

## **Sushma Hirani, MD, an Integrative Medicine Physician with Rose Wellness Center**

Get to know Integrative Medicine Physician Dr. Sushma Hirani, who serves patients in Oakton, Virginia.



**New York City, Mar 27, 2020 ([Issuewire.com](http://Issuewire.com))** - As an integrative medicine physician, Dr. Hirani specializes in functional medicine to help find the root cause for a patient's illness, not just to treat their symptoms. She is Founder & Medical Director of Rose Wellness Center in Oakton, Virginia, where she places a strong emphasis on preventive care, nutrition, and lifestyle changes.

The doctor's focus is on treating chronic issues such as hypothyroidism, fibromyalgia, chronic fatigue, hormonal imbalances, adrenal fatigue, digestive disorders, and chronic pain using a functional medicine approach. She believes in restoring and maintaining good health by strengthening the body's own healing power to overcome chronic illnesses.

With a special interest in women's healthcare, Dr. Hirani is committed to working with her patients at their own pace to help them attain their optimal health goals. She promotes an integrative approach to healing by incorporating multiple modalities including nutrition, acupuncture, homeopathic care, and infrared sauna. She creates a personalized treatment plan for each patient depending on their health and family history and the results of their specialty lab tests.

A member of the American College for Advancement of Medicine and the American Academy of Anti-Aging Medicine, she is board-certified in family medicine by the American Board of Family Medicine, a non-profit, independent medical association of American physicians who practice in family medicine and its sub-specialties.

Raised in a close-knit family in New Jersey, Dr. Hirani attended medical school in India – a country known for its long history and rich tradition in ayurvedic and herbal treatments. She did her residency in family medicine at Wayne State University in Detroit, Michigan.

Since then, she has continued to learn, grow, and achieve her goals. She has attended numerous educational seminars, trained with experienced integrative medicine doctors, and continues to stay up to date in new advances in her field through journals, conferences, and various other sources.

Integrative medicine is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies. An integrative medicine physician works to treat the whole person rather than just the disease. The mind, body, and soul of a patient are taken into consideration to promote healing and well-being.

Throughout the years, Dr. Hirani has been the recipient of several awards and honors, including America's Most Honored Professionals, Top 5% (2016), Compassionate Doctor Recognition (2011 – 2012), Patients' Choice Award (2012, 2014).

In her personal life, she lives in Fairfax County with her loving husband, her two beautiful children, and adorable fluffy cotton. Spending time with her family is her passion and caring for her patients is her mission. "Our health is our most valuable possession and asset, important in all its dimensions – physical, mental, and emotional. It is with great honor that I serve you, and feel privileged that you considered me as your doctor to help you achieve your optimal health." as stated by the doctor on a more personal note.

## **Learn More about Dr. Sushma Hirani:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3396138-Sushma-Hirani-Family-Practitioner> or through Rose Wellness Center, <https://www.rosewellness.com/our-team/>

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