commodore

220 N. Lee St., Alexandria

Earlier this year, this popular Dupont bar got an Old Town spinoff, and it has one big advantage over the original: chef Steve Kim's lineup of tavern pies. The cracker-like crusts are made from two-day-fermented dough and hold up to a bevy of toppings, whether sausage, peppers, olives, and onions or burrata, mushrooms, and Gruyère.



A LITTLE HISTORY: Armand's started serving deep-dish pies here in 1975—then became one of Washington's most popular pizza chains, with 13 more locations and the area's first pizza delivery service. The last remaining Armand's, in Rockville, closed in June.

TOP LEFT PHOTOGRAPH COURTESY OF GIORDANO'S; TOP RIGHT BY EVY MAGES; BOTTOM LEFT BY BRAD BOBROW; BOTTOM RIGHT BY FLIPSHOT



Chestnut cream adds richness to the Majestic's mushroom soup.

PHOTOGRAPH COURTESY OF THE MAJESTIC

Nuts to Soup

Warm up with soups made from pistachios, peanuts, and almonds

By Nevin Martell

MAYBE IT'S BECAUSE WE LIVE IN A protein-obsessed era, but nut soups are coming out of their shells on menus everywhere. These six are worth a taste.

Creamy Chestnut at Vermilion

1120 King St., Alexandria

At this seasonal Mid-Atlantic-inspired restaurant in Old Town, chestnuts and Honeycrisp apples are blended and topped with shredded Pekin-duck confit, crunchy cornbread croutons, and fried rosemary needles.

Gazpacho Ajoblanco at the Fountain Inn

1659 Wisconsin Ave., NW

Drizzled with herb oil and smoked olive oil, the chilled soup of white almonds and garlic at this Georgetown tavern arrives over a relish of cotton-candy grapes, confit shallots, and yogurt.

Ghanaian Peanut at Open Crumb

822 H St., NE

Chef Peter Opare used his mother's velvety peanut soup for inspiration when creating this favorite at his comfort-minded West African carryout. Sop up every drop with a ball of starchy, dumpling-like fufu.

Mushroom and Chestnut at the Majestic

911 King St., Alexandria

Santiago Lopez, chef/owner of this Old Town modern American bistro, incorporates chestnut-infused cream into a hearty bisque packed with umami thanks to porcini and shiitake mushrooms.

Persian Pistachio at Joon

8045 Leesburg Pike, Vienna

Pistachios ground into a fine powder create a super-smooth foundation for the vegan soup served at this Iranian dining room in Tysons. It's brightened with a squeeze of bitter-orange juice and redolent with cumin and coriander.

Garlicky Almond at Taberna del Alabardero

1776 I St., NW

Downtown DC's longstanding Spanish restaurant offers this recipe from the Málaga province—it's considered a predecessor to gazpacho. Made with finely sliced almonds, white bread crumbs, and lots of fresh garlic, it's finished with tangy sherry vinegar.



Kwame's Home

In his new cookbook, star chef Kwame Onwuachi reveals his favorite off-duty eats

By Jessica Sidman

WHAT DO CHEFS REALLY EAT? SOMETIMES it's a nice rib eye or whole-roasted duck, sure. But often it's fast food or quickly assembled pantry staples. Kwame Onwuachi, the chef behind the DC Afro-Caribbean restaurant Dōgon and the über-popular Tatiana in New York, gives a glimpse into his chaotic diet in his new cookbook, *All Hours,* whether it's Dominican-style oxtails or a Taco Bell-inspired Crunch Wrap Supreme "my way." We chatted with Onwuachi about the inspiration he drew from DC, the dish Rihanna couldn't get enough of, and more.

I feel like this is not your typical chef book because it's not just restaurant recipes or a specific cuisine. How did you decide you wanted to approach this book?

I really wanted to just cook food based off of how I actually eat, not just how I cook for other people. I'm eating at all hours, all times of the day. So, you know, there's stuff I eat in the hotel lobby when I'm in DC, or when I'm in the airport, or my late-night cravings, or if I'm going to a party for friends.

Some people assume chefs are eating these lavish or gourmet meals all the time, when in fact the opposite is often true.

Exactly. We don't have much time, so we're normally grabbing things that are already in our pantry. A lot of the stuff [in *All Hours*] is stuff that you can grab from the grocery store and make a delicious meal in a short period of time.

What are some of your personal favorite standbys in the book – recipes that aren't inherently glamorous but that you're actually returning to the most?

The souped-up Top Ramen. It's store-bought ramen with this shito crunch that I make, which is like a mix between a Ghanaian condiment and a Chinese condiment. [I add] some shrimp, emulsify some butter into it, some fresh green onions.

The book draws from experiences all over the world, but how did eating around DC inspire some of the recipes?

There's a dish inspired by Thip Khao's sun-dried beef, which is definitely one of my favorite recipes. There's also H Street

PHOTOGRAPHS BY ALEX LAU



Kwame Onwuachi's new book features comfort recipes like étouffée with mushrooms and clams.

Chicken [inspired by] my times on H Street late at night, just eating Ethiopian food, a little bit of West African food. And then the Dōgon hoe crab is in the book as well.

You also have a very clever ode to Ben's Chili Bowl in the book and on Dōgon's menu that's not just a riff on a chili half-smoke. Explain Ben's Bowl and how you came up with that.

I called [Ben's owner] Virginia Ali when I was opening up Dōgon. I knew I wanted to have a dish on there that represented Ben's Chili Bowl, but I thought it was pretty corny to just go with a chili hot dog. She was telling me about her husband, Ben, and how he was from Trinidad and Tobago. He made Ben's Chili Bowl for American palates, but at home he loved lamb curry or goat curry or beef curry with potatoes. So I made that dish in the likeness of, like, what is a bowl that Ben would actually eat? I don't think he particularly would be eating chili back in Trinidad.

One other recipe we have to talk about is RiRi's Alfredo. Can you share more of the backstory of making pasta Alfredo for Rihanna?

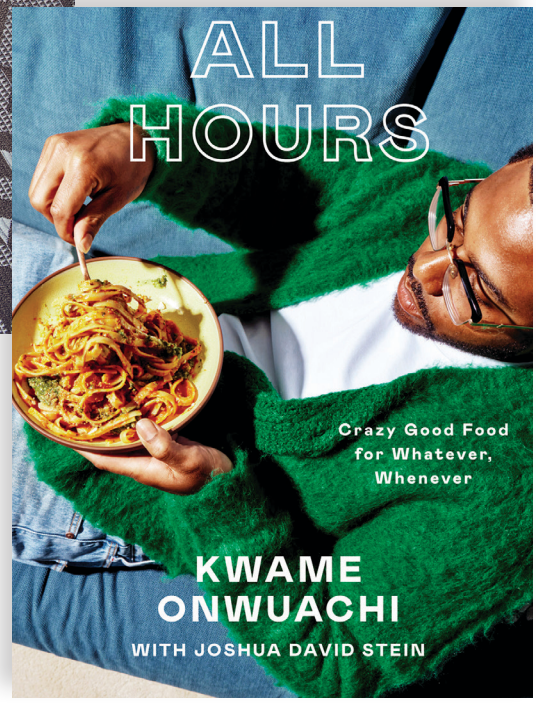
I was her personal chef for a bit during the pandemic, and it was a dish that she used to request all the time. She's a very, very simple eater—creature of habit, same dishes on rotation. It was probably the only dish I got to make a sauce for, so it was something that I really enjoyed making. The key is to blend the béchamel and then add in the cheese while it's blending so it holds really, really tight when you add it back to the noodles with a little bit of pasta water.

How did you end up being her personal chef?

I did a party for Jay-Z, and she happened to be there. She ate the food and really enjoyed it, and she asked for my number. Like six months later, I got a phone call asking if I want to come to LA for a couple of months. It was a wild, wild ride. That was definitely all-hours, being on call 24 hours a day to make chicken Alfredo or wings or something.

Do you remember what it was she had at that party that she was like, "I need your number"?

It was just shaved ice. I had a shaved-ice station, like gooseberry-satsuma-flavored shaved ice and elderflower shaved ice. She took one bite and was like, "What? Who's the chef?" I happened to be serving at the station because the party was almost over. I was like, "Oh, it's me." And she was like, "Take my number down." And I was like, "I don't have a pen." She snapped [her fingers] and a pen appeared in her hand. She wrote it down, and the rest was history. W





PHOTOGRAPHS BY HOME VISIONS MEDIA

Off the Market!

A peek inside some of Washington's recent high-end residential transactions

VIRGINIA

1 **WHERE:** McLean.
SOLD BY: **Mary B. Fahrenkopf,** a philanthropist.
LISTED: **$6,295,000.**
SOLD: **$6,000,000.**
DAYS ON MARKET: 32.
BRAGGING POINTS: A Colonial-style home on more than an acre, with six bedrooms, six and a half bathrooms, three fireplaces, a two-story foyer,







a library, a two-story family room, a billiards room, a recreation room with a projector, a gym, a playroom, a pool, and a three-car garage.

WHERE: McLean.
BOUGHT BY: **André E. Foster,** CEO of Utility Partners of America.
LISTED: **$5,295,000.**
SOLD: **$5,250,000.**
DAYS ON MARKET: 28.
BRAGGING POINTS: A traditional-style house with seven bedrooms, seven and a half bathrooms, three fireplaces, a foyer, a library, a breakfast area overlooking the backyard, a loft, a recreation room, a gym, a game room, and a screened porch.

MARYLAND

2 **WHERE:** Potomac.
SOLD BY: **Courtney S. Bromley,** a retired IBM executive.
LISTED: **$4,195,000.**
SOLD: **$3,700,000.**
DAYS ON MARKET: 86.
BRAGGING POINTS: A French Country–style estate on an acre lot, with seven bedrooms, six bathrooms, two half bathrooms, a double-height foyer and living room, a recreation room, a billiards room, a wine room, a theater, a gym, a covered terrace that leads to a patio and a 45-foot lap pool, a pavilion, a stone fire pit, and a heated garage.

3 **WHERE:** Potomac.
BOUGHT BY: **Grant LaMontagne,** a business consultant, and **Judith LaMontagne.**
LISTED: **$4,195,000.**
SOLD: **$3,850,000.**
DAYS ON MARKET: 47.
BRAGGING POINTS: A 9,945-square-foot traditional-style house on a 2.5-acre lot with five bedrooms, seven and a half bathrooms, dual staircases, two kitchens, a recreation room, a theater, an in-ground pool, a veranda, and a six-car garage.

DC

WHERE: Kalorama.
BOUGHT BY: **Metta G. Krach,** a philanthropist.
LISTED: **$8,750,000.**
SOLD: **$8,590,000.**
DAYS ON MARKET: 446.
BRAGGING POINTS: A Romanesque Revival house built in 1905, with six bedrooms, six bathrooms, two half baths, four fireplaces, an elevator, a media room, a gym, an in-law suite, and a garden with a dining area, fire pit, grill station, pergola, and fountain.

WHERE: Massachusetts Avenue Heights.
BOUGHT BY: **Ankur D. Ghia,** a senior partner at McKinsey & Company, and **Bhavna Ghia**, a political-fundraising strategist.
LISTED: **$6,450,000.**
SOLD: **$6,450,000.**
DAYS ON MARKET: 2.
BRAGGING POINTS: A 1940s Georgian Revival with five bedrooms, five and a half bathrooms, a foyer, a recreation room, a covered terrace, and a pool and spa.

4 **WHERE:** Foxhall.
BOUGHT BY: **Neil S. Alpert,** managing director at Potomac Management, and **Damon D. Alpert.**
LISTED: **$4,495,000.**
SOLD: **$4,250,000.**
DAYS ON MARKET: 84.
BRAGGING POINTS: A French-style house with six bedrooms, five and a half bathrooms, a foyer and grand staircase, an elevator, a recreation room, and a flagstone terrace and a garden. W

Sales information provided by Bright MLS.



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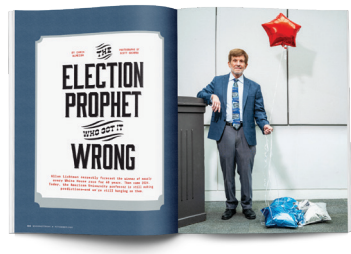
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I certify that the statements made by me above are correct and complete. —Catherine Merrill, President and CEO

ALLAN LICHTMAN



CONTINUED FROM **PAGE 61**

I ask him what happens beyond that.

"Does it survive without me?" he says. "I'm not sure."

In late September, Lichtman is back on YouTube, once again talking about the Texas Senate race. Unlike in July, some polls now show Talarico, the Democratic candidate, as a slight favorite. Lichtman's hand leaps from his lap, jolting toward the camera.

"We always have to be cautious about making predictions for a Democratic win in Texas," he says with a smile. "No matter what it may look like."

I know that he's not always right. I know that nobody is always right. There are political scientists who argue—quite convincingly, with math and data—that there's no way to know if the entire field of election forecasting is any more prescient than flipping a coin. I check the polls and scan the news and read about the history and know that Talarico's chances are good, relatively speaking, and that's about all I can be sure of.

Still, against my better instincts, I find myself hanging on Lichtman's every word. I just want to know what's going to happen. *Now.* Because I know the terror, too.

Lichtman keeps talking. He won't predict a Talarico win. But, he says, "it is more likely than not."

That's not a bold statement. It's basically what the polls and models and prediction markets are saying. It's what guys like Silver would say. What's striking, though, is the certainty in Lichtman's voice. The note of control. The confidence about what the future holds. At that moment, it's hard to determine who, exactly, he's helping with this—his audience or himself. If I had to guess, I'd say both. W

Chris Almeida is a writer and editor whose work has appeared in the New Yorker, the New York Times Magazine, and the Believer. He wrote about influencer Tony P in the August issue of Washingtonian.

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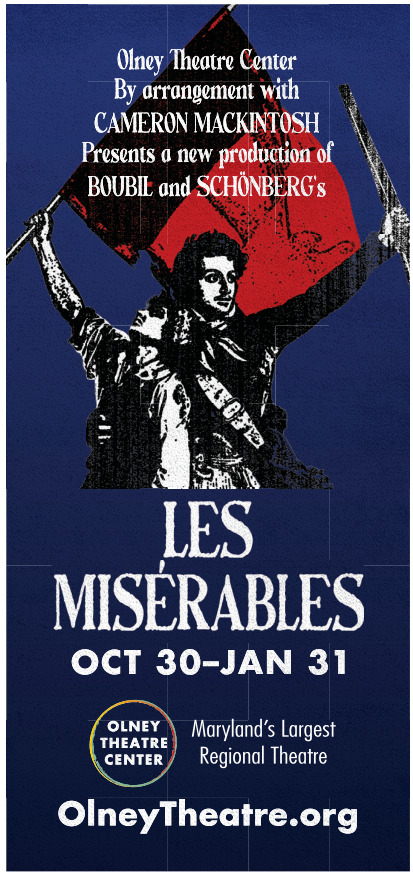
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PETS



99-Year-Old Charlie Brotman on a Life Crossing Paths With DC Sports Stars and Presidents

From breaking bad news to a future baseball Hall of Famer to being frank with Obama





IN THE RING: Brotman is surrounded by mementos from his life in sports and broadcasting.

"THEY CALL ME MR. WASHINGTON," CHARLIE BROTMAN SAYS. The walls of his room at an assisted-living facility in Silver Spring are covered with photos of the former local PR maestro with sporting legends like Ted Williams, Dexter Manley—a close friend—and Brotman's onetime client Sugar Ray Leonard, as well as with Presidents going back to LBJ. Brotman announced every inaugural parade starting with Dwight Eisenhower's second term up until Donald Trump's first, when he was displaced by a campaign donor. (He returned for Joe Biden's parade in 2021.) In December, Brotman will turn 99. He's had some health challenges in recent years, including a stroke and a broken hip, but Brotman was happy, on a fall day, to chat about his time as the Washington Senators' announcer, his song "Nuts About the Nats" ("Nation's capital / Home of the Nats / The game's a ball / And it's driving us bats!"), and other memories.

"I WENT TO THE UNIVERSITY of Maryland, where I majored in sororities and fraternities. I didn't last long, but I excelled at those! Then the GI Bill paid for me to attend the National Academy of Broadcasting on 16th Street. I was selected to cover Truman's inaugural parade because I was top of my class. A few years later, Eisenhower heard me announce his first pitch on Opening Day, and his office called to ask if I was available on January 20. One thing leads to another.

"I had a little tête-à-tête with President Obama after his first inauguration. I said, 'Mr. President, I was disappointed in the people you selected to be in your parade.' I told him, 'You're the first Black President. You could have any singer, dancer, celebrity you wanted. They would race to do it. And you selected some teenagers.' He said, 'Charlie, you're right. I could have had anybody. But for the kids I had, this is the only inaugural parade they'll ever be in. It'll be the greatest thing that ever happened to them. And for celebrities, it would be no big deal.' I apologized for ever doubting him!

"Calvin Griffith, the owner of the Senators, called me into his office on my first day on the job. He said, 'I've got to send one of my boys down to the minor leagues. You have to tell him.' So I go down there, and the guy was [future Hall of Famer] Harmon Killebrew. He just didn't play enough. I took him to the Greyhound station downtown and put him on a bus. I said to myself, 'We'll probably never see that guy again.' He invited me to his birthday party before he died. So no hard feelings, I guess."

—AS TOLD TO ANDREW BEAUJON

PHOTOGRAPHS BY EVY MAGES

STAR ALLIANCE

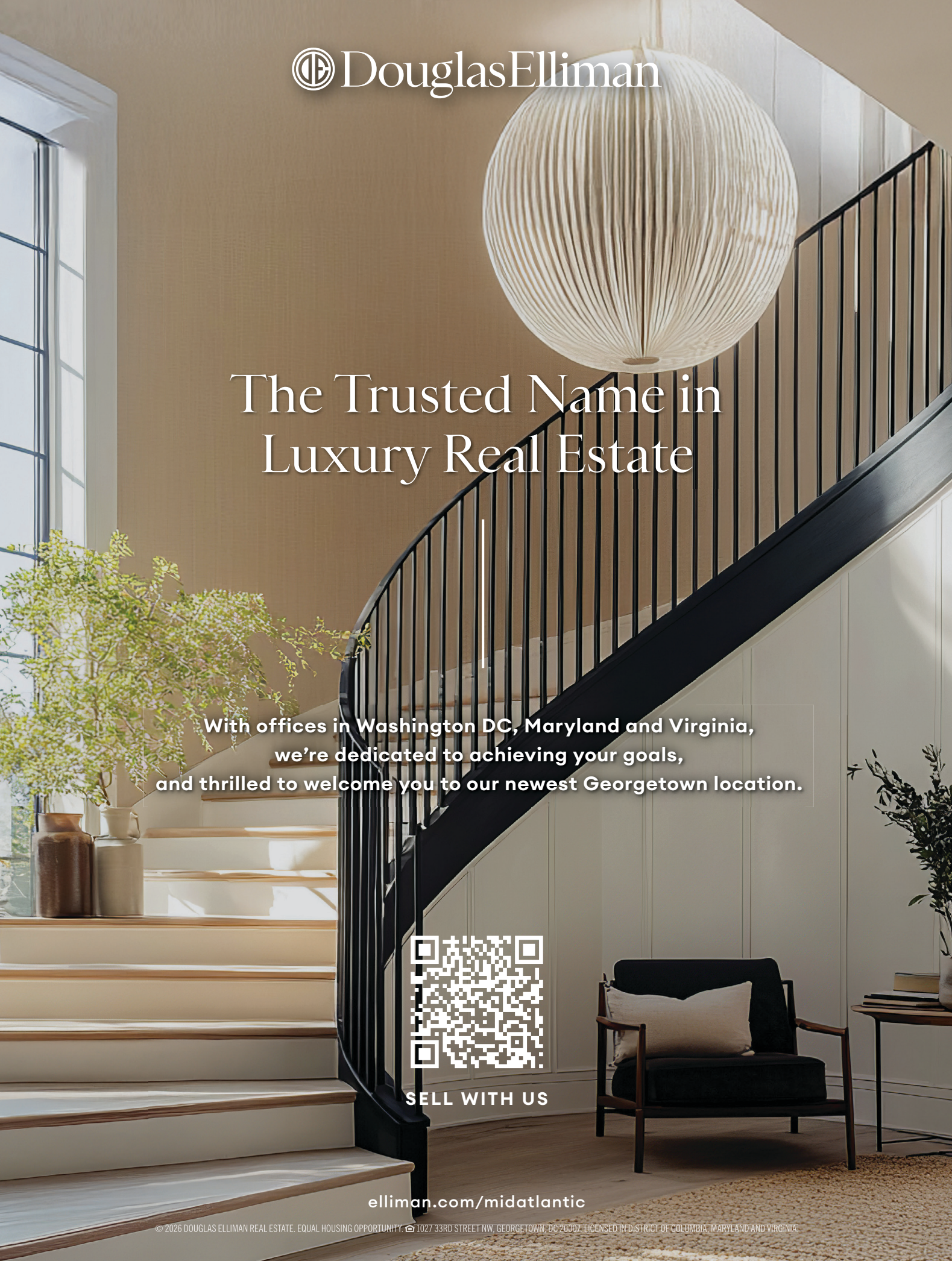
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