

Diana “Dr. D” Lopusny, M.D., F.A.A.P

by Nancy Cohen

Talk with Pediatrician Diana Lopusny for just a few minutes and you'll know this is a person who is deeply enthusiastic about her work. In practice for five years, she says “I fell in love with pediatrics when doing my rotations in the second half of medical school. As soon as I started, I knew that was the field I would pick. The children were so full of excitement, even when ill. To me that was amazing!” The motto of Dr. Lopusny's new office, Preferred Pediatrics, is “traditional, loving, modern care,” words mirroring her professional intention. She provides services for infants through early adulthood (age 21).

Pediatric care encompasses children's physical, emotional, and social health, and services range from prevention to diagnosis and treatment of disease. For sick children, Diana's goal is to uncover the root of illness. For well exams, she aims to ensure patients are on target with their eating, growth, development, social skills and more. Because environments affect well-being, pediatricians also support efforts to create a nurturing atmosphere. To that end, Diana, affectionately known as “Dr. D,” focuses on creating nourishing emotional bonds with families.

One factor differentiating her office from others is the integration of naturopathic and traditional medicine. Inspired by wellness practitioners and her father's natural health advocacy, she blends the two believing this is gentler on the body and produces fewer long-term side effects. Some naturopathic treatments she incorporates are: garlic drops, to treat ear infections from an early age; gripe water (a fennel and ginger combination) for calming gassy stomachs; arnica gel, which helps with pain in the joints by reducing inflammation; and cold/flu capsules containing vitamin C, Echinacea and other herbs.



Asked what to look for in a pediatrician, Diana stated, “I am hoping the new trend is for all families to go to a doctor that is open-minded enough to treat their patient with traditional medicine when absolutely necessary and use natural remedies when possible. This is kinder and gentler on the body. Let's think about it....if we could place warm olive oil on a cotton ball in our child's ear when it hurts and it takes the pain away, then that is the way to go!” She spoke about the importance of board certification and added that families may want to look for someone they feel is warm, empathetic, dedicated to patients and their care, and has patience, all of which help foster health.

A graduate of Ross University, Dr. Lopusny did her residency at Jersey Shore University Medical Center. She

is a member of the American Academy of Pediatrics (AAP) and board certified, hence the initials F.A.A.P. after the M.D. (Doctor of Medicine) that follows her name. (F.A.A.P. stands for Fellow of the American Academy of Pediatrics and indicates pediatricians have obtained board certification). Diana is involved locally with the Milford Chamber of Commerce's Health and Wellness Council, Milford Hospital's Young Parent Program Board, and the Get in Touch Foundation, which teaches girls about self-breast exams and raises breast disease awareness. She also has privileges at Bridgeport Hospital and soon at Yale New Haven Hospital.

Preferred Pediatrics class offerings include: Breast feeding; Growing up Green; newborn massage; first aid; and more. On Tuesday, August 4, at 8 a.m., Diana will host Natural Awakenings networking breakfast. She will speak about integrating alternative medicine and traditional pediatric care. At 6:30 p.m. on Tuesday, August 24, she will conduct a free lecture with Chiropractor, Dr. Matt Paterna, titled “Raising Healthy Kids the Natural Way.”

A visitor to Preferred Pediatrics summed up their experience by saying “If you ever need a dose of happiness for your day, just go to Dr. Lopusny's office.” In her spirited fashion, when told of that comment, Dr. D's response was “that was the best quote ever.”

Preferred Pediatrics is located at 88 Noble Avenue, Suite 101, in Milford, CT. Hours are Monday, Tuesday, Thursday, and Friday from 9 a.m. to 5 p.m., and Wednesday from 10 a.m. to 1 p.m. Diana accepts private insurance and some Husky plans, including Aetna Better Health, AmeriChoice and Community Health Network. Normal office visits range from \$75-200. For information, call 203.874.2800, or visit www.preferredpediatricsofct.com.