

## Husna Baksh, MD, an Internist with Healthy Steps

Get to know Internist Dr. Husna Baksh, who serves patients in Silver Spring, Maryland.



**New York City, New York Jan 5, 2022 ([Issuewire.com](http://Issuewire.com))** - Dr. Baksh is a skilled physician who is passionate about helping patients lead healthier, more fulfilling, lives. With over 30 years of experience, she offers patients at Healthy Steps in Silver Spring, Maryland innovative, preventive, and diagnostic healthcare services. Although she enjoys treating patients with a wide range of health conditions, she holds a keen interest in pulmonary health, chronic disease management, and the prevention of cardiovascular disease.

At Healthy Steps in Silver Spring, Maryland, keeping patients healthy starts with an emphasis on personalized medicine and patient-centered care. The practice is overseen by Dr. Husna Baksh and includes a skilled and experienced team of medical professionals who offer everything from routine physicals to advanced medical testing and disease prevention.

After earning her medical degree from Howard University Medical School, she completed her residency in internal medicine at the Washington Hospital Center, followed by an additional year of training at Children's National Medical Center in adolescent medicine.

In 1993, Dr. Baksh became a volunteer at the Whitman Walker Clinic, and a year later, accepted a staff position at the National Naval Medical Center, Medical Acute Care Clinic, in Bethesda, Maryland. In 1997, she took on directorial roles at both of these clinics. She created her private practice Healthy Steps in 1999 to emphasize movement and proactive thinking as a critical part of health.

Internal medicine is the medical specialty dealing with the prevention, diagnosis, and treatment of adult diseases. Physicians specializing in internal medicine are called internists. They manage and prevent common and complex diseases by providing comprehensive care and promoting overall well-being.

Among her most notable achievements:

Dr. Baksh has been the recipient of the Patients' Choice Award (2018, 2013, 2011, 2010, 2009, 2008), Compassionate Doctor Recognition (2013, 2011, 2010, 2009), and Top 10 Doctor - City (2014).

Over the last 30 years, she has mentored nurse practitioners, physician assistants, and medical students to care for diverse populations. Her focus: attention to detail, excellence in bedside manner, and building trust for optimal patient outcomes. She speaks Spanish and French and touches the lives of patients across multiple cultures.

Her love of dance and movement is a critical foundation of her life's work at Healthy Steps.

Enthusiastically, Dr. Baksh practices what she preaches!

### **Learn More about Dr. Husna Baksh:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1945979-Husna-Baksh-Family-Practitioner> or through Healthy Steps, <https://www.myhealthysteps.net/doctors/dr-husna-baksh/>

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## Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Husna Baksh, MD

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