

Virginia Contreras, MD, a Psychiatrist with Clinica Dr. Contreras

Get to know Psychiatrist Dr. Virginia Contreras, who serves patients in the Bronx, York.



New York City, Jan 30, 2020 ([IssueWire.com](http://www.IssueWire.com)) - Dr. Contreras, a board-certified psychiatrist, is passionate about nutrition and health. She is currently serving patients at her private practice, Clinica Dr. Contreras, in the Bronx, New York.

Due to the fact that she is both a competitive athlete and a medical professional, Dr. Contreras has a unique understanding of the challenges that many people face when they try to go down to a healthier weight. Since 2005, she has been developing the B-Sexy line, offering pharmaceutical-grade supplements that help with weight management. Her shakes, supplements, sublingual sprays, vitamin injections, and weight loss tablets are the result of meticulous research and development. With a vision for giving individuals across the world the opportunity to benefit from her products, she is now offering B-Sexy through her own online store.

A member of the American Psychiatric Association, the doctor is board-certified in psychiatry by the American Board of Psychiatry and Neurology, a not-for-profit corporation dedicated to promoting high-quality patient care for the public through the initial and continuing certification of psychiatrists and neurologists.

After earning her medical degree from the Universidad Nacional Pedro Henríquez Ureña in Santo Domingo, Dominican Republic, Dr. Contreras relocated to the United States. She completed her residency in psychiatry at Bronx-Lebanon Hospital Center.

Throughout her fruitful career, she has been the recipient of several honors and recognitions, including the Patients' Choice Award from 2012 to 2014 and Compassionate Doctor Recognition from 2012 to 2016. In addition, she has won various awards in powerlifting and weightlifting competitions.

Psychiatry is the medical specialty devoted to the diagnosis, prevention, and treatment of mental disorders. These include various maladaptations related to mood, behavior, cognition, and perceptions. A psychiatrist is a medical doctor who specializes in mental health, including substance use disorders. They are qualified to assess both the mental and physical aspects of psychological problems.

Learn More about Dr. Virginia Contreras:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1992548-Virginia-Contreras-Psychiatrist> or through Clinica Dr. Contreras, <https://virginia-contreras-md-psychiatrist.business.site/>

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