

Kanchan Anand, MD, a Nephrologist with Inova

Get to know Nephrologist Dr. Kanchan Anand, who serves patients throughout the State of Virginia.



New York City, New York Dec 8, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Anand has been dedicated to the practice of medicine in the Washington Metro area for over two decades, with a particular passion for promoting inner well-being. Her clinical focus encompasses hypertension (high blood pressure) and kidney disease.

In affiliation with Inova, Northern Virginia's leading nonprofit healthcare provider, she holds privileges at Inova Alexandria Hospital, Inova Fairfax Hospital, and Inova Mount Vernon Hospital.

Having earned her Medical Degree from the Jawaharlal Institute of Postgraduate Medical Education and Research in 1992, Dr. Anand conducted her internship at the same institution from 1992 to 1993. Upon her relocation to the United States, she completed her residency in internal medicine at Reading Hospital & Medical Center from 1998 to 2001, followed by a fellowship in nephrology at MedStar Washington Hospital Center from 2001 to 2004.

Board certified in internal medicine, Dr. Anand is a Diplomate of the American Board of Internal Medicine (ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world.

Nephrology is a specialty of medicine and pediatrics that concerns itself with the kidneys. It is the study of normal kidney function and kidney disease, the preservation of kidney health, and the treatment of kidney disease, from diet and medication to renal replacement therapy. Nephrologists have advanced training in treating kidney disease. They diagnose and treat kidney failure, as well as help patients by prescribing medications, offering special diet advice, and coordinating dialysis care or kidney transplantation when it becomes necessary.

Amid the challenges of the Covid era, Dr. Anand innovatively created a relaxation method known as "My 60 Seconds." This technique, requiring just 60 seconds, has proven immensely beneficial in bringing calm and rejuvenation to healthcare workers and team leaders. Dr. Anand extends her teaching of this technique not only to healthcare professionals but also to individuals worldwide.

Beyond her contributions to stress relief, she actively engages in speaking engagements and workshops tailored for doctors, nurses, and other professionals. Through these sessions, she imparts straightforward tips aimed at fostering self-care among participants.

On a more personal level, Dr. Anand is fluent in both English and Hindi.

Learn More about Dr. Kanchan Anand:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1306743-Kanchan-Anand-Nephrologist-Kidney-Specialist> or through Inova, <https://www.inova.org/doctors/kanchan-anand-md>

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