

PROCEDURES

- SmartLipo™
- Zerona FDA Approved Body Sculpting
- Cellulite Treatment
- Body Sculpting
- Medical Weight Loss
- Botox & Dermal Fillers
- Laser Treatments/Laser Hair Removal
- Skin Tightening/Skin Rejuvenation
- IPL for Sun Damage and Facial Veins
- Acne Treatments and Medical Chemical Peels
- Microdermabrasion (Vibraderm)

CONDITIONS

- Bio-Identical Hormones
- Adrenal Fatigue
- Fibromyalgia/Chronic Fatigue
- Neurotransmitter Imbalances
- Detoxification Regimens
- Athletic Endurance Protocols
- Male Hormone Balancing
- Thyroid Problems
- Food Allergies
- Cancer Prevention Protocols
- Depression/Anxiety
- Migraine Headaches
- Weight Gain Conditions

The Practice

When it comes to the battle against aging, Dr. Naina Sachdev, affectionately known as "Dr. Naina", is the secret weapon you want on your side. As an Anti-aging, Functional, and Aesthetic Medicine Specialist she is widely sought after for anti-aging knowledge, and she is frequently asked to speak internationally. As such, it's not uncommon for Dr. Naina's patients to travel from cities such as Los Angeles and Dubai to visit her, where she serves as Medical Director at the Advanced Aesthetics & Integrative Medical Center in Lake Oswego. Most recently she has been named the Olay ambassador for the Olay Regenerist skincare line launched in the Middle-East. This gave her a status as a public figure and she has appeared as an anti-aging expert in numerous television and radio interviews, as well as magazines including Harper's Bazaar. She is also an experienced speaker for many Anti-Aging and Age Management organizations that are on the forefront of teaching this cutting-edge medicine.

Her dedication is evidenced by her commitment to her patients. In order to care for her patients in the most effective way,

Dr. Naina treats the whole body from the inside out using "functional medicine" which is a unique blend of medical disciplines that draws from conventional, nutritional, biochemical and aesthetic treatments. "We look at the different processes that age the skin, such as hormone imbalance, and we correct them. From there, we can effectively reduce inflammation, which is the key to reversing the aging process and fighting illness," she explains.

Patients will also benefit from Dr. Naina's profound knowledge of nutrigenomics; the fascinating field that helps determine how nutrition and genetics affect one another. An evaluation uncovers a person's individual genetic vulnerabilities, and Dr. Naina prescribes a nutritional plan to combat that unique set of weaknesses and imbalance. Laser and Body Sculpting treatments are used in a way unlike that of other local medical spas and clinics. Using the most sophisticated laser, anti-cellulite and fat reduction systems available, Dr. Naina and her medical staff perform treatments with the highest possible standards, always under complete physician supervision. She has a unique medical weight loss program that has been highly successful in fat reduction with long-term results. When it comes to aging, time may not be on your side, but Dr. Naina is.

Degree

- M.D., The University of Chicago Medical School, Chicago, IL

Residency Training

- General Surgery, Oregon Health Sciences University, Portland, OR
- Internal Medicine, Emanuel Hospital, Portland, OR

Board Certification

- American Board of Anti-Aging and Regenerative Medicine

Fellowships

- Functional Medicine, American Academy of Anti-Aging Medicine
- Research Fellowship, Dept. of Plastic and Reconstructive Surgery, University of Chicago, IL

Affiliations

- Please see website: www.nainamd.com

Location

Naina MD
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121 C Avenue
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Naina Sachdev, M.D.,

“I believe in treating the whole body from the inside out using functional, anti-aging and nutrigenomic medicine. Once the body is corrected from the inside only then can the proper aesthetic treatments be successful and long-lasting. As Ambassador for Olay, I have customized the best treatment regimens to the highest possible standards internationally.”



Naina Sachdev, M.D.,

Cosmetic Surgery &
Anti-Aging Medicine