Chief Executive Officer and Board of Directors Message

On behalf of the Board of Directors and senior management team, welcome to Loudoun Medical Group’s 2014 Annual Report. As the 15th anniversary of the founding of LMG fast approaches, it is with a sense of pride that we reflect on past accomplishments and a sense of excitement that we outline future plans for the organization.

In June of 2000, LMG, comprised of 13 practices, began its mission to serve the patients of Loudoun County and nearby communities. Since that time, LMG has grown into the largest multi-specialty group in Northern Virginia, spanning a geographic area of 65 miles east-west from Berryville to Alexandria and 70 miles north-south from Lovettsville to Dumfries. The group has expanded to more than 67 distinct pods or practices in approximately 100 locations and boasts over 250 healthcare providers servicing over 200,000 distinct patients. Plans for 2015 include the addition of several new specialties and pods along with increasing LMG’s presence at the Stone Springs location.

With approximately 1,000 employees, LMG is one of the largest employers in Loudoun County. Employees in the group are encouraged to continue their education and in 2014, the newly formed LMG Education Center was founded. The center offers basic and comprehensive classes in medical assistance, coding and practice compliance, CPR training, diabetes and asthma education and risk assessment. The center is committed to providing education sessions aimed at engaging the community in chronic disease management – all the while increasing LMG’s visibility in the community.

In 2014, LMG also launched an extensive customer service training program. Merging the Disney Way, where each experience is integrally important to every staff member at all levels of the company, with the Mayo Clinic philosophy that places the patient at the center of each healthcare decision and experience, the tag line at the customer service training session is, “We take your health personally”. This translates to a personal commitment at every point in the patient's experience – from the initial call to schedule a visit - to every encounter and follow-up care instruction.

As part of LMG’s commitment to provide the best possible care to patients, the group continues to explore Patient Centered Medical Home accreditation for primary care practices through NCQA. In addition, LMG participates in CMS’ meaningful use and physician quality reporting system (PQRS) programs as well as in pay for performance programs with all major insurance companies. In 2014, LMG completed its first year in the Medicare Shared Savings Program as an Accountable Care Organization with the objective to improve the health of populations, increase patient satisfaction and decrease healthcare costs.

LMG is proud to announce that in December 2014, eighty-seven LMG primary care providers achieved recognition for excellence in diabetes care from the prestigious National Committee for Quality Assurance (NCQA) through the diabetes recognition program (DRP). This further reinforces LMG’s commitment to providing the best possible care to our patients.

Quality goals cannot be met without focusing on clinical integration and incorporating the latest information technologies. With the implementation of a new electronic medical record system, eClinicalWorks and its population health component in 2015, LMG will join the two strongest assets in healthcare delivery together – excellent patient care and advanced technological capabilities. This will then allow LMG to effectively meet the challenges associated with the ongoing changes in healthcare reimbursement from fee-for-service to that of pay-for-performance and shared savings. In 2015, LMG plans to explore telemedicine as a means of facilitating this transition.

Also, in 2015, LMG will partner with Sunrise Medical Laboratories to provide patients and their families the quality and convenience of an in-house lab. Centrally located in Lansdowne, the lab will not only provide an ideal location for a lab facility but will be integrated with the new EMR to provide results to providers and their patients in an efficient seamless electronic manner. As a source of new revenue to the group, the lab is expected to boost the bottom line and provide additional value to LMG shareholders.

We would be remiss if we did not mention LMG’s foray into the “retail” market by opening “Scrubs Plus by LMG” at Dulles Town Center in November 2014. This retail establishment carries designer, high-end fashion scrubs as well as uniform scrubs for various physician groups and hospital departments in the area. In addition, the store features a kiosk allowing shoppers to find an LMG physician by name, location, specialty or condition, as well as an extensive patient education section complete with printed materials addressing most major chronic conditions, substance abuse and behavioral health issues.

Even as we care for our patients every day, LMG is committed to understanding the broader health needs of our community and has worked with various local organizations to partner on important causes. Towards that end, in 2014, the group and its affiliated non-profit Charitable Foundation have donated more than $75,000 to local charities.

With nearly 15 years under our belt, LMG’s success rests on the collective strength of our clinical providers and administrative staff’s dedication to making quality and service their everyday mission. On behalf of all shareholders, a special thank you is extended to all members of the LMG community for their support and continued contribution to the organization.

Mary Beth Tamasy, CEO
G. Neil Foster, MD
Virginia Hackenberg, MD
Susan Furr, FNP-BC

Kevin O’Connor, MD
Richard Kim, MD
Geetha Pillai, MD
Julie Spencer, FNP-BC

Sarfraz Choudhary, MD
C. Bernard Cross, MD
Jonathan Caren, MD

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2015 Board of Directors Members & Medical Director

Kevin O’Connor, MD
Chairman

Sarfraz Choudhary, MD
Vice Chairman

G. Neil Foster, MD
Secretary / Treasurer

Richard Kim, MD
BOD Member

C. Bernard Cross, MD
BOD Member

Virginia Hackenberg, MD
BOD Member

Geetha Pillai, MD
BOD Member

Jonathan Charen, MD
BOD Member

Susan Furr, FNP-BC
BOD Member

Julie Spencer, FNP-BC
BOD Member

Anthony Crowley, MD
Medical Director
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<td>% YEARLY INCREASE (DECREASE)</td>
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<td>7.14%</td>
<td>6.67%</td>
<td>50.00%</td>
<td>12.50%</td>
<td>22.22%</td>
<td>3.03%</td>
<td>14.71%</td>
<td>12.82%</td>
<td>0.00%</td>
<td>9.09%</td>
<td>18.75%</td>
<td>10.53%</td>
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<td>6.35%</td>
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<tr>
<td>% TOTAL CUM INCREASE (DECREASE)</td>
<td>7.49%</td>
<td>7.14%</td>
<td>6.67%</td>
<td>50.00%</td>
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<td>18.75%</td>
<td>10.53%</td>
<td>6.35%</td>
<td>6.35%</td>
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### Specialties

- **Pediatrics**
  - Family Medicine
  - Internal Medicine
  - OBGYN
  - Dermatology
  - Gastroenterology
  - OB/GYN

- **Physics**
  - Radiology
  - Oncology
  - Gen. Surgery
  - Family Medicine
  - Infect. Disease & Travel Medicine

- **Physician Assistant**
  - Family Medicine
  - Internal Medicine
  - Orthopedics
  - Integrative Medicine

- **Genetics**
  - Orthopedics
  - Plastic Surgery
  - General Surgery

- **Orthopedics**
  - General Surgery
  - Breast Surgery

- **Neurology**
  - Internal Medicine
  - Radiation Oncology
  - Neurosurgery & Critical Care

- **Radiology**
  - Nuclear Medicine
  - Cardiology

- **Pediatrics**
  - General Pediatrics
  - Pediatric Surgery

- **Internal Medicine**
  - Cardiology
  - Pulmonology

- **OB/GYN**
  - OBGYN

- **Other**
  - Sleep Medicine

- **Marketing/Retal**
  - Medical Sales

### Key Statistics

"EQUATION TO EXCELLENCE"

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<tr>
<th>LMG FACTS: YEAR 2000</th>
<th>YEAR 2014</th>
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<td># Shareholders</td>
<td>30</td>
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<td># Physicians</td>
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<tr>
<td># Mid-Levels</td>
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<tr>
<td># PODS</td>
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<td># Offices</td>
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<td>Gross Charge</td>
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<td>Cash Receipts</td>
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<td># Employees</td>
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<td># Staff</td>
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<td>Avg. Payroll</td>
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<td>Profit Sharing</td>
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<tr>
<td># Encounters</td>
<td>Not Avail</td>
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<tr>
<td># Patients</td>
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<td>Charity Care</td>
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</tr>
<tr>
<td>Charitable Donations</td>
<td>$138 K</td>
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</tbody>
</table>

### LMG Facts

- **Year 2000 - Year 2014**
  - 7.69% increase
  - 7.14% increase
  - 6.67% increase
  - 50.00% increase
  - 12.50% increase
  - 22.22% increase
  - 3.03% increase

- **Year 2015**
  - Sterling Pediatrics
  - Loudoun Medical Care & Wellness
  - The Center for Botox
  - LMG Laboratory
  - LMG Physical Therapy
  - LMG Dental
  - LMG Medical Group

- **LMG Facts**
  - Year 2000
  - Year 2014
  - # Shareholders 30 89
  - # Physicians 35 142
  - # Mid-Levels 10 115
  - # PODS 13 67
  - # Offices 16 95
  - Gross Charge $35 M $295 M
  - Cash Receipts $17.5 M $140 M
  - Days in A/R 86 28
  - LMG Key Statistics
    - # Employees 198 984
    - # Staff 152 727
    - Avg. Payroll $503 K $3.4 M
    - Profit Sharing $4.2 M
    - # Encounters Not Avail 731 K
    - # Patients Not Avail 205 K
    - Charity Care Not Avail $2.9 M
    - Charitable Donations $138 K

### Key Statistics

- **Year 2000 - Year 2014**
  - 7.69% increase
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  - 6.67% increase
  - 50.00% increase
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  - LMG Physical Therapy
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  - LMG Medical Group

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### Key Statistics

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  - # Offices 95
  - Gross Charge $295 M
  - Cash Receipts $140 M
  - Days in A/R 28
Loudoun Medical Group Shareholders
Shareholder Status Date & Practice

Theresa Crowley, MD
6-2-00
Ashburn Pediatrics

Michele Reilly, DO
6-2-00
Ashburn Pediatrics

Linda Coleman, MD
6-2-00
Coleman Primary Care

Carol Currier, MD
6-2-00
Corporate Health Center

G. Neil Foster, MD
6-2-00
Obstetrics

Virginia Hackenberg, MD
6-2-00
Loudoun Gynecology Associates

Martha Calihan, MD
6-2-00
Integrative Functional Medicine Center

Anthony Crowley, MD
6-2-00
Leesburg Sterling Family Practice

Thomas Hegerich, MD
6-2-00
Leesburg Sterling Family Practice

Scott Nagell, MD
6-2-00
Leesburg Sterling Family Practice

Stephen Napolitano, MD
6-2-00
Leesburg Sterling Family Practice

Colleen Wright, MD
6-2-00
Leesburg Sterling Family Practice

Sarah Fletcher, MD
6-2-00
Sterling Family Practice

Van Ha, MD
6-2-00
Loudoun Dermatology Associates

Roberta Moreland, MD
6-2-00
Loudoun Dermatology Associates
Loudoun Medical Group Shareholders
Shareholder Status Date & Practice

John Andrew, MD  
6-2-00  
MDVIP

John Cook, MD  
6-2-00  
MDVIP

Geetha Pillai, MD  
6-2-00  
Loudoun Internal Medicine Associates

Rebecca Fox, MD  
6-2-00  
Loudoun Pediatric Associates

Corinna Schrankel, MD  
6-2-00  
Loudoun Pediatric Associates

Joseph Lee, MD  
6-2-00  
Potomac Family Practice

Nikki Truong, MD  
6-2-00  
Potomac Family Practice

Valerie Williamson, MD  
6-2-00  
Potomac Family Practice

Nicholas Lailas, MD  
6-2-00  
The Urology Group

Walter O’Brien, MD  
6-2-00  
The Urology Group

Kevin O’Connor, MD  
6-2-00  
The Urology Group

Michael Todd, MD  
8-1-07  
Skin Cancer Center of Northern Virginia

Matthew Gavin, MD  
4-1-08  
Leesburg Orthopaedics

Sarfraz Choudhary, MD  
4-1-08  
Infectious Disease: Tropical Medicine & Traveler’s Health

Robert Hetzel, MD  
5-1-08  
Leesburg Sterling Family Practice
Loudoun Medical Group Shareholders
Shareholder Status Date & Practice

Martin Korkowski, MD
4-1-10
Drs. Mancini & Korkowski

Lori Andrew, MD
8-1-10
Pediatric Healthcare

Kimberly Kolb, DO
8-1-10
Pediatric Healthcare

C. Damon Moore, MD
8-1-10
Mountcastle Plastic Surgery & Vein Institute

Timothy Mountcastle, MD
8-1-10

Brita Kriss, MD
1-1-11
Loudoun Surgical

Ian Wattenmaker, MD
7-1-11
Center for Spinal Surgery & Spinal Disorders

Arshed Choudhry, MD
10-1-11
Loudoun OBGYN

Lisa Hyun-Park, MD
10-1-11
Loudoun OBGYN

Michelle Roberts-Borden, MD
10-1-11
Loudoun OBGYN

Jennifer Thompson, MD
10-1-11
Loudoun OBGYN

Mary Cecil, MD
1-1-12
Leesburg Sterling Family Practice

Russell McDow, MD
2-1-12
Loudoun Surgical

Michael Abidin, MD
5-1-12
Metropolitan ENT & Facial Plastic Surgery

Tarek Orfaly, MD
5-1-12
Metropolitan ENT & Facial Plastic Surgery
Loudoun Medical Group Shareholders
Shareholder Status Date & Practice

Iyad Saidi, MD
5-1-12
Metropolitan ENT & Facial Plastic Surgery

Ravi Swamy, MD
5-1-12
Metropolitan ENT & Facial Plastic Surgery

Michael Mitchell, MD
6-1-12
Mitchell, Whittaker & Wu

Scott Whittaker, MD
6-1-12
Mitchell, Whittaker & Wu

Wayne Wu, MD
6-1-12
Mitchell, Whittaker & Wu

Jeffrey Nekoba, MD
7-1-12
Family Practice

Alan Ansher, MD
8-1-12
Digestive Disease Physicians

Craig Ellison, MD
8-1-12
Digestive Disease Physicians

Robert Hally, MD
8-1-12
Digestive Disease Physicians

Sean Hurley, MD
8-1-12
Digestive Disease Physicians

Vivian Lugo-Eschenwald, MD
8-1-12
Family Medicine Associates of Alexandria

Mirela Mircea, MD
8-1-12
Family Medicine Associates of Alexandria

Jyotsna Shah, MD
9-1-12
Ashburn Pediatrics

AnneMarie Spooner, MD
9-1-12
Loudoun Gynecology Associates

Max Lins, MD
1-1-13
Loudoun Pediatric Associates
Loudoun Medical Group Shareholders
Shareholder Status Date & Practice

Joel Madrid, MD  
1-1-13  
Loudoun Pediatric Associates

Imtiaz Choudhary, MD  
1-1-13  
Infectious Disease: Tropical Medicine & Traveler’s Health

Shannon Lehr, MD  
11-1-13  
Breast Care Consultants of Northern Virginia

Paria Djafari, MD  
12-1-13  
Leesburg Sterling Family Practice

Deborah Brauer, MD  
12-1-13  
Digestive Disease Physicians

Rahib Poonawala, MD  
2-1-14  
Leesburg Sterling Family Practice

Ali Moshirfar, MD  
7-1-14  
Orthopaedic & Spine Surgery Institute

Annette Hudler, DO  
9-1-14  
MountainView Medical Associates

Jennifer Young, MD  
9-1-14  
The Urology Group

Jeffrey Martin, MD  
10-1-14  
LMG Primary & Immediate Care Center

Lisa Hutchinson, MD  
10-1-14  
Loudoun Pediatric Associates

Anya Roychoudhury, MD  
10-1-14  
Loudoun Pediatric Associates

Nicole Connolly, MD  
10-1-14  
Loudoun Pediatric Associates

Nauman Akhtar, MD  
11-1-14  
Leesburg Orthopaedics

Seth Tuwiner, MD  
1-1-15  
Virginia Center for Neuroscience
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<tr>
<td><strong>Shareholder Status Date &amp; Practice</strong></td>
<td><strong>Ravi Iyer, MD</strong>&lt;br&gt;2-1-15&lt;br&gt;The Iyer Clinic</td>
<td><strong>Arvinder Chawla, MD</strong>&lt;br&gt;2-1-15&lt;br&gt;Virginia Medical Arts Clinic</td>
<td><strong>Rajeev Khanna, MD</strong>&lt;br&gt;2-1-15&lt;br&gt;Virginia Medical Arts Clinic</td>
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<tr>
<td><strong>Nikki Waddell, MD</strong>&lt;br&gt;Kingstowne Internal Medicine</td>
<td><strong>Paula McKenzie, MD</strong>&lt;br&gt;Alexandria WomenCare</td>
<td><strong>Carole Smarth, MD</strong>&lt;br&gt;Leesburg Sterling Family Practice</td>
<td><strong>Robert Lafsky, MD</strong>&lt;br&gt;Loudoun Gastroenterology</td>
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<td><strong>Anil Patel, MD</strong>&lt;br&gt;Dulles Medical Group</td>
<td><strong>Oscar Adler, MD</strong>&lt;br&gt;Oscar Adler, MD: Kidney &amp; Hypertension</td>
<td><strong>Vijay Chadha, MD</strong>&lt;br&gt;Kingstowne Internal Medicine</td>
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<td><strong>Richard Nemeth, MD</strong>&lt;br&gt;Family Practice</td>
<td><strong>Kenneth R. Bergman, MD</strong>&lt;br&gt;Family Allergy Center</td>
<td><strong>Tamara Smith, MD</strong>&lt;br&gt;Family Allergy Center</td>
<td><strong>Jennifer Odutola, MD</strong>&lt;br&gt;Loudoun Rheumatology Center</td>
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<tr>
<td><strong>Sarbjot Dulai, MD</strong>&lt;br&gt;Neurology Associates</td>
<td><strong>Camilla Hersh, MD</strong>&lt;br&gt;Virginia Women’s Health Associates</td>
<td><strong>Rangappa Rajendra, MD</strong>&lt;br&gt;Oncology/Hematology of Loudoun and Reston</td>
<td><strong>Charu Sabharwal, MD</strong>&lt;br&gt;Comprehensive Sleep Care Center</td>
</tr>
</tbody>
</table>
Loudoun Medical Group Clinical Providers

Kathryn McGee, AUD
Metropolitan ENT & Facial Plastic Surgery

Lisa Bodine, PA-C
Family Medicine Associates of Alexandria

Stephanie Stitzel, PA-C
Family Medicine Associates of Alexandria

Monica Dillard, FNP-BC
Family Medicine Associates of Alexandria

Brooke Meehan, FNP-BC
Family Medicine Associates of Alexandria

Jennifer Wu, MD
Digestive Disease Physicians

Beth Banker, FNP-BC
Digestive Disease Physicians

Stacy Usher, FNP-BC
Digestive Disease Physicians

Debora Feeney, FNP-BC
Orthopaedic & Spine Surgery Institute

K. Todd Burnett, DPT
Advanced Spine & Sports Therapy

Vishakha Nabar, PT
Advanced Spine & Sports Therapy

Anh-Dai Nguyen, MD
Family Allergy & Asthma Associates

Kim Nguyen, FNP-BC
The Iyer Clinic

Kelly Boardman, PA-C
Ashburn Sterling IM & Pediatrics

Barbara Petty, WHNP
Ashburn Sterling IM & Pediatrics

Nancy Nicolson, ANP-BC
Dulles Medical Group

Arthur Brantz, MD
Dr. Richard Nemeth Family Practice

Cathy Thal-Larsen, FNP-BC
Family Allergy Center

Gulrukh Saleem, MD
Loudoun Rheumatology Center

Renee Morales, MD
Virginia Women’s Health Associates

Amy Rembold, PA-C
Virginia Women’s Health Associates

D. Lynn Andrews Chance, WHNP
Virginia Women’s Health Associates

Manoel Moraes, MD
Oncology/Hematology of Loudoun and Reston

Jeffrey White, MD
Oncology/Hematology of Loudoun and Reston

Sean Rotolo, MD
Comprehensive Sleep Care Center

Tushar Thakre, MD
Comprehensive Sleep Care Center

George Zhao, MD
Comprehensive Sleep Care Center
Battle of the Pods
LMG’s Annual Bowling Tournament

Providers not pictured on previous pages:
Darlene Payne, AUD, Kimberly Johnson, AUD, Yi Zhang, ANP-BC, Shahriar Shoomezdi, MD, Mariya Conti, FNP-BC, Cheryl Brown, DNP, Susan Tillman, CPNP, Lindsay Smith, FNP-BC, Kaulyn Zitus, PA-C, Nour Zibdeh, Diane Fenlason, FNP-BC and Jennifer Maguire, MD
Loudoun Medical Group Administrative Staff

Quality: Corella Proctor, Caroline Atwill, Carrie Start, Clara Nussbaum, Patricia DeSanti, Nathalie Ordanza & Heather Campbell
Billing Team Leaders: Michelle Porter, Kathy Stephens, Harmony Shane, Lynette Mason, Barbara Falkenstein & Melanie Staiman
EHR: Alex Torres, Lisa Cantrell, Nathan Crowley, David Bolton, Chuck Boyd, Lesha Malam, Jackie Thomas & Mandy Shain
IT: Corey Perloff, Matt Sieh, Chris Ott, Jeremy Wacaster, Dennis Torres, Ian Brandquist & Tyson Hoffman
Phone Team: Mary Tippett, Heather Wilfong & Lynette Mason
Administrators: Sheri Gazes & Bonnie Kavanagh
Regional Directors: Matt Cubbage, Clara Nussbaum & Ross Taylor
HR & Payroll: Kristi Smith, Lisa Jwo & Maggie Colucci
Payment Posters: Julie Conway, Elena Balbuena, Judy Supinger, Danielle Carter & Kristy Johnson
Billing: Sue Wahl, Carrie Minnick, Vicki Rankins, Brandi Meade, Ayanna Gray, Kelly Barnhardt, Charlotte Giordano, Laura Pemberton, Candace Wilson & Stephanie Lederhouse
Finance: Jomar Vazquez, Lorraine Runski, Grace Herbert, Jennifer Nail, Jesse Perloff, Beverly Stickel, Andrea Saenz, Monika Pawar & Sherry Heuer
Operation Support Managers: Angie Bentley, Parker Posey, Jerri McLeroy & Dustin Smith
Care Coordinators: Sharon Emerald & Jean Cuthbertson

Not pictured: Holly Lehrer, Freya Campbell, Sheila Warner, Latosha Cook, Andrea Connolly, Jan Cursi, Jennifer Lucy, Caroline Guo, Heather Williams & Marie Muddu
### 2014 Patient Charges by Practice Specialty

- **Family Medicine**: 13.7%
- **Internal Medicine**: 9.5%
- **Urology**: 6.0%
- **GI Endoscopy**: 12.5%
- **OB/GYN**: 6.1%
- **General Surgery**: 5.0%
- **Orthopedics**: 5.0%
- **Pediatrics**: 10.2%
- **Dermatology**: 3.7%
- **Allergist**: 1.2%
- **ENT**: 11.4%
- **Neurology**: 0.7%
- **Other Specialty**: 15.1%

### Practices by Specialty

<table>
<thead>
<tr>
<th>Specialty</th>
<th>June 2000</th>
<th>Dec 2014</th>
<th>Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary Care</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Pediatrics</td>
<td>2</td>
<td>3</td>
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</tr>
<tr>
<td>Family Medicine</td>
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<tr>
<td>Internal Medicine</td>
<td>3</td>
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<td>9</td>
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<tr>
<td><strong>Total Primary Care</strong></td>
<td><strong>8</strong></td>
<td><strong>25</strong></td>
<td><strong>17</strong></td>
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<td><strong>Specialties</strong></td>
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<tr>
<td>Dermatology</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>OB/GYN</td>
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<td>5</td>
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<tr>
<td>Urology</td>
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<td>1</td>
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</tr>
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<td>General Surgery</td>
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<td>6</td>
<td>6</td>
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<tr>
<td>Orthopaedics</td>
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<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Allergy</td>
<td>-</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Neurology</td>
<td>-</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>GI Endoscopy</td>
<td>-</td>
<td>2</td>
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<td>ENT</td>
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<td>3</td>
<td>3</td>
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<tr>
<td>Physical Therapy</td>
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<td>1</td>
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<tr>
<td>Oncology / Hematology</td>
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<td>1</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>9</td>
<td>8</td>
</tr>
<tr>
<td><strong>Total Specialties</strong></td>
<td><strong>5</strong></td>
<td><strong>42</strong></td>
<td><strong>37</strong></td>
</tr>
<tr>
<td><strong>Total Practices</strong></td>
<td><strong>13</strong></td>
<td><strong>67</strong></td>
<td><strong>54</strong></td>
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</tbody>
</table>

### 2014 Cash Receipts by Practice Specialty

- **Family Medicine**: 16.9%
- **Internal Medicine**: 11.8%
- **Urology**: 4.7%
- **GI Endoscopy**: 8.8%
- **OB/GYN**: 6.6%
- **General Surgery**: 5.3%
- **Orthopedics**: 4.7%
- **Pediatrics**: 12.2%
- **Dermatology**: 3.7%
- **Allergist**: 1.4%
- **ENT**: 9.4%
- **Neurology**: 0.8%
- **Other Specialty**: 14.1%
### 2000 – 2014 GROSS CHARGES, CASH RECEIPTS & OPERATING EXPENSES BY YEAR (in 000’s)

<table>
<thead>
<tr>
<th>Year</th>
<th>Gross Charges</th>
<th>Cash Receipts</th>
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</thead>
<tbody>
<tr>
<td>2000</td>
<td>$30,000</td>
<td>$20,000</td>
</tr>
<tr>
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<td>$35,000</td>
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</tr>
<tr>
<td>2014</td>
<td>$100,000</td>
<td>$90,000</td>
</tr>
</tbody>
</table>

### 2014 OPERATING EXPENSES BY CATEGORY

- **Physician Expense**: 39.9%
- **Mid-Level Prov.**: -5.9%
- **Staff Expenses**: -21.7%
- **Contract Labor**: -0.4%
- **Supplies**: -11.2%
- **Facility Expense**: -6.9%
- **MSO Services**: -6.6%
- **Other Expenses**: -7.2%

### MSO FEE ALLOCATION

- **Billing Department**: 29%
- **IT/EMR Department**: 28%
- **General Administration**: 12%
- **Accounting and Finance**: 10%
- **Human Resources**: 3%
- **Cash Management**: 4%
- **Operations**: 7%
- **Quality Assurance**: 7%

### MSO FEE HISTORY (PER 1 FTE MD)

<table>
<thead>
<tr>
<th>Year</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
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<td>2012</td>
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<tr>
<td>2013 – 15</td>
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</table>
Loudoun Medical Group Office Managers

Andi Santucci  Ashburn  Pediatrics
Liza Jacks  Coleman  Primary Care
Lucretia Foltz  Leesburg  Corporate Health Center
Veneice Fox  Dr. Neil Foster  Obstetrics
Maria Rosciano  Loudoun  Gynecology Associates
Brenda Wilkes  Leesburg  Sterling Family Practice
Erica Garcia  Sterling  Family Practice

Patricia DeSanti  Loudoun Internal Medicine Associates
Annie Pilkerton  Loudoun  Pediatric Associates
Gina Mihelarakis  Potomac  Family Practice
Angie Bentley  Loudoun  Spine & Rehabilitation
Terri Jaecklein  Loudoun  Community Midwives
Samantha Jackson  Loudoun  Surgical Specialists of Northern Virginia
Susan Breeden  Loudoun Surgical

Bambi Smith  Loudoun Valley  Family Practice
Debbie Rowley  Loudoun  Skin Cancer Center of Northern Virginia
Erika Arroyo  Potomac  Infectious Disease & Travel Medicine
Theohari “Happy” Caldon  Drs. Mancini & Korkowski
Sherry Walters  Loudoun  LMGI Primary & Immediate Care Center
George King  Loudoun Integrative Functional Medicine Center
Dianne Gabbert  Loudoun  Dr. Michael Kavanagh Orthopaedics

Bela Janis  Pediatric Healthcare
Shahla Williams, PT  Optimum  Physical Therapy & Sports Medicine
Brett Huffman, DPT  Optimum  Physical Therapy & Sports Medicine
Barbara Ott  MDVIP  Internal Medicine
Carol Rohrbaugh  Loudoun  Center for Spinal Surgery & Spinal Disorders
Judy Cox  MountainView  Medical Associates
Merrill Gale  Loudoun OBGYN
Loudoun Medical Group Office Managers

Maria Cruz  
Metropolitan ENT & Facial Plastic Surgery

Melissa Reid  
Drs. Mitchell, Whittaker & Wu

Chris Needham  
Family Medicine Associates of Alexandria

Angel Waldo  
GI Endoscopy Center of Northern Virginia

Teresa Thomas  
Digestive Disease Physicians

Robin Kesner  
Orthopaedic & Spine Surgery Institute

Noelia Carbajal  
Family Allergy & Asthma Associates

Virginia “Ginny” White  
Dr. Nauman Akhtar  
Leesburg Orthopaedics

Layline Scaliem  
The Iyer Clinic

Leilani Kani  
Virginia Medical Arts Clinic

Kama Bradford  
Ashburn Sterling IM & Pediatrics

Jean Anderson  
Loudoun Gastroenterology

Bina Patel  
Dulles Medical Group

Nina Bogdanova  
Oscar Adler, MD: Kidney & Hypertension

Nicole Gunnerson  
Dr. Vijay Chadha  
Internal Medicine

Betsy Hart  
Family Allergy Center

Nicole Fraser  
Loudoun Rheumatology Center

Anna Munoz  
Virginia Women’s Health Associates

Sarva Rajendra  
Oncology/Hematology of Loudoun and Reston

Not Pictured:  
Wendy Miller, Jodi Bestwick, Rishi Sabharwal and Emelia Tetteh
Loudoun Medical Group, PC

One Group. Infinite Possibilities. Our strength is our employees.
Ashburn Pediatrics was founded in 1994 by Dr. Michele Reilly as a single practitioner practice located in a quaint Victorian house in Old Ashburn. Within several years, she was joined by Drs. Theresa Crowley and Lewis Gold, moving to their current location in 2000. The practice has grown steadily over the years, having the pleasure of treating over 9,000 patients in 2014 in a warm and loving environment. The founders were pleased to welcome Drs. Amie Beloy, Maura Carroll and Victoria Pierce as Pod owners in 2009 and Dr. Jyotsna Shah in 2012. Dr. Gold retired from practice in 2010.

Ashburn Pediatrics provides primary pediatric care to infants, children and adolescents from newborn to college age students. Their message is to provide quality pediatric care to meet the variable needs of the community. The providers pride themselves on being partners with parents to provide the knowledge needed to make sound medical, physical, and emotional decisions for their children. Their primary interest is to ensure healthy children with a healthy future.

Ashburn Pediatrics continues to flourish, embracing Nurse Practitioners Susan Weiner, Kelly Welstead, Katie Geaneas, Kathleen Baniewicz and Susan Tillman as members of their Pod family. In addition, the practice has two certified asthma educators, Sue Lutman, LPN and Sarah Korte, RN, a valuable resource for their patients.

Ashburn Pediatrics is an active practice within Loudoun Medical Group and the community. Dr. Reilly continues to serve as chairperson of the HR Committee. Dr. Crowley is active on the Managed Care Committee, and Drs. Pierce, Carroll and Beloy are members of the Credentialing, Human Resources and Quality Assurance Committees, respectively. In the community, the Ashburn Pediatrics team has served as preceptor for numerous nursing students for the past 15 years. Ashburn Pediatrics has also sponsored and participated in numerous fundraising events to bring awareness to such childhood issues as: cancer; education; organ transplant; diabetes; autism and abuse.

Please visit Ashburn Pediatrics on Facebook and on the web at www.ashburnpediatrics.com.

Dr. Linda Coleman, a Board-Certified Internist, has been practicing in Loudoun County for over 18 years. Her practice has grown to include two employed physicians, Dr. John Coleman and Dr. Haritha Yalamanchilli and two mid-level providers, Hope Marshall, ANP-BC and Nathan Davidson, FNP-BC. Interestingly, Dr. Coleman’s father, Dr. John Coleman, practices part-time in the practice at the age of 87. His goal is to be the oldest practicing Board-Certified Family Physician in the United States.

A few years ago, Dr. Linda Coleman expanded her practice to include aesthetic and hormone services in addition to the stellar episodic and preventive care already offered by her practice. Dr. Coleman and her team of both Internal Medicine & Family Medicine specialists are especially skilled in the management of patients who have multi-system disease processes.

Dr. Coleman’s office is located in the Countryside area of Sterling, where both her traditional practice and wellness services continue to thrive. In 2013, Dr. Coleman opened a dedicated space for her wellness services. The new suite adjoins her primary care office.

Dr. Linda Coleman has served on Loudoun Medical Group’s Managed Care Committee since 2000.

Please visit Coleman Primary Care on the web at www.colemanprimarycare.com and follow them on Facebook and Twitter.
Under the leadership of its Medical Director, Dr. Carol Currier, Corporate Health Center (CHC) has served as one of the major Occupational Health Medicine and Workers Compensation centers in the metropolitan Washington area since 1987. In addition to occupational medicine, Dr. Currier offers opiate addiction counseling and rehabilitation services.

CHC services and partners with many large employers in the area, including Loudoun County Transportation Department, Orbital Sciences, NiTek, Dulles Transit Partners, the Silver Line Metro Rail Project, Metropolitan Washington Airports Authority (MWAA), the Federal Aviation Administration (FAA), Fairfax County Government, and the Town of Leesburg, among many others.

For the first part of her career, Dr. Currier was an Ophthalmologist. She worked at MedEx Urgent Care in Sterling during the 1980s and 1990s before solely focusing on Occupational Medicine. Dr. Currier is currently Board-Certified by the American Board of Preventive Medicine.

Dr. Currier served on the Loudoun Medical Group Board of Directors from 2005 to 2006 and is an active member of its Quality Assurance and Philanthropic Committees.

Please visit Corporate Health Center on the web at www.chc-lmg.com and follow CHC on Facebook & Twitter.

“Providing a Spectrum of Occupational Medicine Services”

Dr. Gavin Neil Foster has been practicing medicine in Obstetrics and Gynecology since 1989 and has been continuously certified by the American Board of Obstetrics and Gynecology since then.

Dr. Foster has performed thousands of high-risk and low-risk deliveries in Loudoun County. The walls of his office are covered with the beautiful faces of children that he has delivered. His office is located directly across from Inova Loudoun Hospital’s Birthing Inn. The Office Manager, Veneice “Neicey” Fox, and nurse, Shannon Cox, have been with the practice since it opened at the Lansdowne campus of Inova Loudoun Hospital.

Dr. Foster provides gynecologic well-woman exams and addresses other gynecologic concerns by appointment. He has performed outpatient and minimally invasive surgery since its inception in the 1980s. He also performs major gynecologic surgery and laparoscopic hysterectomy.

Patients are given the benefit of Dr. Foster’s many years in practice and constant study of Obstetrics and Gynecology in making their own decisions about their health care. Listening has always been the cornerstone of the practice philosophy.

Dr. Foster has been an active member of LMG since its inception in 2000 and serves on the Finance, Governance and Executive Committees. He has been a member of the LMG Board of Directors for 12 years.

Please visit Dr. Foster on the web at www.neilfostermd.com.
Dr. Virginia Hackenberg is Board-Certified by the American Board of Obstetrics and Gynecology and has served the Loudoun community for over 24 years. Dr. Hackenberg currently practices in Lansdowne where she specializes in Gynecology and Women’s Health. Dr. Hackenberg became the first female gynecology-only specialist in Loudoun County in 1990.

When describing her care philosophy, Dr. Hackenberg states, “My approach towards a physician-patient relationship involves giving the patient time to ask questions and express concerns as well as educating them about their condition and treatment options so they can make informed choices about their own health care. By evaluating their psycho-social status, their nutrition and exercise, I incorporate a holistic approach to treating their medical conditions and maintaining good health.”

Dr. Hackenberg maintains regular hours for both office appointments and surgical procedures. She offers a wide range of medical and surgical options for gynecological conditions such as abnormal uterine bleeding, endometriosis, uterine fibroids, infertility, and urinary incontinence as well as providing preventative care and family planning advice. Menopausal medicine is also one of her particular interests. Dr. Hackenberg also works collaboratively in the office with the Loudoun Community Midwives.

Dr. Hackenberg is a member of the LMG Board of Directors and continues to chair the LMG Managed Care Committee. She also serves on the Ancillary Services and the IT Committees.

Please visit Dr. Hackenberg on the web at www.loudoungynecology.com.

Leesburg Sterling Family Practice (LSFP) was founded by Dr. Stephen Napolitano in 1974. The 2014 provider team, in addition to Dr. Napolitano, includes Drs. Yliana Acevedo Santana, Mary Cecil, Jonathan Charen, Anthony Crowley, Paria Djafari, Thomas Hegerich, Robert Hetzel, Donald Lee, Troy Mohler, Scott Nagell, Rahib Poonawala, Sarah Regan, Valerie Rhodes, Carole Smarth and Colleen Wright. Nurse Practitioners Rebecca Bates, Debra Ceschin, Rachel Colquitt, Susan Furr, Melissa Hebert, Paula Kukulich, Joy Saari, Megan Walker and Nicole Woodley round out the clinical staff. Offering a full spectrum of diagnostic and treatment procedures for maintaining wellness, treating illness and injuries, and dealing with acute needs, LSFP practitioners help patients stay healthy with individualized care plans. In addition, their patient population spans from infants to the elderly and all ages between.

LSFP currently operates offices in Lansdowne, Leesburg, Purcellville, Ashburn, and Lovettsville. Over two dozen medical providers rendered episodic and preventive care for over 30,000 patients during 2014.

LSFP operates a physical therapy program in the new Lansdowne office, led by Physical Therapist Chazzy Morris.

Dr. Nagell and Susy Furr, FNP-BC have been voted “Best of Loudoun” in the various issues of Leesburg Today’s “Best of Loudoun” Poll for healthcare providers. Dr. Nagell has also been voted Top Doctor in Washingtonian Magazine.

Dr. Stephen Napolitano was a member of the LMG Board of Directors from LMG’s inception in June 2000 until December 2011. He served on the Finance Committee from LMG’s inception through his retirement on December 31, 2014. Dr. Anthony Crowley is currently LMG’s Medical Director, as well as the chairman of the Real Estate Committee. Dr. Rahib Poonawala is active on the IT and Ancillary Committees. Dr. Colleen Wright is active on the Philanthropic Committee and Dr. Robert Hetzel serves on the Quality Assurance Committee. Dr. Jonathan Charen serves on the Managed Care and Governance Committees and was elected to the Board of Directors in December 2014 for the 2015 – 2016 term. Dr. Scott Nagell and Dr. Paria Djafari both serve on the Credentialing Committee. Another LSFP physician who donates time to LMG activities is Dr. T.J. Hegerich, who chairs the IT Committee and was instrumental in the evaluation and implementation of LMG’s EHR systems.

The Lansdowne and Cornwall office sites have received special recognition by the National Committee for Quality Assurance (NCQA) for its consistent high quality care to patients with diabetes.

Please follow LSFP on Facebook and visit their website at www.yourfamilymed.com.
Loudoun Dermatology Associates (LDA) was established by Drs. Roberta Moreland and Van Ha in 1998. The practice, located in Lansdowne, is dedicated to delivering the best in dermatological treatments and the highest quality of patient care.

In addition to medical care and prevention, LDA physicians also perform cosmetic services – Botox, Dysport, and Juvederm (Cosmetic Fillers) – as well as IPL (Intensed Pulse Light) treatment. Kim Brown is certified to perform microdermabrasion, chemical peel treatments, and laser hair removal, in addition to performing her administrative duties.

Many of LDA’s employees have at least 10 years or more of service with the practice. LDA employees celebrate with an annual “fun day” in the Fall, as well as a holiday gathering. LDA also dedicates time to the community by providing care to patients referred by the Loudoun Free Clinic.

Dr. Moreland has been an active member of the LMG Finance Committee since 2000 and served on the LMG Board of Directors from 2000 – 2002.

Dr. Ha is a member of the LMG Philanthropic Committee.

Please visit Loudoun Dermatology on the web at www.loudounderm.com.

Dr. Sarah Fletcher and her team at Sterling Family Practice operate out of their office in the Cascades area of Sterling. Dr. Fletcher founded Sterling Family Practice over 17 years ago and currently employs Elizabeth Zapp, MD and two Nurse Practitioners, Cynthia Yew and Jessica Scalzo.

Dr. Fletcher maintains a special interest in the diagnosis and treatment of Lyme Disease and is truly a Lyme Disease expert. She routinely sees over 30 Lyme patients each week. The team at Sterling Family Practice provided care for over 11,500 patient visits during 2014.

SFP has embraced technology and uses the Pulse Patient Portal as a complement to the electronic health record (EHR). This patient portal allows patients to access their own secure and confidential online personal health record from home. Patients also have the ability through the Pulse Patient Portal to request appointments, receive test results online, and send and receive secure messages to and from the office.

SFP works with a nutritionist for patients’ dietary counseling needs, and the practice is also advancing by incorporating the NES Total Wellness System in its services. The Total Wellness System allows medical practitioners to quickly and easily restore client health using a proprietary 4-step process: (Re)Assess, Rejuvenate, Re-Imprint, and Rebuild the patient’s energy field, so the patient’s own system has the necessary energy for self-correction.

Dr. Fletcher served on the Loudoun Medical Group Board of Directors from 2003 – 2005 and is currently an active member of the LMG IT and Real Estate Committees.

Please follow Sterling Family Practice on Facebook and visit them on the web at www.Sterlingfamilypractice.com.
For nearly 30 years Loudoun Internal Medicine Associates (LIMA) has provided care to the citizens of Loudoun County. The current owners are Drs. Geetha Pillai, Richard Kim, and Neven Ujevic. The practice has experienced extensive growth in recent years.

In conjunction with the physicians, the following Nurse Practitioners provide patient care at LIMA: Kathleen Pelkofski, Robin Woyach, and Amy Emery. This experienced team of providers allows the office to accommodate both scheduled and walk-in patients daily.

Patients enjoy the convenience of the two locations the practice has to offer; the Lansdowne office accommodates those who live and work in Eastern Loudoun, while the Purcellville location caters to those in Western Loudoun. Many of the employees have been with the practice for many years, allowing patients to have more personable experiences with providers and the staff.

The physicians are also an integral part of the structure of LMG, with all of them serving on multiple committees and boards throughout the group. Their participation shows their interest in better serving the patients and employees of Loudoun Medical Group and is very much appreciated. Dr. Pillai served on the LMG Board of Directors from 2010 – 2011 and is currently serving for the 2014 – 2015 term. She is also a member of the Credentialing and Ancillary Services Committees. Dr. Kim has served on the LMG Board of Directors since 2010; is the Co-Chairman of the Ancillary Services Committee and is active on the IT Committee, where he has been very engaged in the EHR project as well as the proposed in-house lab project. As a member of the LMG Retirement Committee, Dr. Neven Ujevic continues to serve as a Plan Fiduciary for LMG’s retirement plan. He is also an active member of the Human Resources and Philanthropic Committees.

The Lansdowne office of LIMA was recently recognized by the National Committee of Quality Assurance (NCQA) for its consistent high quality care to patients with diabetes.

Please visit LIMA on the web at www.loudouninternalmed.com.

Loudoun Pediatric Associates (LPA) has served the community for nearly 40 years. Offering preventive care and same-day sick care for ages newborn through 18, the providers at LPA focus on education and prevention, employing certified lactation consultants who are also Nurse Practitioners. The owners of LPA during 2014 were Dr. Rebecca Fox, Dr. Corinna Schrankel, Dr. Joel Madrid, and Dr. Max Lins, as well as three physicians who became owners in 2014: Drs. Nicole Connolly, Anya Roychoudhury and Lisa Hutchinson. Dr. Corinna Schrankel retired on December 31, 2014.

In addition to the owners, the practice employs three physicians, Dr. Keriya Adem, Dr. Jessica Roberson and Dr. Jennifer Maguire; five Nurse Practitioners, Sharon Corriveau, Marion Shortman, Lauren Bland, Leah Howell and Adrienne Harmel; and one Physician Assistant, Lisa Cook.

LPA was the first LMG practice to venture westward into Clarke County with the expansion to Berryville in September 2010. The practice provided services for over 43,000 patient visits during 2014 throughout the Lansdowne, Purcellville, and Berryville offices.

Dr. Rebecca Fox is active on the Real Estate and Quality Assurance Committees and has been instrumental in the evaluation and design oversight of the EHR system on the IT Committee. Additionally, Dr. Corinna Schrankel served on the LMG Board of Directors from 2007 – 2009 and was a member of the LMG Quality Assurance Committee. Dr. Max Lins serves on the LMG Credentialing Committee and Dr. Nicole Connolly serves on the IT Committee.

Please follow LPA on Facebook and visit them on the web at www.loudounpeds.com.
Potomac Family Practice (PFP) is committed to improving the overall health of their patients and their families by providing excellent care. Founded in 1994, PFP is owned by Drs. Valerie Williamson, who was trained at Cape Fear Valley Medical Center in Fayetteville, North Carolina, and NhuNga (Nikki) Truong, who completed her training at Chesterfield Family Practice Program in Richmond, Virginia. Dr. Joseph Lee, who completed his training at Providence Hospital in Southfield, Alabama, later joined Drs. Williamson and Truong in practice and is also an owner of the practice. Nurse Practitioner Mariya Conti, joined the PFP family in March 2015.

The physician owners and staff members understand the importance of patient education, patient participation, and patient care – from infants to elderly individuals. PFP began offering the Medifast Weight Loss Program in 2013, and many patients have completed the program with optimal results, including one patient who no longer needs blood pressure medication as a result of his weight loss during 2013.

Potomac Family Practice boasts 2 locations; the flagship location in the Potomac Falls area of Sterling and a second location in Leesburg at the Cornwall Medical Pavilion. The Potomac Falls location underwent a complete renovation in 2014, including beautiful new cherry laminate wood flooring throughout the office, fresh sunny yellow paint, along with beautiful framed photographs of landscapes and landmarks throughout the Northern Virginia and DC area. Both locations are accepting new patients and participate with all major insurances.

Please visit Potomac Family Practice on the web at www.potomacfamilypractice.com.

The Urology Group provides the Northern Virginia and Greater Washington area with the finest and most up-to-date urologic care available. Priding themselves on being at the forefront of technologic advances, the owners of The Urology Group strive to provide world-class care to their patients.

The physicians of The Urology Group were some of the first to transition to minimally invasive prostate cancer surgery and were responsible for starting and developing the da Vinci Robotic Surgery programs at both HCA Reston Hospital and Inova Loudoun Hospital. The group offers expertise across all areas of urology, including pediatric urology, urologic oncology, robotic and laparoscopic surgery, male infertility and erectile dysfunction.

Combining the most advanced techniques with years of experience, the providers of The Urology Group strive to treat each patient as compassionately as possible in a comfortable environment. The group prides itself on doctor-patient interaction and patient education. With offices in Reston, Lansdowne and Leesburg, The Urology Group provided care to over 12,000 patients in 2014.

The provider team at The Urology Group includes Drs. Kevin O’Connor, Walter O’Brien, Nicholas Lailas, Gregory Schenk, Jennifer Young, Chuck Pruna and Christopher Starks. Dr. Starks adds a new dimension to the Urology Group, being the only fellowship-trained male infertility specialist in the Northern Virginia area. The Urology Group is also pleased to announce the addition of Dr. Maria Canter, a urogynecologist, to their staff in 2015. The Urology Group is also proud to have Nurse Practitioners Julie Spencer, Kristin Tamburro, Kathleen Cage, and Mari Parker as a vital part of their team.

The Urology Group providers maintained active participation within LMG’s governance in 2014. Dr. O’Connor continued his role as Chairman of the LMG Board of Directors. Along with his duties on the Board, Dr. O’Connor has remained active on the Governance Committee. Dr. O’Brien continues as a member of the Finance Committee and also chairs the Retirement Committee. Dr. Lailas is a member of the Real Estate Committee and Dr. Schenk is a member of the Managed Care Committee. Julie Spencer, FNP-BC also continued serving as a mid-level provider representative to the Board.

Please visit The Urology Group on Facebook, Google+, YouTube, Twitter & LinkedIn and on the web at www.urologygroupvirginia.com.
Loudoun Spine & Rehabilitation (LSR) is a LMG group-owned Pod that employs Dr. Michael Kuo and Fernando Mendez, PA-C. Dr. Kuo is Board-Certified in Physical Medicine & Rehabilitation with sub-specialty certifications in Pain Medicine and Electrodiagnostic Medicine. In addition, Dr. Kuo is an Assistant Professor at Georgetown University’s School of Medicine. He also serves on the LMG Quality Assurance Committee.

Mr. Mendez was educated at the George Washington University School of Medicine and Health Sciences and is certified by the National Commission on Certification of Physician Assistants. In addition to physiatry, he has a strong interest in orthopaedics.

Dr. Kuo and Mr. Mendez maintain a patient approach that encompasses the whole body, not simply the problem area or condition.

Their goal is to diagnose and treat pain conditions and restore maximum function lost through injury, illness, or disabling conditions. They provide injections, peripheral nerve blocks, and other interventions for patients with chronic pain. The LSR providers maintain special interests and expertise in peripheral joint injections DeQuervain’s tenosynovitis injections; interlaminar and transforaminal cervical, thoracic, and lumbar epidural steroid injections; provocation discography; nerve conduction studies and spinal cord stimulation trials – among many other services. An in-house C-ARM allows for patient convenience of treatment using fluoroscopic guided injections to optimize the placement of medications, without visiting a hospital or surgery center.

Loudoun Spine & Rehabilitation is located in the Cornwall Medical Pavilion in Leesburg.

Margie, Wendy and associates have attended more than 4,000 births at The Birthing Inn since 1999. The Lansdowne-based Birthing Inn offers a high-tech security system; deep soaking tubs in all labor rooms; wireless, waterproof fetal monitoring, which allows women to labor in a position comfortable to them; in-house anesthesia; in-house neonatology; neonatal intensive care; private postpartum rooms and lactation consulting services.

LCM’s main office is located in Lansdowne and provides a wide range of prenatal, labor and delivery options, in addition to full-scale gynecological services. The practice now offers compact fetal monitoring enabling this non-routine, but commonly used test, to be administered in house.

A second office opened in October 2013 in Broadlands, and a third office opened in March 2014 in Berryville.

The brand-new Natural Birth Center opened November 2014 on the ILH campus. The Natural Birth Center provides a facility through which low-risk mothers can give birth in a natural, low-tech setting, attended by their midwife or physician – with the security of knowing that the hospital is right across the parking lot.

LCM offers in-house non-stress testing by trained Registered Nurses and ultrasound services by an ARDMS-certified ultrasound technologist. In order to accommodate patient access, LCM currently offers evening hours one night a week.

The practice consists of six full-time Certified Nurse Midwives, Margie Brandquist, CNM; Wendy Dotson, CNM; Paula Senner, CNM; Juliann Lazzaro, CNM; Heather Swartz, CNM; and Sarah Werner, CNM, two part-time midwives: Courtney Hasseman, CNM and Kim Guastella, CNM and an onsite ultrasound technician.

Please visit LCM on Facebook and on the web at www.loudouncommunitymidwives.com.
The surgeons of Surgical Specialists of Northern Virginia (SSNVA) have been providing care since 1988. Drs. Bernard Cross and James Lesniewski offer their patients both experience and advanced surgical skills in the latest techniques. The group provides a wide range of comprehensive, minimally invasive and da Vinci Robotic Surgery in the fields of General, Colorectal, Breast Care Management, Peripheral Vascular and Thoracic Surgery. At Surgical Specialists of Northern Virginia, the goal is to always educate, discuss options and help their patients benefit from the advances in health care and surgery.

Brita Kriss, MD, FACS and Russell McDow, MD, FACS practice comprehensive surgical services to patients in Northern Virginia at Loudoun Surgical.

Drs. Kriss and McDow have a combined experience of over 50 years of practice service to their patients.

A graduate of Northeast Ohio Medical College's six-year combined BS/MD program, Dr. Kriss was elected into Alpha Omega Alpha her junior year. She completed her General Surgery residency at Summa Health System in Akron, Ohio and is certified by the American Board of Surgery.

Dr. McDow earned his BS degree from Duke University and his medical degree from the University of Virginia. He completed his General Surgery residency and cardiothoracic surgery fellowship at North Carolina Baptist Medical Center and is certified by the American Board of Surgery.

With extensive experience in minimally invasive surgical procedures, Loudoun Surgical now offers da Vinci Robotic Surgery, and the practice boasts scores of satisfied patients following their robotic surgery experience. Enhanced 3-D visibility, "wristed" instrumentation, and "single-site" capabilities are a few of the unique da Vinci platform assets that extend the field of minimally invasive surgery.

Loudoun Surgical is located in the Professional Building at INOVA Loudoun Hospital. Outpatient surgical care is provided at INOVA Loudoun Hospital and INOVA Loudoun Ambulatory Surgery Center in Lansdowne.

Dr. Kriss attained LMG shareholder status in January 2011 and Dr. McDow became an LMG Shareholder in 2012.

Please visit Loudoun Surgical on Facebook and on the web at www.loudounsurgical.com.
Loudoun Valley Family Practice (LVFP) is one of the most well-known doctor’s offices in Western Loudoun County. Located in Purcellville and founded in 1965 by Dr. James L. Towe, his son Dr. James H. Towe and co-owner Dr. Michael T. Wenzel, continue the legacy of providing “quality healthcare with a hometown feel.” This iconic office has served generations of families from newborns to the elderly. Five decades of family photos, brought in by patient’s line the hallways, serving as testament to the exceptional service provided by the physicians and the dedication of those families to the practice that serves them. This is truly a practice where you are more than just a number; patients are family at LVFP.

Dr. James H. Towe, son of the practice’s founding physician, graduated from Eastern Virginia Medical School and is Board-Certified in Family Medicine. Dr. Michael T. Wenzel, also a Board-Certified Family Physician, graduated from the Medical College of Virginia.

Drs. Wenzel and Towe grew up in the Purcellville area and have the unique experience of growing up in the community which they now serve. This familiarity and loyalty led both physicians to join the elder Dr. Towe’s practice after medical school.

LVFP joined LMG in 2004. Their practice cares for newborns to geriatric patients. Drs. Towe and Wenzel are skilled at managing patients with multiple chronic conditions.

In addition to both physicians maintaining privileges at Inova Loudoun Hospital, Dr. Wenzel maintains privileges at Valley Health System’s Winchester Medical Center. Dr. Wenzel serves on the LMG Human Resources Committee.

Loudoun Valley Family Practice provided care for over 7,400 patients during 2014.

The Skin Cancer Center of Northern Virginia (SCCNV) specializes in the prevention, diagnosis and treatment of skin cancer. Dr. Michael Todd, Physician Assistant, Michael Fraykor, and the skilled staff at SCCNV offer a wide range of surgical and non-surgical treatments for skin cancer, including: Mohs micrographic surgery; standard surgical excision; curettage and topical chemotherapy. The practice also performs thorough preventative skin cancer screenings.

According to the United States Centers for Disease Control and Prevention, skin cancer is the most common form of cancer in the United States. Melanoma, a form of skin cancer, is especially deadly. Mohs surgery is microscopically controlled surgery used to treat common types of skin cancer. It is one of the many methods of obtaining complete margin control during removal of a malignancy, allowing for the removal of a skin cancer with a very narrow surgical margin and a high cure rate.

Dr. Todd, who was trained in Internal Medicine and Dermatology at the Penn State Hershey Medical Center in Hershey, Pennsylvania, also completed sub-specialty training in skin cancer and Mohs micrographic surgery at the Geisinger Medical Center in Danville, Pennsylvania.

Dr. Todd’s practice has distinguished itself by going above and beyond in their efforts of meeting not only their patients’ medical needs, but their emotional needs as well. One example of this is the welcoming and stress free atmosphere of the office suite. Everything from the decor to the ambient sounds exudes serenity and professional confidence, placing patients at ease from the moment they walk in to well after they leave.

Dr. Todd is an active member of LMG and the community. Dr. Todd helps encourage early education by sponsoring a yearly poster contest in the Loudoun community schools for third through fifth graders to promote “Safe & Fun in the Sun.” He currently serves on the LMG Philanthropic Committee.

Please visit The Skin Cancer Center of Northern Virginia on the web at www.sccnv.com.
Infectious Disease: Tropical Medicine and Traveler’s Health

Located in Lansdowne, Infectious Disease Specialists offers travel medicine and immunological services tailored to their patients’ needs. The practice offers a wide range of services, including medical consultations, on-site immunizations and immigration physicals.

Following fellowship training at Howard University College of Medicine, Dr. Sarfraz Choudhary has endeavored to provide the latest in preventive measures and treatment options to his patients. Dr. Sarfraz Choudhary is Board-Certified in both Internal Medicine and Infectious Disease and is a Fellow of the American College of Physicians.

A shareholder of LMG since 2008, Dr. Sarfraz Choudhary continues to be active in the organization. Having served on the LMG Board of Directors since 2010, Dr. Sarfraz Choudhary also serves as Co-Chair of the LMG Ancillary Services Committee and is a member of the LMG Executive Committee.

He also serves as Internal Medicine Chair on the Inova Medical Executive Committee. Since starting his own practice in 2004, Dr. Sarfraz Choudhary has been consecutively named one of the Top Doctors in Washingtonian Magazine.

Dr. Choudhary exhibited leadership and a vast knowledge of his specialty when he provided valuable education to the healthcare community during the EBOLA epidemic of 2014.

Please be sure to visit The Travel Clinic on the web at www.travelclinic.us.

Matthew Gavin, M.D.

Serving Loudoun County and the surrounding areas, Dr. Matthew Gavin practices general orthopaedics with a special interest in the knee and the shoulder. This involves both sports-related injuries and arthritic conditions. Treatments include Arthroscopic Surgery, Joint Replacement and Sports Medicine.

Dr. Gavin was trained at Georgetown University and has been Board-Certified in Orthopaedic Surgery since 1995.

After completing his fellowship in New York, where he worked with the team doctor for the New York Knicks, Dr. Gavin returned to the Washington, D.C. area to practice at the Anderson Clinic. He then formed a practice in Loudoun County, where he found a vibrant, active community. Dr. Gavin is able to apply his skills to people of all ages: from student athletes with broken bones to elderly patients requiring total knee replacements. As different as these patients may seem - they have one goal in common - to return to their previous level of activity quickly and pain-free. Dr. Gavin's goal is to protect and repair patients’ bodies from damage that interferes with active lifestyles.

Dr. Gavin’s anatomical services include shoulder, arm, hand, wrist, knee, foot and ankle; and treatment services include arthritis, arthroscopic surgery, joint replacement, sports medicine and trauma/fractures services. He now offers MAKOplasty, a minimally invasive robotic assisted partial knee replacement which offers a faster recovery and improved results.

Dr. Gavin is very active in the community. He serves as team physician for many athletic events, including polo matches, high school sports, and steeplechases. Dr. Gavin was also asked to serve as team physician for World Cup Soccer. Dr. Gavin, who is an active member of the LMG Human Resources and Retirement Committees, also serves on the Boards of Inova Loudoun Ambulatory Surgical Center and the Loudoun Free Clinic. He has organized the Free Clinic's successful events and contributes to a newsletter for triathlon athletes advising on training and injury prevention.

Please visit Dr. Gavin on Facebook and LinkedIn and on their website at www.leesburgorthopedics.com.
The Loudoun Medical Group Immediate Care Center (ICC) was formed in 2005. Shortly thereafter, the ICC began providing preventive care services and assumed the patients of a neighboring primary care practice. The site has flourished as the LMG Primary & Immediate Care Center since 2007.

Dr. Jeffrey Martin is the Medical Director of the ICC and works alongside Dr. Ralph Leon and Dr. Felix Ma, and Nurse Practitioner Erin Collier.

The ICC maintains extended hours and is available for most acute illnesses and minor injuries, such as: respiratory infections; urinary tract infections; gynecology problems; minor burns; sprains and strains; coughs and colds; sore throats; ear infections; allergic reactions; fever and flu-like symptoms; minor fractures; simple lacerations; rashes and other skin irritations. Stat labs can usually be performed during normal office hours with same-day results.

The ICC is open 7 days a week with full-time x-ray services, IV hydration available, short wait times and a caring, attentive staff.

The primary and immediate care divisions of the ICC continue to thrive with over 17,000 patient visits in 2014.

Please visit the ICC on the web at www.lmgimmediatecare.com.

Drs. Thomas Mancini and Martin Korkowski practice Internal Medicine in Lansdowne. Combined, these physicians have over half a century of experience practicing medicine. Dr. Mancini is certified by the American Board of Internal Medicine, and is a Fellow of the American College of Physicians. Dr. Korkowski was trained at the Medical School of Ohio.

Moira Hanley Nieman, a Physician Assistant with over twenty years of experience, rounds out the provider team at Mancini & Korkowski. In addition to preventive care, the providers enjoy managing patients with complex multi-system diseases. Dr. Mancini follows a continuum of care model of practice, and sees his patients throughout the hospital and/or critical care settings.

The entire staff strives to enhance quality of patient care while maintaining a compassionate personalized healthcare environment. Dr. Mancini has received various awards, including being named to the 2014 Washingtonian Magazine Top Doctors.

After 25 years as a family practitioner, Dr. Martha Calihan founded the Integrative Functional Medicine Center (IFMC) in 2005. Board-Certified in both Family Medicine and Integrative, Holistic Medicine, the formation of IFMC allowed Dr. Calihan to pursue a field for which she has great passion and brings true expertise. In 2013, Dr. Calihan became one of the first certified Functional Medicine Physicians in the country. Dr. Felix Ma joined Dr. Calihan shortly after her establishment of IFMC, adding his expertise in Chinese Acupuncture. Cheryl Brown, DNP, joined the practice in 2014.

Integrative Medicine is based on the development of a physician-patient relationship that uses treatment from both conventional and alternative medicine. Dr. Calihan and her team of health and wellness experts utilize this hybrid approach to treat the whole patient. IFMC works with patients of all ages, and uses a collaborative and holistic approach based on understanding and treating the root cause of illness and treating the whole person. IFMC offers a wide range of services including: acupuncture, nutritional supplementation, health, nutrition and lifestyle counseling, massage therapy and energy work, Yoga, Reiki, meditation and many others.

In conjunction with her work at IFMC, Dr. Calihan has also formed the not for profit Five Stones Institute, whose mission is to educate people on the balanced care of body, mind and spirit. The Institute offers multiple wellness based programs throughout the year.

Dr. Calihan has also been active within the LMG community, serving as Chair of both the Credentialing and the Quality Assurance Committees in 2012. She also served as LMG’s Medical Director from 2000 – 2012 and chaired the Board of Directors from 2000 – 2004. She was voted the Best Alternative Medical Provider in the 2013-14 “Best of Loudoun” poll, an honor that she has won multiple times since its inception.

Please visit IFMC on Facebook and YouTube and visit their website at www.integrativefamily.com.

Dr. Michael A. Kavanagh, who is certified by the American Board of Orthopaedic Surgery, has specialized in orthopaedic surgery for over 30 years and has practiced in Loudoun County since 1989.

Educated at Georgetown University and trained at Arlington Hospital, the Veterans Administration Hospital, and Georgetown University Hospital, Dr. Kavanagh currently practices in the Cornwall Building in Leesburg with Physician Assistant, Anushaya (“Shaya”) Fitzgerald.

Services provided by Dr. Kavanagh and Shaya include treatments for hip, shoulder, arm, hand, wrist and knee problems. Dr. Kavanagh currently offers patients MAKOplasty Partial Knee Resurfacings which preserves more of the joint than a traditional knee replacement. The treatment targets the diseased portion of the knee and spares the knee’s healthy bone and tissue.

Dr. Kavanagh’s skill as a surgeon, in addition to his bedside manner, contribute to his reputation as one of Loudoun County’s favorite physicians, providing care for over 3,100 patients in 2014. Dr. Kavanagh is a member of the Loudoun Medical Group Philanthropic Committee.

Please visit Dr. Kavanagh on the web at www.leesburgortho.com.
AnneMarie Spooner, MD

Loudoun Gynecology Associates

AnneMarie Spooner, MD began her practice with Loudoun Medical Group in 2006 in the Lansdowne area. She maintains regular office hours as well as hours for outpatient surgical procedures.

Dr. Spooner provides personalized attention and compassionate gynecologic care to women of all ages. She sees patients for well woman exams, contraception, sexually transmitted infections, abnormal pap smears, general gynecological conditions and procedures, and menopause.

As the daughter of a retired OB/GYN physician, Dr. Spooner has enjoyed an early exposure to the field and developed a strong interest in medicine at a young age. She received her undergraduate and medical degrees at Brown University and completed her residency through UNC Hospitals in Chapel Hill, NC.

Dr. Spooner is married and has two small children. She attained LMG shareholder status in September 2012 and enjoys the flexibility afforded to her by practicing with Loudoun Medical Group.

Dr. Timothy Mountcastle graduated with honors from Howard University and is a recognized specialist in plastic surgery. He completed training at Louisiana State University, where he was appointed chief resident in both general and plastic surgery. He recently served as Chief of Plastic Surgery at Inova Loudoun Hospital for two years (2011-2013) and is a member of the National Capital Society of Plastic Surgeons and Virginia Society of Plastic Surgeons. Dr. Mountcastle is a member of the Alpha Omega Alpha Honor Society, a professional medical organization that recognizes and advocates for excellence in scholarship and the highest ideals in the profession of medicine.

Dr. Mountcastle strives to assist each and every patient to the best of his abilities. To aid in this, almost all insurances are accepted and procedures of a wide variety are covered. Some of the many procedures performed by Dr. Mountcastle include, but are not limited to: varicose vein treatments; breast augmentations/lifts/reconstructions/reductions; tummy tucks; laser liposuction; cyst/lipoma/mole removals; pilonidal cysts; burn care; wound care and skin cancers excisions. Additional areas of Dr. Mountcastle’s expertise include problems pertaining to the hand, such as trigger fingers, carpal tunnel and ganglion cysts. To aid in the diagnosis of the aforementioned varicose vein treatments, ultrasounds are also offered in the office. Carotid, venous (venous insufficiency and DVT studies) and arterial (PVD) ultrasounds are performed by a Registered Vascular Ultrasound Technician with over 30 years of experience. Same-day ultrasounds are also offered to expedite the process for a patient.

In addition to the services provided by Dr. Mountcastle, Mountcastle Plastic Surgery & Vein Institute is proud to offer a broad range of Med Spa Services, which are performed by a highly trained staff consisting of a Physician Assistant, a Registered Nurse, and a Master Aesthetician with many years of experience. In order to remain abreast of the changing dynamics of the cosmetic industry and give their patients the finest results, Dr. Mountcastle’s staff regularly attends trainings and conferences. Services offered in the office include Botox/Dysport, fillers (Juvederm, Perlane, Radiesse, Restylane, and Voluma), facial lasers (Clear and Brilliant, Fraxel, and IPL), laser hair removal, spider vein treatments and chemical peels.

With offices in Ashburn and Reston, patients are offered excellent care in convenient locations. Dr. Mountcastle and his staff strive to ensure that every patient is cared for with the highest of standards each step of the way.

Dr. Mahesh Parameswaran, known affectionately to his patients as Dr. Para, has been caring for patients of all ages for a decade. He founded Advanced ENT Specialists in 2006 and currently employs an audiologist, Kimberly Johnson. Dr. Parameswaran is dedicated to delivering comprehensive, patient-centered evaluation and treatment for all ENT problems.

Advanced ENT Specialists operates from two locations: one in Lansdowne and one in Leesburg in the Cornwall Building. The professional staff is dedicated to providing the highest standard of care for the ear, nose and throat. Advanced ENT Specialists offers the best and most comprehensive patient-centered evaluation and treatment for all ENT problems. Younger children, adolescents and adults are evaluated and treated with compassion and concern – the ultimate goal being a successful recovery.

The providers at Advanced ENT Specialists also provide hearing aid and sleep disorder services.

Trained at Temple University, Dr. Parameswaran is Board-Certified by the American Board of Otolaryngology and maintains memberships in the American Academy of Otolaryngology, Head and Neck Surgery; The Medical Society of Virginia; The Virginia Society of Otolaryngology, Head, and Neck Surgery; The Loudoun County Medical Society; and The Washington Metropolitan Area Otolaryngology Society.

Please visit Advanced ENT Specialists on their website at www.advancedents.com.

Northern Virginia ENT Associates

Northern Virginia ENT Associates, under the direction of Michael Mellis, MD has provided Otolaryngology Services in the Northern Virginia area since the early 1990s. Darlene Payne, Au.D. provides Audiology Specialty Care for hearing impaired patients.

With offices in Lansdowne, Leesburg, Reston, and Centreville, Northern Virginia ENT is very well-known in the Northern Virginia community for their ENT services and is especially well known for being great with pediatric ENT services.

Dr. Mellis is Board-Certified in Otolaryngology as well as Board-Certified in Sleep Medicine. He is a Fellow in the American Academy of Otolaryngic Allergy. He and his staff provide care to all ages, although they have a special interest in Pediatric Otolaryngology. They treat allergy and sinus problems, including subcutaneous and sublingual allergy testing and treatment, immunotherapy, balloon sinuplasty surgery, sleep disorders, including snoring and apnea, hearing loss, and pediatric ear, sinus and tonsil problems.

Dr. Mellis has been an LMG Shareholder since September of 2009 and serves on the LMG Quality Assurance Committee.
With the motto “Investing in the Future, One Child At A Time,” Pediatric Healthcare (PHC) celebrated their 40th anniversary in 2014 of providing quality primary care services to the children of Loudoun County and the surrounding community’s. Originally founded by Dr. Thomas McGorry, the practice is currently led by Drs. Lori Andrew, Damon Moore, Kimberly Kolb, and Jamille Cooper. Along with Nurse Practitioners Jan Cantrell, Elizabeth Choma, and Suzanne O’Brien, their main focus is to help the patients and their families through all the medical aspects of raising children.

The team at Pediatric Healthcare is a diverse and dedicated group of health professionals whose daily mission is to use knowledge, experience & compassion to provide comprehensive healthcare to all patients.

The practice uses social media and monthly online newsletters to communicate with patients. Families can sign up to receive up-to-date and urgent information including vaccines, inclement weather and holiday schedules. In addition, Pediatric Healthcare offers unique opportunities for families and individuals such as support groups for new or expectant dads and essential reading lists for families.

The practice has continued its support of the community through involvement in charities, such as the Make-A-Wish Foundation, March of Dimes, Ronald McDonald House, Covenant House, Newspapers in Education Program, and the Virginia chapter of the Special Olympics, as well as sponsorship of local youth sports programs. One highlight was Dr. Moore’s recognition by the American Academy of Pediatrics with its “Local Heroes Award”. He was one of only two pediatricians selected nationally for this award. Dr. Moore was voted Top Pediatrician in the 2013-14 “Best of Loudoun” poll published in the Leesburg Today paper. Dr. Moore also serves as Chair of LMG’s Philanthropic Committee.

Please follow Pediatric Healthcare on Facebook and Twitter and visit their website at www.pediatric-healthcare.com.

Optimum Physical Therapy and Sports Medicine (OPT) is a natural extension of the practices of Drs. Michael Kavanagh, Matthew Gavin, Ian Wattenmaker & Nauman Akhtar. This Pod has been a part of the LMG family since 2008.

The aim of OPT is to enhance and restore functional ability and quality of life to those with physical impairments or disabilities. The healthcare professionals at OPT diagnose and treat individuals from adolescence to the elderly.

Occupational Therapy is a service provided by Andrea Pyle, OTR. She specializes in hand, wrist, and arm therapy. The primary goal of the Occupational Therapy program at OPT is to enable people to participate in the activities of everyday life. This is a line of care that is concerned with promoting health and well-being through occupation.

The current staffing of OPT has grown significantly since 2008, when it began as a solo physical therapy group. Today, the therapy team includes five physical therapists (PT), Shahla Williams, Michelle McGregor, Bryan Spillare, Brett Huffman, and Scott Hopson; one occupational therapist, Andrea Pyle; and four physical therapy assistants (PTA), Nona Phelps, Anne Lowery, Janie Ellison and Kathleen Harter. OPT has locations in the Cornwall Medical Pavilion in Leesburg, and in the Valley Medical Center in Purcellville.

In 2014, the practice rendered services for over 17,500 patient visits.

Before starting the MDVIP Pod in 2009, Drs. John Cook and John Andrew had been in practice together for 23 years as founders of Loudoun Internal Medicine Associates. With the desire to provide their patients with extensive preventive and wellness care, as well as treatment of acute and chronic illness, Drs. Cook and Andrew partnered with MDVIP, a concierge medicine service. By limiting their number of patients, they have been able to provide unique and personalized care to their patients.

After a career as an officer in the U.S. Navy, Dr. Cook changed paths, receiving his medical degree from the Yale University School of Medicine. He is Board-Certified in Internal Medicine and has a special interest in geriatrics. An active shareholder, Dr. Cook served on the LMG Board of Directors from 2009 to 2011. Dr. Cook is an active member of the Human Resources and Philanthropic Committees.

Dr. Andrew received his medical degree from the Vanderbilt University School of Medicine and is also Board-Certified in Internal Medicine. As a member of LMG’s Board of Directors since his inception through 2014, Dr. Andrew has been instrumental in helping develop and grow LMG. Dr. Andrew also served as the Chair of the Finance Committee through 2011 – 2014.

To help support their patients and expand the practice, Drs. Cook and Andrew welcomed Dr. Judith Greco into the practice in 2010 and Kristen Ritch, PA-C in 2014. With their support, the practice was able to serve over 1,100 distinct patients during 2014.


Located in the Cornwall Building in Leesburg, the Center for Spinal Surgery and Spinal Disorders is led by Dr. Ian Wattenmaker. With over 20 years of experience, Dr. Wattenmaker is a spine surgeon who trained at the University of Pennsylvania and Harvard University. He is Board-Certified by the American Board of Orthopaedic Surgery and is a member of the North American Spine Society.

Dr. Wattenmaker specializes in spinal surgery, spine disorders and conditions that compress nerves in the lumbar and cervical spine. Dr. Wattenmaker uses minimally invasive surgical techniques when appropriate. According to Dr. Wattenmaker, “For anyone suffering from back or neck pain, we offer a full range of treatment options. For most patients, we can alleviate their condition without surgery, but for those who require surgery, we have the expertise to provide them with the best surgical options and rehabilitation programs.”

Dr. Wattenmaker joined Loudoun Medical Group in 2008 and attained LMG shareholder status in 2011.

Please visit Center for Spinal Surgery and Spinal Disorder’s website at www.wattenmakermd.com.
With combined experience of nearly 100 years, the providers of Loudoun OBGYN are well-trained and highly skilled in providing their patients the most advanced care available. Their philosophy is to provide individualized care to women of all ages. Loudoun OBGYN offers a wide range of services including evaluation and management of infertility, comprehensive obstetrical services, menopausal management, endoscopic and laser surgery. From adolescence through menopause, providers strive to educate women on making healthy and informed medical decisions.

Founded in 1987 by Dr. Arshed Choudhry, the practice also includes current partners Dr. Lisa Hyun-Park, Dr. Michelle Roberts-Borden and Dr. Jennifer Thompson. All of the physicians of the practice are Board-Certified by the American Board of Obstetrics and Gynecology as well as Fellows of the American College of Obstetrics and Gynecology. Certified Nurse Midwife, Shannon Wise, joined the practice in 2013 along with Melissa Rogina, CNM in 2014.

Dr. Choudhry is active in the medical community, currently serving as Chief of Staff for Inova Loudoun Hospital and the Medical Executive Committee. His particular areas of interest include treatment of stress incontinence, pelvic floor prolapse, minimally invasive surgery and robotic surgery. Dr. Choudhry was named as a 2012 Top Doctor in Washingtonian Magazine.

Dr. Hyun-Park, who received her medical degree from the Medical College of Pennsylvania, maintains special interest in menopause, infertility and gynecologic urology. Dr. Roberts-Borden’s areas of interest include the management of uterine fibroids and urogynecology. Having grown up as the daughter of a practicing OB/GYN, she developed an early appreciation of the rewards the field has to offer. Dr. Thompson, a graduate of the University Of Virginia School of Medicine, enjoys the varied aspects of the specialty as well as the opportunity to develop long-term relationships with her patients.

Providing services to over 6,100 patients in 2014, Loudoun OBGYN and its providers are always working to find ways to keep patients informed and healthy, while providing excellent care to the community.

Dr. Michael Mitchell, Scott Whittaker and Wayne Wu specialize in Internal Medicine. Their practice is in Alexandria and serves Alexandria City, Fairfax County, Arlington County, and the surrounding areas. MWW provided care for nearly 5,900 distinct patients during 2014.

The physicians provide primary care with an emphasis on preventive medicine, but Drs. Mitchell, Whittaker and Wu more specifically take pride in providing compassionate care to adult patients who want a long-term, quality relationship with a physician.

In addition to the personalized care the practice offers, there is the added convenience of an in-house lab. Patients may be seen and have lab work completed in one location during the same encounter. Further solidifying the physicians’ commitment to patient convenience, all three doctors have early hours on different days of the week to accommodate patients who need to be seen before work or other activities.

Dr. Mitchell joined the practice in 1997, Dr. Whittaker joined in 2001, and Dr. Wu joined in 2003. The doctors joined Loudoun Medical Group in June 2009 and became LMG Shareholders in June 2012.

This practice has been recently recognized by the National Committee for Quality Assurance (NCQA) for its consistent high quality care to patients with diabetes.


Dr. Michael Abidin founded Metropolitan ENT & Facial Plastic Surgery as a solo practitioner in 1996. Since then, the practice has thrived. Dr. Abidin has welcomed Drs. Iyad Saidi, Tarek Orfaly, and Ravi Swamy as practice owners and employs Dr. Courtney Raizman, who joined in August 2014; Physician Assistants Joy Roberson and Daniela Da Rocha; as well as audiologists Kathryn McGee and Erika Kopinski.

Metropolitan ENT & Facial Plastic Surgery is a group of dedicated, Board-Certified otolaryngologists and facial plastic surgeons, who specialize in diagnosing and treating a wide range of ear, nose and throat disorders, including allergy, sinus, and audiology, with a sub-specialty focus in cosmetic facial plastic surgery, non-surgical cosmetic treatments, and minimally invasive, state-of-the-art procedures.

Metropolitan ENT’s Skin Care Department has welcomed Lynnette Young, Licensed Medical Esthetician. Lynnette has been a skin care professional for over 20 years, and – in addition to a new Candela Laser – has added an array of new skin care services that include: Skin Rejuvenation, Facial Spider Vein Treatment, Cauterization of Facial Veins, Vascular Lesion Laser Treatment and Pigmented Lesion Laser Treatment.

The Audiology Department offers diagnostic services, including comprehensive hearing evaluations, auditory brainstem response (ABR), electrocochleography (ECOG) and videonystagmography (VNG). For the treatment of hearing loss and tinnitus, Metropolitan ENT offers the latest in hearing aid technology from a number of manufacturers including Phonak, Widex, Oticon, and Siemens.

In addition to standard ENT procedures, audiology and cosmetic services, Metropolitan ENT strives to provide revolutionary techniques. Dr. Abidin has pioneered Hyoid Suspension, a surgical procedure performed to treat obstructive sleep apnea by securing the hyoid bone, the U-shaped bone in the neck, in place instead of allowing it to move around freely. Movement of the hyoid bone increases the risk of airway blockage during sleep and causes symptoms of sleep apnea.

Metropolitan ENT’s physicians are changing the way sinusitis is treated in the Alexandria region by dramatically and instantly improving patients’ conditions with a new in-office procedure, Balloon Sinuplasty, which is a balloon sinus dilation procedure that is simple and quick and can be safely performed in Metropolitan ENT’s office with shorter recovery times and minimal inconvenience.

Metropolitan ENT was the first practice to join LMG in the Alexandria area. Patients for this practice come from all areas including Washington, DC, Northern Virginia, Maryland, and the surrounding areas of Arlington, Springfield, Falls Church and Woodbridge, Virginia.

The dedicated team at Metropolitan ENT provided care for over 9,300 distinct patients throughout nearly 42,000 patient visits during 2014.

Jeffrey K. Nekoba, MD

Jeffrey K. Nekoba, MD is a Board-Certified Family Physician, whose practice is located in the Huntsman Shopping Center in Springfield.

Board-Certified in Family Practice, Dr. Nekoba has practiced in the Springfield area since 1994 and treats patients of all ages.

Dr. Nekoba is a Northern Virginia native, having grown up in the Mt. Vernon area. Before completing the University of California’s Merced Family Practice Residency Program, where he was elected Chief Resident during his final year, Dr. Nekoba earned his medical degree from the Medical College of Virginia.

Dr. Nekoba has participated in numerous medical mission trips with his church. Together with other medical and non-medical volunteers, the group typically treats and helps over 1,500 people over a period of just a few days.

Dr. Nekoba joined Loudoun Medical Group in July 2009 and became a Shareholder in July 2012.

Please visit Dr. Nekoba’s website at www.jeffreynekobamd.com.

Family Medicine Associates of Alexandria (FMAA) is comprised of physicians and mid-level providers who are committed to continuous, comprehensive, compassionate and personal care for their patients. Since opening their doors in 2001, the practice has focused on the primary care for patients of all ages.

Drs. Vivian Lugo-Eschenwald and Mirela Mircea are the owners of FMAA and practice with mid-level providers Stephanie Stitzel, PA-C, Lisa Bodine, PA-C, Monica Dillard, FNP-BC, and Brooke Meehan, FNP-BC.

FMAA’s mission is to provide accessible, one-stop primary health care to individuals and families alike. Whether treating acute or long term conditions, FMAA’s providers stress prevention to maintain overall health.

In addition to providing care for the entire family, FMAA maintains a special emphasis on women’s health and also offers dermatological and cosmetic procedures such as Botox, Juvederm, and Latisse. Dr. Lugo is also certified in the Creighton Model of natural family planning. Both Dr. Lugo and Dr. Mircea have been designated by the United States Citizenship and Immigration Service as Civil Surgeons.

FMAA has expanded its service lines over the years to include medication dispensing, physical therapy, echocardiograms, and Immigration physical exams, in addition to an existing, thriving line of anti-aging, nutraceutical and cosmetic products and services.

The practice joined LMG in August 2009, and Drs. Lugo and Mircea became LMG Shareholders in August 2012.

Digestive Disease Physicians, located in Alexandria, Virginia is a gastroenterology practice of six Board-Certified gastroenterologists with over 80 years of combined experience devoted to delivering top-quality gastrointestinal health care.

The physicians perform a broad range of gastrointestinal procedures, including but not limited to: colonoscopy; upper endoscopy; ERCP; capsule endoscopy and infrared coagulation of hemorrhoids. The focus of the practice is patient-centered care.

In 2009, the practice expanded and opened the GI Endoscopy Center of Northern Virginia, a Joint Commission Accredited (JCAHO) ambulatory surgery center. The GI Endoscopy Center of Northern Virginia, LLC, is a single-specialty ambulatory surgery center for the diagnosis, treatment and prevention of gastrointestinal and liver diseases. It was designed with the patient’s convenience in mind and to create an optimal environment for care. This center is dedicated solely to the care of gastroenterology patients and to provide the highest quality of patient care, healing and education in a state-of-the-art facility. The GI Endoscopy Center of Northern Virginia (GIE) managed over 10,000 distinct patients during 2014.

Drs. Alan Ansher, Craig Ellison, Robert Hally, and Sean Hurley joined LMG in August 2009 and became Shareholders in August 2012. Dr. Deborah Brauer became a member of the DDP family in 2010 and became an LMG Shareholder in December 2013. Dr. Jennifer Wu became a member of the DDP family in August 2013. Beth Banker, who began working with the practice in April 2012, and Stacy Usher, who joined in August 2013, are Nurse Practitioners who round out the collaborative team at DDP.

The practice began providing pathology services in 2012 and plans to provide anesthesia services in 2015.

Please visit DDP on the web at www.digestivediseasephysicians.com.

In conjunction with her partners from Surgical Specialists of Northern Virginia, Shannon Lehr, MD, FACS founded Breast Care Consultants of Northern Virginia (BBCNV) in August 2009. BBCNV offers a wide range of services for women and men with benign and malignant diseases of the breast. In addition to providing the full spectrum of breast surgical procedures, the practice offers in-office breast ultrasound and minimally invasive core needle breast biopsies and cyst aspirations. Dr. Lehr also specializes in second opinion consultations and in high-risk assessment and design of individualized breast cancer screening protocols for her patients.

Dr. Lehr completed a breast surgical oncology fellowship at Washington Hospital Center and is the first fellowship-trained dedicated breast surgeon to practice in the entire Northern Virginia area. A graduate of the University of Pennsylvania School of Medicine, she underwent her general surgical training at Pennsylvania Hospital of the University of Pennsylvania Health System. Prior to her fellowship, Dr. Lehr served our country for four years as a general surgeon at Malcolm Grow Medical Center at Andrews Air Force Base, and her highly decorated military service included a deployment to Baghdad, Iraq.

Heavily recruited by the Inova Health System during her fellowship, Dr. Lehr also serves as the medical director for the Inova Breast Care Institute at Inova Loudoun Hospital, a National Accreditation Program for Breast Centers-accredited facility. She has worked closely with Inova Loudoun Hospital’s medical, nursing, ancillary support and administrative staff to develop a multidisciplinary breast care program of the highest caliber.

From a thorough evaluation of breast symptoms and risk factor assessment to a meticulous “second read” of breast imaging to offering the latest diagnostic and surgical procedures, the practice is dedicated to providing state-of-the-art treatment in a compassionate setting.

For additional information about the practice, please call 703-858-3200 or email Dr. Lehr at lehrs1@cox.net.

Please visit Dr. Lehr on the web at www.ssnva.com.
After practicing in Loudoun County for five years, Dr. Ali Moshirfar founded the Orthopaedic & Spine Surgery Institute with Loudoun Medical Group in June 2011. Dr. Moshirfar became an LMG Shareholder in July, 2014.

Dr. Moshirfar is a Board-Certified Orthopaedic Surgeon and practices both general orthopaedics as well as spine surgery. His early interests were in engineering, and he was granted a full scholarship to the University of Maryland, College Park campus. His interest in medicine, and particularly in orthopaedic and spine injuries, was sparked by his volunteer activities in the Department of Fire and Rescue in Montgomery County, Maryland, as a certified Emergency Medical Technician and a fire fighter.

The Orthopaedic & Spine Surgery Institute offers the most advanced surgical procedures, from minimally invasive spine surgery and motion preservation disc replacement surgery to the latest techniques in spinal fusion and reconstruction.

Dr. Moshirfar is currently the Chairman of Orthopaedic Surgery at Inova Loudoun Hospital. He is also an Assistant Professor in the Department of Orthopaedic Surgery at Johns Hopkins University Hospital, where he continues to teach and conduct research.

Some of the more complex spine and pediatric cases are performed by Dr. Moshirfar at Hopkins, however, patients can continue to follow up locally. Dr. Moshirfar has had numerous peer review publications and national presentations. He is an editor for Spine Line, the peer review journal of the North American Spine Society.


Advanced Spine & Sports Therapy was founded with Loudoun Medical Group in January 2014 by Dr. Ali Moshirfar. The practice provides outpatient physical therapy services treating spine, orthopaedic, and sports related injuries and symptoms.

The practice is directed by Todd Burnett, MSPT. Todd has been practicing in the Loudoun County area for the past 10 years and has 15 years of experience in orthopaedic physical therapy. Todd holds a Master’s Degree in physical therapy from the Medical College of Virginia and a Bachelor of Science in Business Administration from the University of North Carolina at Chapel Hill. He received his Strength and Conditioning Certification from NSCA in 2006.

The practice had 2,100+ distinct encounters in 2014.

Nauman Akhtar, M.D.

Dr. Nauman Akhtar joined Loudoun Medical Group in November 2011, after practicing in Loudoun County for a year. Dr. Akhtar serves as the Medical Director of the Total Joint Replacement Division and is currently serving as Vice Chair of the Department of Orthopaedics at Inova Loudoun Hospital.

Dr. Akhtar, who shares office space with Dr. Michael Kavanagh, Dr. Matthew Gavin and Dr. Ian Wattenmaker, operates a general orthopaedic practice and has special interests in knee and hip arthroplasty, as well as arthroscopies; fractures; hip replacements; joint replacement surgery; knee replacement; MAKOplasty procedures; reconstructive surgery; revision joint replacement; and shoulder replacement.

Dr. Akhtar earned both a Medical Doctor degree and a Master of Business Administration degree from Tufts University in 2004. Dr. Akhtar completed his residency in Orthopaedic Surgery at Henry Ford Health System in Detroit in 2009 and subsequently completed a joint reconstruction fellowship at New England Baptist Hospital in 2010. Dr. Akhtar achieved Diplomatic status with the American Board of Orthopaedic Surgery in 2012 and is also a fellow of the American Academy of Orthopaedic Surgery.

Dr. Akhtar wishes to cultivate interests in healthcare policy and management. He hopes to eventually be involved in the construction of policies that can be incorporated within the healthcare industry to help provide better quality, cost effective care while seeking avenues to increase provider and patient satisfaction.

Please visit Dr. Akhtar’s Facebook and visit Leesburg Orthopaedics on the web at www.leesburgortho.com.
Dr. Nguyen obtained her undergraduate degree in Genetics from the University of California, Berkeley. She attended medical school at the Medical College of Wisconsin and completed her residency in Internal Medicine at the Scripps-Mercy Hospital and Clinics in San Diego, California. After residency, Dr. Nguyen returned to Wisconsin to complete her Allergy & Immunology fellowship at the University of Wisconsin. Board-Certified in Pediatric and Adult Allergy & Immunology, Dr. Nguyen resides with her husband, a local cardiologist, two sons and a daughter.

Dr. Nguyen is trained in the prevention, diagnosis and treatment of such problems as: allergic rhinitis (hay fever); asthma; hives; food allergies; insect allergies; drug allergies; immunodeficiencies; eczema; other allergic skin conditions and anaphylaxis.

Dr. Nguyen’s approach to patients is to apply medical practices grounded in quality, evidence-based research, coupled by the belief summarized by the following verses found in Philippians 2:3–5: “Do nothing out of selfish ambition or vain conceit, but in humility, consider others better than yourself. Each of you should look not only to your own interest, but also to the interest of others. You must have the same attitude that Christ Jesus had.”

It is for these reasons that Dr. Nguyen strives to provide competent, compassionate care to each and every one of her patients. She believes that excellent care begins by being attentive to the needs of her patients. Since her own family members suffer from multiple allergic diseases including asthma, eczema, urticaria, food allergies, and hay fever, she can empathize with the difficulties her patients and their families undergo. Therefore, she strives to work with her patients to improve their quality of life.


Dr. Seth Tuwiner and his practice, Virginia Center for Neuroscience, joined Loudoun Medical Group in January 2012. Dr. Tuwiner specializes in the diagnosis and treatment of neurological conditions of the peripheral and central nervous system. His areas of expertise include: peripheral neuropathy; carpal tunnel syndrome; sensory disturbances; muscle disorders; myasthenia gravis; ALS; neck pain; low back pain; epilepsy; seizures; stroke; multiple sclerosis; tremor; dizziness; Parkinson’s disease; brain injury and Alzheimer’s disease.

Some of the services offered at Virginia Center for Neuroscience include visual, auditory, and somatosensory evoked potential studies, as well as electrodagnostic services, such as electromyography/nerve conduction studies and routine 24 – 72 hour electroencephalography studies, carotid ultrasound studies, transcranial Doppler ultrasound, and vestibular testing.

Dr. Tuwiner completed his Neuromuscular and Neurophysiology training at Thomas Jefferson University Hospital in Philadelphia, and after moonlighting and private contracting, ultimately established his private practice in Lansdowne in February 2008.

Board-Certified by the American Board of Psychiatry and Neurology (ABPN) and the American Board of Electrodiagnostic Medicine (ABEM), Dr. Tuwiner has also earned three sub-specialty certifications through the ABPN: vascular neurology, clinical neurophysiology and neuromuscular medicine.

Please visit VCN at www.vaneurology.com.
Dr. Nikki Waddell founded Kingstowne Internal Medicine when she joined Loudoun Medical Group in February 2011. Dr. Waddell practiced in Woodbridge prior to starting her own practice in Kingstowne. She completed her undergraduate degree at the University of North Carolina at Chapel Hill with a B.S. in Mathematics, after which she attended medical school at The Brody School of Medicine at East Carolina University and completed her Internal Medicine Residency at Eastern Virginia Medical School.

A Board-Certified Internist, Dr. Waddell is artistic by nature, and – as such – her office doubles as a not-for-profit art gallery, “Kingstowne Canvases for a Cause,” where she showcases the work of local artists and generates donations for local charities.

Currently, Dr. Waddell focuses on preventive services, acute sick visits, and chronic disease management, including hypertension, diabetes, asthma, COPD and arthritis.

Dr. Waddell recently expanded her practice to include a certified personal trainer, Paula Jarvis, and a registered dietitian, Michelle Pryslak. The addition of Ms. Jarvis and Ms. Pryslak reflects directly on Dr. Waddell’s strong belief in providing comprehensive, patient-centered care to her patients.

Please follow Kingstowne Internal Medicine on Twitter and Facebook and visit their website at www.kingstowneinternalmedicine.com.

Dr. Ravi Iyer, MD, Medical Director at The Iyer Clinic, joined Loudoun Medical Group in February 2012.

Born in Bombay, raised in Jamshedpur, India and schooled at Little Flower School in Telco, India, life has taken Dr. Iyer on a wonderful ride through the halls of medicine on the banks of the Ganges in Patna, India; to the laboratories of All India Institute of Medical Sciences, New Delhi, India; on to the research departments on the other side of the world in Massachusetts General Hospital and Harvard Medical School; to the sick beds of paupers and princes at George Washington University Hospital, Washington D.C.

Dr. Iyer now works as an Internist in general practice and runs The Iyer Clinic with offices located in Herndon and Sterling. He also serves as Chairman of the Department of Medicine at Reston Hospital Center.

In addition to actively caring for patients and delivering community based medical care, Dr. Iyer continues to be involved in FDA-approved Clinical Research. His CV boasts multiple publications including several peer-reviewed scientific papers on the biology of cancer and the human body’s defenses against infection, tumors and the mechanisms of injury and repair. He is also active in researching holistic approaches to stress management and general health and well-being.

Dr. Iyer was joined by Kim Nguyen, FNP in early 2013. Together they have cared for approximately over 1,900 patients in 2014.

Dr. Iyer was voted as a “Top Doctor” in Northern Virginia Magazine’s annual listing of top physicians as voted by their peers.

Please visit Dr. Iyer on the web at www.iyerclinic.com.
Founded in 1999 by Drs. Rajeev Khanna and Arvinder Chawla, Virginia Medical Arts Clinic (VMAC) is a thriving Internal Medicine practice with locations in Herndon and Sterling. VMAC joined LMG in February 2012.


Dr. Khanna, a Board-Certified Internist, has published a number of research works and is a former Chairman of the Department of Medicine at Reston Hospital Center. Dr. Chawla is the author of two medical fiction thrillers, Terminal Care and Deadly Recall.

Services provided by VMAC include routine internal medicine and urgent care; annual and preventative care services; cardiac risk assessment; cardiac stress testing-nuclear heart scans; echocardiography; 24 hour heart monitor (Holter Monitor); school and sports physicals; sleep medicine consultations; nerve and muscle testing and travel medicine consultation.

The dedicated team at Virginia Medical Arts Clinic managed care for approximately 4,300 distinct patients over 13,000 patient encounters during 2014.

Please visit Virginia Medical Arts Clinic on the web at www.vmacdoctors.com.

Under the direction of Dr. Paula McKenzie, Alexandria WomenCare provides women with guidance, support and empowerment toward achieving "whole health” by encouraging integration of physical well-being with emotional and spiritual well-being.

Dr. McKenzie and her staff provide women with high quality, cost-effective medical services in a warm, caring, and supportive environment, and they assist their pregnant patients in achieving a beautiful birth experience.

At Alexandria WomenCare, in addition to taking care of females of all ages and with any gynecological problem, Dr. McKenzie also performs in-office hysteroscopy procedures. She received her undergraduate education at Yale University. After obtaining her medical degree from Stanford University School of Medicine, she went on to complete her residency in Obstetrics and Gynecology at Beth Israel Medical Center in New York.

Board-Certified by the American Board of Obstetrics and Gynecology, Dr. McKenzie plans to expand her practice during the upcoming year by hiring another provider. Alexandria WomenCare joined Loudoun Medical Group in March 2012.

Please visit Dr. McKenzie on her website at www.alexwomenc.yourmd.com.
Loudoun Gastroenterology

Loudoun Gastroenterology Associates, the practice of Drs. Robert Lafsky and Nadeem Khan joined Loudoun Medical Group in September of 2012.

Board-Certified in Gastroenterology, Dr. Lafsky completed his medical degree at the University of Pennsylvania School of Medicine. He completed medical residency at Thomas Jefferson University Hospital and a GI fellowship at Presbyterian-University of Pennsylvania Hospital. A member of the Loudoun medical community since 1980, Dr. Lafsky has provided care to thousands of its residents over the years. He has also been active in various leadership roles at Inova Loudoun Hospital and is currently serving as President of the Medical Staff.

Dr. Khan received his medical degree from King Edward Medical College, Lahore, Pakistan in 1987. Dr. Khan went on to complete his internship and residency as well as a Gastroenterology Fellowship at New York Medical College. In July 2008, Dr. Khan joined Dr. Lafsky’s practice. Dr. Khan is also Board-Certified in Gastroenterology.

The practice provides gastrointestinal procedures including colonoscopy and upper endoscopy. Their office is located in Lansdowne adjacent to Inova Loudoun Hospital.

Joining Loudoun Medical Group in May 2012, Ashburn Sterling Internal Medicine & Pediatrics (ASIMP) is led by Dr. Tareq Abedin. Supported by Kelly Boardman, PA-C, and the newest addition (January ’15), Barbara Petty, WHNP, ASIMP provides primary care services to patients of all ages with an emphasis on wellness.

Dr. Abedin, a native of the metropolitan area, graduated Magna Cum Laude from Cornell University and obtained his medical degree from the Medical College of Virginia. He is double-Board-Certified in both Internal Medicine and Pediatrics. He and his team thus provide care to a diverse range of infants, children, adolescents, adults and geriatrics.

Dr. Abedin’s interests include preventive medicine, alternative health and teaching. He received his acupuncture certification from Kiiko Matsumoto at the Harvard Medical School.

ASIMP maintains several ancillary service lines, including travel medicine and immigration physical examinations, and executive physicals.

Active in the community, Dr. Abedin created the “Good Will Network” to ensure that patients without health insurance would still have access to affordable, quality and comprehensive healthcare. The network is dedicated to connecting uninsured patients with providers who bridge the gap for the community’s healthcare needs.

Please visit ASIMP on the web at www.myhealthcare.org.
When Dr. Oscar Adler integrated his practice into Loudoun Medical Group in mid-September 2012, it represented the addition of a new specialty – Nephrology.

Dr. Adler received his medical degree from Kazan Medical University, Kazan, Russia in 1983. After receiving his Internal Medicine residency training at Temple University, Dr. Adler completed a Nephrology Fellowship at Georgetown University. He is Board-Certified in Nephrology and has a special interest in the management of hypertension and chronic kidney disease.

Along with his practice, Dr. Adler has also been actively involved in both clinical research and clinical trials. In conjunction with this work, Dr. Adler has published numerous papers on hypertension. Dr. Adler has also served as an Adjunct Assistant Professor of the Nephrology Department at Georgetown University.

With a focus on patient satisfaction and clinical improvement, Dr. Adler uses a personalized approach with every patient. It is his overriding mission that the practice provides the best diagnostics and management to improve the patient’s quality of life. Dr. Adler was also selected as a Castle Connolly Top Doctor in nephrology in January 2015.
Dr. Vijay Chadha founded his Internal Medicine practice in Reston in 1986. Dr. Chadha is a skilled Internist: his patient care is exemplary and is supported by extensive medical education.

Dr. Chadha has a thriving outpatient Internal Medicine practice in the Reston area and maintains strong ties with the local community by his positive contributions. He has served as a local academic and speaker, advising on various cutting-edge medical topics.

Board-Certified in Internal Medicine, Dr. Chadha completed medical school at Delhi University in New Delhi, India. He completed an internship and residency in India before completing a residency in Internal Medicine at Prince George Hospital in Maryland and a fellowship in Internal Medicine at George Washington University in 1986. Dr. Chadha joined LMG in January 2013.

An excellent clinician with an impeccable reputation, Dr. Chadha is a former Chairman of the Department of Medicine at Reston Hospital.

Dr. Richard Nemeth and his practice joined Loudoun Medical Group in February 2013.

Dr. Nemeth's practice provides continuing, comprehensive health care for the individual and family, integrating biological, clinical and behavioral sciences. The breadth of services provided by Dr. Nemeth and his team encompasses all ages, both genders, each organ system and every disease entity.

Board-Certified by the American Board of Family Medicine, Dr. Nemeth, who began working in his practice in 2000 and ascended to practice ownership in 2005, is excited about the opportunities afforded to him by working with Loudoun Medical Group.

Educated at the Eastern Virginia Medical School, Dr. Nemeth completed his internship and residency in Family Practice at Reading Hospital and Medical Center in Reading, Pennsylvania.

Dr. Arthur Brantz joined Dr. Nemeth in practice in April 2013. Dr. Brantz is Board-Certified in Obstetrics/Gynecology and a Fellow of the American College of Obstetrics/Gynecology. Dr. Brantz, who has been a noted speaker on hormonal care, started medical school in Guadalajara, Mexico and completed his medical training at the State of University of New York, Downstate, in Brooklyn, NY. He was granted his medical license by the State of New York in 1979 and went on to do an internship with New York Medical College at Metropolitan Hospital in New York City. His Obstetrics/Gynecology internship was completed in San Francisco at Mount Zion Hospital. In the past twelve years, Dr. Brantz, who also happens to be fluent in Spanish, has served on the board, as well as past president, with the Tourette Syndrome Association of the Greater Washington Area. Dr. Brantz has also been pivotal in the organization of community outreach programs to children, young adults, schools, educators and parents in the education and treatment of this syndrome.

Located in Old Town Alexandria, Dr. Nemeth’s office represents the easternmost office of LMG.
Family Allergy Center of Virginia

Joining LMG in 2013, Family Allergy Center (FAC) specializes in the diagnosis and treatment of pediatric and adult asthma, allergic and immunologic diseases. Founded in 1990 by Dr. Kenneth R. Bergman, the practice provides care of their patients throughout a lifetime. With locations in Centreville and Gainesville, the team at FAC pride themselves on excellent care in a family friendly environment.

After receiving his medical degree from the University of Rochester School of Medicine, Dr. Bergman joined the Army and practiced as an Internist for the armed services. Following a fellowship in Allergy and Immunology at Walter Reed Army Medical Center, he continued to serve until his retirement in 1988 with the rank of Colonel. He specializes in pediatric and adult allergy with a special emphasis on food allergies, atopic dermatitis and immunotherapy.

Practicing alongside Dr. Bergman is Dr. Tamara Smith. After receiving her Masters of Public Health from George Washington University, Dr. Smith went on to earn her medical degree from the Medical College of Virginia. First working as an Internist at the Louis A. Johnson Veterans Administration, Dr. Smith completed a combined Pediatric and Adult Allergy/Immunology Fellowship at West Virginia University. Her professional interests include pediatric and adult asthma, optimal allergen immunotherapy, allergic diseases of the skin and immunodeficiency.

Rounding out the Family Allergy Center providers is Catherine Thal-Larsen, an ANCC Certified Family Nurse Practitioner. After graduating from George Mason University with a BSN, Catherine worked at Georgetown University as a medical/surgical nurse. Following her return to George Mason University to get her MSN, Catherine joined Family Allergy Center. She sees both adult and pediatric allergy, asthma, and other allergic diseases.


Loudoun Rheumatology Center (LRC) joined Loudoun Medical Group on May 1, 2013, representing the addition of a new specialty for LMG. Dr. Jennifer Odutola, Medical Director of LRC, founded the practice in 2005, and Dr. Gulrukh Saleem has since joined her in practice. Board-Certified in both Internal Medicine and Rheumatology, Drs. Odutola & Saleem and the team at LRC are dedicated to the diagnosis and treatment of rheumatic diseases, such as: rheumatoid arthritis; osteoarthritis; lupus; gout; ankylosing spondylitis; osteoporosis; vasculitis; inflammatory muscle disease and many other connective tissue diseases. They also diagnose and treat bursitis, tendonitis, carpal tunnel syndrome, fibromyalgia, and other causes of musculoskeletal pain.

Dr. Odutola attended medical school at the College of Medicine of the University of Lagos and then went on to St. John's Institute of Dermatology at the University of London, where she obtained a Master of Science degree in Clinical Dermatology. She completed her residency training in Internal Medicine at the Albert Einstein Medical Center, Philadelphia and then proceeded to the National Institutes of Health in Bethesda for her Rheumatology Fellowship training. She also worked as a Senior Medical Officer at the Dewsbury District Hospital in Dewsbury, England. Dr. Odutola has broad-based experience as a result of working as a physician on three continents.

Dr. Saleem completed her medical degree in 1994 from King Edward Medical College in Pakistan, after which she completed post-graduate training at the University of Connecticut. She progressed through her Internal Medicine residency at the University of Medicine and Dentistry of New Jersey, ultimately completing her Rheumatology Fellowship training at the University of Vermont. Over the last 11 years, Dr. Saleem has worked as a Rheumatologist in Winchester and Purcellville, Virginia, and Annapolis, Maryland.

LRC’s mission is to be a center of excellence in the diagnosis and care of individuals with rheumatic diseases, in the development of new treatments, and to make the practice a resource in the education of patients, the medical community and the public at-large.

Please visit LRC on the web at www.loudounrheum.com.
Neurology Associates

Neurology Associates, founded in 2004 by Dr. Sarbjot Dulai, joined Loudoun Medical Group in October 2013. Dr. Dulai has practiced in Loudoun County since 2001. He specializes in the diagnosis and treatment of neurological conditions, such as: stroke; transient ischemic attack; seizures; epilepsy; syncope; headaches; migraines; concussion; dizziness; vertigo; balance disturbances; memory loss; dementia; Alzheimer’s; tremor; Parkinson’s; multiple sclerosis; Bell’s palsy; facial pain; movement disorders; neck pain; back pain; carpal tunnel syndrome; weakness; numbness; nerve entrapments; neuropathy; myopathy; radiculopathy and sleep disorders.

Services provided at Neurology Associates include EMG/nerve conduction studies, EEG, ambulatory EEG, auditory evoked potentials, visual evoked potentials, somatosensory evoked potentials, carotid ultrasound and Botox injections.

Dr. Dulai received his medical degree from the Medical College of Virginia in 1993, where he also completed his internship in Internal Medicine in 1994. He completed his residency in Neurology at the Medical College of Virginia in 1997 before completing his fellowship in Clinical Neurophysiology at the Medical College of Virginia in 1998.

Dr. Dulai is Board-Certified by the American Board of Psychiatry and Neurology. Dr. Dulai is certified by the American Society of Neuroimaging in the interpretation of carotid duplex and transcranial Doppler tests. Dr. Dulai is fellowship-trained in neuromuscular medicine, epilepsy, EMG/NCS, EEG, evoked potentials, and botulinum toxin injections and has been an active member of the American Academy of Neurology since 1994.

Virginia Women’s Health Associates

Founded in 1992 by Dr. Camilla Hersh, Virginia Women’s Health Associates has been praised by their patients for its recognition of individual differences, respecting all and tailoring care to honor the individual. Joined in 2011 by Dr. Renee Morales, Dr. Hersh has created a practice that is committed to supporting all patients with the highest quality of comprehensive obstetrical and gynecological care available.

Board-Certified and a Fellow of the American Board of Obstetrics and Gynecology, Dr. Hersh has diverse expertise, from routine care to advanced surgical procedures. She has delivered well over 4,000 babies. Committed to bringing minimally invasive treatment options to her patients, Dr. Hersh was also one of the first physicians in the area to offer da Vinci robotically assisted surgery. She also serves as a Clinical Assistant Professor for Georgetown University Medical School.

Dr. Morales is also Board-Certified and is a Junior Fellow of the American Board of Obstetrics and Gynecology. Along with her enthusiasm for women’s health and pregnancy, Dr. Morales brings a special interest in adolescent gynecology and minimally invasive surgery. She enjoys learning about her patients and takes a team approach to provide the best care to meet their needs.

Supporting the doctors is Amy Rembold, a Board-Certified Physician Assistant with a special interest in Obstetrics and Gynecology, especially in teen gynecologic health. Ms. Rembold earned a Bachelor of Science Degree at Virginia Tech and a Master of Physician Assistant Studies Degree at Shenandoah University. Joining the group in 2010, she quickly became an integral part of the practice.

Virginia Women’s Health Associates is happy to announce that Lynn A. Chance, R.N., MSN, WHNP, joined the practice in March 2014. Ms. Chance is a Women’s Health Nurse Practitioner and earned both Bachelor and Master of Science Degrees in Nursing at Vanderbilt University. She is certified by the National Certification Corporation as a Women’s Health Nurse Practitioner. Ms. Chance has over 15 years of experience in both inpatient and outpatient obstetrical and gynecological care.

Virginia Women’s Health Associates joined LMG in October 2013.

Please visit Virginia Women’s Health Associates on Facebook, Twitter, YouTube and Google+ and on the web at www.vawomenshealth.com.

Dr. Dulai is Board-Certified by the American Board of Psychiatry and Neurology. Dr. Dulai is certified by the American Society of Neuroimaging in the interpretation of carotid duplex and transcranial Doppler tests. Dr. Dulai is fellowship-trained in neuromuscular medicine, epilepsy, EMG/NCS, EEG, evoked potentials, and botulinum toxin injections and has been an active member of the American Academy of Neurology since 1994.
Infectious Disease: Tropical Medicine and Traveler’s Health

Dr. Imtiaz Choudhary of The Infectious Disease Clinic – Alexandria, joined Loudoun Medical Group in 2010. Prior to joining, Dr. Choudhary was an Associate Professor and Program Director of the Infectious Disease program at Howard University College of Medicine. He completed his medical degree in 1986, and subsequently pursued an internship and residency in Internal Medicine at Pinnacle Health/Polyclinic in Harrisburg, Pennsylvania and a fellowship in Infectious Diseases at Howard University.

Dr. Choudhary is Board-Certified in both Internal Medicine and Infectious Disease & Tropical Medicine. He was appointed a Civil Surgeon in 1999 and he has been a LMG Shareholder since January 2013.

Please visit Dr. Choudhary on the web at www.travelclinics.com.

Oncology/Hematology of Loudoun and Reston (OHLR), founded in 1997 by Dr. Rangappa Rajendra, specializes in the diagnosis and treatment of adults with cancer or hematological abnormalities. Board-Certified in both internal medicine and medical oncology, Dr. Rajendra completed his fellowship in Medical Oncology and Hematology at Washington Hospital Center in Washington, D.C. Dr. Rajendra has practiced in Loudoun County and Reston since 1991. Practicing alongside of Dr. Rajendra are Drs. Manoel Moraes and Jeffrey White.

Dr. Moraes completed his fellowship training in Hematology and Oncology at the Cleveland Clinic. Dr. Moraes was in private practice for over 20 years before joining OHLR. He is Board-Certified in both internal medicine and medical oncology. His primary interests include treating cancers of the head and neck, breast, and bladder, as well as lymphomas.

Having also trained alongside Dr. Rajendra as fellows in Medical Oncology and Hematology at Washington Hospital Center, Dr. Jeffrey White sees patients at the office on a part-time basis. He is a distinguished cancer researcher and has been the Director of the Office of Cancer Complementary and Alternative Medicine at the National Cancer Institute (NCI) for several years. Dr. White treats all types of cancers and blood disorders.

Drs. Rajendra, White and Moraes work closely together with the nurses and staff to ensure compassionate and state-of-the-art treatment for their patients.

Please visit Oncology/Hematology of Loudoun and Reston on the web at www.loudounoncology.com.
Comprehensive Sleep Care Center (CSCC) is among the Washington D.C. metropolitan area’s most experienced medical practices for diagnosing and treating the many causes of sleep disorders for both children and adults. CSCC’s board-certified sleep medicine physicians have helped almost 15,000 patients plagued by sleep disorders since opening in 2007.

Founded by Dr. Charu Sabharwal, CSCC has grown exponentially to include physicians Drs. C. George Zhao, Tushar Thakre, Sean Rotolo and Shahriar Shahzeidi, as well as numerous sleep technicians and sleep technologists.

In addition to top-notch and compassionate consultative and diagnostic services provided in a high-quality sleep laboratory with a hotel-like atmosphere, CSCC offers a wide range of treatment options, including the latest CPAP equipment for the treatment of sleep apnea, as well as oral appliances for mild to moderate sleep apnea.

CSCC is always at the forefront of new methods, including those that make life a bit easier for patients. Toward that end, CSCC now offers portable monitoring equipment for use in patients’ homes. Home sleep tests are intended to specifically evaluate patients without co-morbidities (neurologic, cardiac, or significant pulmonary disorders) who are considered to be moderate to high risk for sleep apnea.

Comprehensive Sleep Care Center joined Loudoun Medical Group in August 2014 and rendered services of nearly 10,000 patient encounters from that point through December 2014.

Please visit CSCC on Facebook, Twitter and YouTube and on the web at www.comprehensivesleepcare.com.

Sterling Pediatrics

Celebrating 10 years of Personalized Healthcare from Infancy to Adulthood

Sterling Pediatrics joined LMG in April 2015. Founded by Dr. Sharmila Nair a Board-Certified Pediatrician in 2003, the practice’s goal has always been to become an active partner in their patient’s growth to adulthood. Sterling Pediatrics treats patients age 0 to 21 for the mental and physical health providing quality health care through prevention and treatment of common childhood diseases.

Dr. Nair completed her residency in Pediatrics from the Brooklyn Hospital Center and Cornell University, NY and completed her research fellowship at NICHD, NIH prior to her residency. She has been a preceptor for Shenandoah University's Physician Assistant Program since its inception and has special interests in neonatology and asthma management. Dr. Nair is fluent in many languages including Malayalam, Hindi, Marathi, Gujarathi & Tamil.

Kaalyn Zizus PA-C joined Sterling Pediatrics in 2013. She is a graduate of Shenandoah University where she received her Master of Science degree in physician assistant studies. She completed her undergraduate education at the Pennsylvania State University, receiving a Bachelor of Science degree in biobehavioral health.

Please visit Sterling Pediatrics on Facebook and Twitter and on the web at www.sterlingpeds.com.
The LMG Education Center opened in March 2014 in order to support LMG’s vision of providing high-quality healthcare to the community. Students who complete the Medical Assistant program offered by the LMG Education Center are equipped with both didactic knowledge and practical experience through LMG site externships. Classroom knowledge, coupled with real-world experience, arms these students with the tools necessary to support LMG practices in delivering top-notch care.

The LMG Education Center also offers Basic Life Support, Diabetes and Asthma Education, Phlebotomy and Risk Assessment. An extensive Customer Service Training program was also launched in 2014 – merging the “Disney Way” with that of the Mayo Clinic philosophy. The tag line for the Customer Service Training session is, “We take your health personally.”

Charge Entry and Billing Education Refresher courses were offered in 2015 along with a Certified Coding Class.

Over 300 students have matriculated through the various course programs the LMG Education Center is proud to offer in its first year in operation.

For more information about the LMG Education Center, please visit www.lmgeducationcenter.com.

Scrubs Plus by LMG represents LMG’s first expansion into retail services. Scrubs Plus opened for business in November 2014 at the Dulles Town Center Mall in Sterling. The retail outlet not only offers a diverse array of medical scrub selections, but LMG also uses the site to provide patient education, as well as enhance LMG’s visibility within the community, offering “Find A Doctor” tools and other similar services to put patients in touch with healthcare services they need. Popular brands, including Grey’s Anatomy, HeartSoul, and Cherokee, are sold at Scrubs Plus, and payroll deductions are available for LMG employees.

Scrubs Plus also offers “trunk shows” for local practices in order to highlight the high quality scrub offerings to the healthcare community.

On-line sales are offered at www.scrubsplus-cherokee.com.
Philanthropic Activities & Charities

Supported by both

- A Place to Be
- Adopt a Highway
- American Red Cross
- Animal Rescue /PAWS
- Arlington Food Assistance Center
- Autism Speaks
- Avon Breast Cancer Walk
- Bladder Cancer Advocacy
- Boy & Girl Scouts
- Christmas Angel Program
- Global Medical UTAH – Medical Relief in New Zealand & Peru
- Good Sheppard Alliance
- Helping Hands
- Heritage Hall Socials
- Hope Africa Ministries, Inc.
- IFMC Charitable Foundation
- Inova Blood Drive
- Interfaith Relief Food Bank
- Jingle Bell Project
- Juvenile Diabetes Research Fund
- Kenya Medical Mission
- Kiwanis Club
- Loudoun Abused Women’s Shelter
- Loudoun Community Health Center

- Loudoun County Youth Shelter
- Loudoun First Responders Foundation
- Loudoun Interfaith Relief
- Loudoun Therapeutic Riding
- Loudoun Free Clinic
- Loudoun Habitat for Humanity
- Low Income Family Sports
- Lower Loudoun Football, Baseball, Basketball & Soccer teams
- Make a Wish Foundation
- March of Dimes
- Medical Mission to Ecuador
- Midwives for Haiti
- National MS Society
- National Youth Advocacy Program
- Nourish the Children Foundation
- Orphan Foundation of America
- Physicians without Borders
- Relay for Life
- Round Hill Festival
- Round Hill Garden Club
- School graduation sponsorships
- Susan G. Komen for the Cure
- Upper Loudoun Football, Baseball, Basketball & Soccer teams
- Wounded Warrior Project
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<thead>
<tr>
<th>Family Medicine Associates of Alexandria</th>
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<tbody>
<tr>
<td>Vivian Lungo-Eschenwald, MD (703) 370-2400</td>
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<td>Mirela Mircea, MD (703) 370-2400</td>
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<tr>
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<tr>
<td>Lisa Bodine, PA-C (703) 370-2400</td>
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<tr>
<td>Monica Dillard, FNP-BC (703) 370-2400</td>
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<tr>
<td>Brooke Meehan, FNP-BC (703) 370-2400</td>
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<tr>
<td>Jeffrey Nekoba, M.D. (571) 642-1460</td>
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<tr>
<td>Diane Fenlason, FNP-BC (571) 642-1460</td>
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<tr>
<td>Richard Nemeth, MD (703) 317-9500</td>
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<tr>
<td>Arthur Brantz, MD (703) 317-9500</td>
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<td>Ashburn Pediatrics</td>
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<tr>
<td>Theresa Crowley, MD (703) 729-7652</td>
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<tr>
<td>Michele Reilly, DO (703) 729-7652</td>
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<tr>
<td>Amie Beloy, MD (703) 729-7652</td>
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<td>Victoria Pierce, MD (703) 729-7652</td>
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<td>Maura Carroll, MD (703) 729-7652</td>
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<td>Jyotsna Shah, MD (703) 729-7652</td>
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<td>Susan Weiner, CPNP (703) 729-7652</td>
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<td>Kelly Welstead, CPNP (703) 729-7652</td>
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<td>Katie Ganesas, FNP-BC (703) 729-7652</td>
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<tr>
<td>Kathleen Baniewicz, CPNP (703) 729-7652</td>
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<td>Susan Tillman, CPNP (703) 729-7652</td>
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<tr>
<td>Loudoun Pediatric Associates</td>
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<tr>
<td>Rebecca Fox, MD (703) 723-7337</td>
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<td>Joel Madrid, MD (703) 723-7337</td>
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<tr>
<td>Max Liis, MD (703) 723-7337</td>
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<tr>
<td>Nicole Connolly, MD (703) 723-7337</td>
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<td>Anny Roychoudhury, MD (703) 723-7337</td>
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<td>Keriya Adem, MD (703) 723-7337</td>
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<tr>
<td>Jessiaca Roberson, MD (703) 723-7337</td>
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<tr>
<td>Lisa Hutchinson, MD (703) 723-7337</td>
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<tr>
<td>Jennifer Maguire, MD (703) 723-7337</td>
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<tr>
<td>Lisa Cook, PA-C (703) 723-7337</td>
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<tr>
<td>Lauren Bland, FNP-BC (703) 723-7337</td>
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<tr>
<td>Sharon Corriuvez, FNP-BC (703) 723-7337</td>
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<tr>
<td>Marion Shortman, CPNP (703) 723-7337</td>
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<tr>
<td>Leah Howell, FNP-BC (703) 723-7337</td>
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<tr>
<td>Adrienne Harel, CPNP (703) 723-7337</td>
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<tr>
<td>Lori Andrew, MD (703) 444-2100</td>
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<tr>
<td>Kimberly Kolb, DO (703) 444-2100</td>
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<tr>
<td>Damon Moore, MD (703) 444-2100</td>
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<tr>
<td>Janine Cooper, MD (703) 444-2100</td>
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<tr>
<td>Jan Cantrell, CPNP (703) 444-2100</td>
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<tr>
<td>Elizabeth Choma, CPNP (703) 444-2100</td>
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<tr>
<td>Suzanne O’Brien, FNP-BC (703) 444-2100</td>
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<tr>
<td>Sharmila Nair, MD (703) 444-0100</td>
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<tr>
<td>Kaelyn Zizus, PA-C (703) 444-0100</td>
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<tr>
<td>Ashburn Sterling Internal Medicine &amp; Pediatrics</td>
</tr>
<tr>
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<tr>
<td>Kelly Boardman, PA-C (703) 729-9220</td>
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<tr>
<td>Barbara Petty, WHNP (703) 729-9220</td>
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<tr>
<td>Vijay Chadha, M.D. (703) 478-0325</td>
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<td>Vijay Chadha, MD (703) 478-0325</td>
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<tr>
<td>Coleman Primary Care</td>
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<tr>
<td>Linda Coleman, MD (703) 430-7090</td>
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<tr>
<td>John Coleman, MD (703) 430-7090</td>
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<td>Haritha Yalamanchilli, MD (703) 430-7090</td>
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<td>Hope Marshall, ANP-BC (703) 430-7090</td>
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<tr>
<td>Dyles Medical Group</td>
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<tr>
<td>Anil Patel, MD (703) 777-8840</td>
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<tr>
<td>Nancy Nicolson, ANP-BC (703) 777-8840</td>
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<tr>
<td>The Iyer Clinic</td>
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<tr>
<td>Ravi Iyer, MD (704) 404-5900</td>
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<tr>
<td>Kim Nguyen, FNP-BC (704) 404-5900</td>
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<tr>
<td>Kingstowne Internal Medicine</td>
</tr>
<tr>
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<tr>
<td>Loudoun Internal Medicine Associates</td>
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<tr>
<td>Richard Kim, MD (703) 858-3220</td>
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<tr>
<td>Nevin Ujevic, MD (703) 858-3220</td>
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<tr>
<td>Kathleen Pelkofski, ANP-BC (703) 858-3220</td>
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<tr>
<td>Robin Woyach, FNP-BC (703) 858-3220</td>
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<tr>
<td>Amy Emery, FNP-BC (703) 858-3220</td>
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</table>
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Oscar Adler, MD: Kidney Disease & Hypertension
Oscar Adler, MD (703) 723-5555
<table>
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<tr>
<th>Department</th>
<th>Practice Name</th>
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<tr>
<td>Neurology</td>
<td>Neurology Associates</td>
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<td>Virginia Center for Neuroscience</td>
<td>Seth Twuwiner, MD (703) 858-5454</td>
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<tr>
<td>Occupational Health</td>
<td>Corporate Health Center</td>
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<tr>
<td>Oncology/Hematology</td>
<td>Oncology/Hematology of Loudoun and Reston</td>
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<td></td>
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<td>Manoel Moraes, MD (703) 858-3110</td>
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<td>Jeffrey White, MD (703) 858-3110</td>
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<tr>
<td>Orthopaedic Surgery / Spinal Surgery</td>
<td>Center for Spinal Surgery &amp; Spinal Disorders</td>
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<td>Dr. Matthew Gavin</td>
<td>Matthew Gavin, MD (703) 777-3262</td>
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<td>Fernando Mendez, PA-C (703) 777-3262</td>
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<td>Dr. Michael Kavanagh</td>
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<td>Anushaya Fitzgerald, PA-C (703) 777-3262</td>
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<td>Dr. Nauman Akhtar</td>
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<td></td>
<td>Orthopaedic &amp; Spine Surgery Institute</td>
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<td>Debora Feeney, FNP-BC (703) 723-6774</td>
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<tr>
<td>Otolaryngology / Audiology</td>
<td>Advanced ENT Specialists</td>
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<td>Kimberly Johnson, AUD (703) 858-5885</td>
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<td>Metropolitan ENT &amp; Facial Plastic Surgery</td>
<td>Michael Abidin, MD (703) 313-7700</td>
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<td>Tarek Orfaly, MD (703) 313-7700</td>
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<td>Iyad Saidi, MD (703) 313-7700</td>
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<td>Ravi Swamy, MD (703) 313-7700</td>
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<td>Courtney Raizman, MD (703) 313-7700</td>
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<td>Joy Roberson, PA-C (703) 313-7700</td>
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<td>Daniela Da Rocha, PA-C (703) 313-7700</td>
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<td>Kathryn McGee, AUD (703) 313-7700</td>
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<td>Erika Kopinski, AUD (703) 313-7700</td>
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<td>Northern Virginia ENT Associates</td>
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<td>Darlene Payne, AUD (703) 729-8080</td>
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<td></td>
<td>Physical Medicine and Rehabilitation</td>
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<td>Fernando Mendez, PA-C (703) 443-8110</td>
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<td>Physical Therapy</td>
<td>K. Todd Burnett, DPT (703) 858-7778</td>
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<td>Vishakha Nabar, PT (703) 858-7778</td>
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<td>Optimum Physical Therapy &amp; Sports Medicine</td>
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<td>Shahla Williams, PT (703) 443-2223</td>
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<td>Bryan Spillare, PT (703) 443-2223</td>
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<td>Nona Phelps, PTA (703) 443-2223</td>
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<td>Andrea Pyle, OTR (703) 443-2223</td>
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<td>Plastic Surgery</td>
<td>Timothy Mountcastle, MD (703) 858-3208</td>
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<td>Meredith West, PA-C (703) 858-3208</td>
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<td>Rheumatology</td>
<td>Loudoun Rheumatology Center</td>
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<td>Jennifer Odutola, MD (703) 723-3398</td>
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<td>Gulrukh Saleem, MD (703) 723-3398</td>
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<td>Sleep Medicine</td>
<td>Comprehensive Sleep Care Center</td>
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<td>Charu Sahoo, MD (703) 729-3420</td>
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<td>Urology</td>
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<td>Walter O’Brien, MD (703) 724-1195</td>
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<td>Kevin O’Connor, MD (703) 724-1195</td>
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<td>Nicholas Lailas, MD (703) 724-1195</td>
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<td>Gregory Schenk, MD (703) 724-1195</td>
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<td>Jennifer Young, MD (703) 724-1195</td>
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<td>Chuck Pruna, MD (703) 724-1195</td>
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<td>Christopher Starks, MD (703) 724-1195</td>
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<td>Maria Canter, MD (703) 724-1195</td>
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<td>Julie Spencer, FNP-BC (703) 724-1195</td>
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<td>Kristin Tambarro, FNP-BC (703) 724-1195</td>
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<td>Katie Cage, FNP-BC (703) 724-1195</td>
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<td>Mari Parker, FNP-BC (703) 724-1195</td>
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