

## Physician Profile

Dr. Daphne Keshishian, M.D.

By Marty Kasza



With so many dietary options available — gluten-free, low-fat, sugar-free, hormone-free — Americans may be left more confused than helped when aiming to be healthy. That's where the expertise of Daphne Keshishian, M.D., an internal medicine physician, comes in.

Dr. Keshishian graduated from Georgetown University School of Medicine and has been practicing evidence-based medicine for more than 20 years. In that time, she's witnessed benefits from a Mediterranean diet. She's even seen the benefits firsthand through her own family tree, as Dr. Keshishian is a Greek-American herself.

"Research shows that a Mediterranean diet is a powerful way to keep us healthy," she says. In addition to regular medical care under a physician, Dr. Keshishian says a Mediterranean diet can optimize your health and manage chronic diseases.

So what's included? A Mediterranean diet is loaded with fruits and vegetables, healthy oils like olive oil and avocado, whole grains, fish, chicken and other meat and sweets in moderation.

"A Mediterranean diet doesn't mean you're only eating Greek food," Dr. Keshishian says. "It's a lifestyle. At the hallmark is socialization at meals, having an active life, cooking your own food and enjoying it with others."

Dr. Keshishian has two tips for anyone to improve his or her health. "First, try to avoid nutrient poor food, and instead, increase nutrient-dense food," she says. "A good start is eliminating soda from a diet. Alternatives to soda are plain seltzer water, unsweetened tea or seltzer water with a splash of fruit juice.

"Second, start your day with a healthy breakfast rather than processed food. Perhaps start with a hard-boiled egg, fruit and unsweetened yogurt. Breakfast is probably the easiest meal to change with a little bit of planning."

As much as Dr. Keshishian enjoys helping her patients, she and her husband, Lee, are happy to model a healthy life for their three children: Armand (18), Ila (14) and Lilit (11). "We definitely cook together as a family," Dr. Keshishian says. "My children are

actively involved with meal and menu preparation. I grew up with that with my mother, grandmother and family members. We continue that tradition through my own family now."

Dr. Keshishian is an avid golfer and participates in yoga and Pilates to keep relaxed and flexible. Other hobbies include cooking and watching her children in their sports activities. She's happy to be involved in the Georgetown Alumni Association and cooking organizations.

Dr. Keshishian says her goal with patients focuses on prevention of disease, management of chronic disease and management of acute illness. "I believe it's important to age as gracefully as possible," Dr. Keshishian says. "Routine medical care is part of that picture, along with nutritional intervention and a healthy and active lifestyle."

For more information about a Mediterranean diet and lifestyle, visit Dr. Keshishian's website at [diningwithadoc.com](http://diningwithadoc.com). You'll find helpful information on the topic, recipes and cookbook suggestions. Dr. Keshishian's medical practice is located at 10215 Fernwood Rd., Ste. 50 in Bethesda, Maryland. You can reach her office at **301-493-9328**.



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