

Margaret Aranda, MD, PhD, an Anesthesiologist with Aranda MD Enterprises

Get to know Anesthesiologist Dr. Margaret Aranda, who serves patients in West Hills, California.



New York City, Sep 10, 2020 ([Issuewire.com](https://www.issuewire.com)) - Dr. Aranda is a prolific author, inspirational speaker, empathetic advocate, and well-versed anesthesiologist with subspecialty training in critical care. She is the Founder of Aranda MD Enterprises in West Hills, California.

With personal insight into rejuvenating patients back to their best possible health, her services include pain management in a caring manner for patients with a type of chronic pain that is never going to change, age management, weight control, hair loss, and regenerative medicine. She focuses on sleep, diet, supplements and pain medications, with the use of sex hormone replacement, platelet-rich plasma, exozomes, and neurogenesis.

Graduating high school at age 16, Dr. Aranda entered college just to come down with chicken pox. By 19, she had California Cosmetology and Real Estate licenses. She went to college to get her broker's license but became pre-med at the beckoning of Scotty Pedesky, Health Educator. As President of the Sepulveda VA's Pre-Med Club and winner of the Sigma Xi Research Symposium, then as a recipient of the National Foundation for Biochemical Research Award, she studied cancer research with Dr. Steven Oppenheimer at California State University, Northridge.

Going down the medical path, she obtained her medical degree from the Keck School of Medicine of the University of Southern California, after which she went on to complete her residency in anesthesiology with subspecialty training in critical care at LAC+USC Medical Center and Stanford University, respectively. Her PhD is in forensic science; her thesis was on women's health.

After doing operating room and intensive care at the University of Pennsylvania, Dr. Aranda was faculty in three departments: Anesthesiology and Critical Care, Surgery and Traumatology, and Radiology. As Interim Chief of Anesthesiology at the University of Pennsylvania's Philadelphia VA Medical Center during 911, she optimized veteran's health care outcomes and spearheaded several patient protocols. Her research ranged from clinical to hard science topics, as she also wrote \$3 million in NIH Funding on hyperpolarized ³He-MRI. She then transferred to UCLA Anesthesiology when her father got Alzheimer's disease.

The doctor is a member of the following societies: Invisible Disabilities™ Association (Vice Chair), the American Medical Association, the American Society of Anesthesiologists, and the California Society of Anesthesiologists.

Furthermore, she is board-certified in anesthesiology and critical care medicine by the American Board of Anesthesiology, whose mission is to advance the highest standards of the practice of anesthesiology.

As a survivor of a traumatic brain injury with diabetes insipidus, Dr. Aranda knows pain, disability and rehabilitation. She suffered additional personal blows that led her to her own prescription for a retreat, long enough to get her life back together, both figuratively and literally. Now a strong and almost lone proponent of immunonutrition and alternative medicine, she is off all prescribed daily medication regimens. She strives to impart her knowledge to both empower and motivate individuals whose lives seem easily lost to 'the system.' She is considered by many different patient populations to be "one of us." Known for her positivity and her smile, Dr. Aranda encourages others to, "Keep Moving Onward & Forward!"

An advocate for invisible illnesses, women's health and patient safety, she has authored more than a handful of scientific manuscripts and books and has presented research in several major countries. Her social media presence impressions top 3 million viewers a month. Her latest book, *The Rebel Patient*, describes the "inner circle" story of what patients have to go through when they have an invisible illness that stumps the doctors.

Anesthesiology is the medical specialty concerned with the total perioperative care of patients before, during, and after surgery. It encompasses anesthesia, intensive care medicine, critical emergency

medicine, and pain medicine. Anesthesiologists have the primary responsibility of monitoring the patient's vital signs during surgery. In addition to basic measurements such as pulse, blood pressure, and temperature, anesthesiologists also measure the patient's respiration.

Tucked away in the mountains of southern California, Dr. Aranda is a devoted mother of two who stays active by writing, cooking, and training Buddha, her relaxed German Shepherd.

Learn More about Dr. Margaret Aranda:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82737171-Margaret-Aranda-Anesthesiologist> or through Aranda MD Enterprises, <https://arandamdenterprises.com/aranda-md-enterprises>

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