**About Quentin Medical P.C.**

**Quentin Medical**, established in **2002**, has been proudly serving our community for over two decades with compassionate and high-quality medical care. Our mission is to provide exceptional healthcare services with a strong focus on **patient satisfaction** and **personalized attention**.

We believe that every patient deserves to be heard, respected, and treated with dignity. Our dedicated team of healthcare professionals works together to ensure that each individual receives the best possible care in a welcoming and supportive environment.

At **Quentin Medical**, we are committed to staying at the forefront of medical advancements while maintaining the personal connection that is essential to excellent care.

Our values are the foundation of everything we do:

* **Patient-Centered Care:** We make it our top priority to meet the needs of every patient, providing compassionate and individualized attention.
* **Excellence & Integrity:** We hold ourselves to the highest ethical and professional standards in all aspects of care.
* **Collaboration:** We maintain strong partnerships with physicians, specialists, and associates who share our dedication to improving patient health outcomes.
* **Innovation:** We continuously seek creative and effective solutions to address our patient’s healthcare needs.
* **Respect & Compassion:** We treat our patients and staff with kindness, understanding, and respect.

At **Quentin Medical**, our goal is to continue being a trusted healthcare provider and a valued part of our community for many years to come.

We accept a wide range of insurance plans to ensure that quality healthcare remains accessible to all.

**Our Services**

At **Quentin Medical** we offer a wide range of healthcare services to help our patients achieve and maintain their best health. Our team provides comprehensive, personalized care across multiple specialties, ensuring that each patient receives the attention and treatment they deserve.

**Physical Therapy**

Our physical therapy services help patients recover from injuries, improve mobility, and manage chronic pain. We create personalized rehabilitation plans to restore strength, flexibility, and function. Helping you return to your daily activities with confidence.

**Acupuncture**

A timed needle treatment designed to promote natural healing, relieve pain, and reduce stress. Our licensed acupuncturists tailor each session to address your unique needs and restore balance to body and mind.

**Podiatrist**

Our podiatry services focus on diagnosing and treating conditions affecting the feet and ankles, from routine foot care to chronic issues like plantar fasciitis, bunions, or diabetic foot concerns.

**EKG (Electrocardiogram)**

We offer on-site EKG testing to monitor heart rhythm and detect potential cardiac conditions. This quick and painless test helps our providers assess your heart health and guide appropriate treatment.

**Sonogram (Ultrasound)**

Our in office sonogram services use advanced ultrasound technology to capture detailed images of internal organs and tissues, assisting in accurate diagnosis and ongoing monitoring of various conditions.

**IV Therapy**

We provide intravenous (IV) therapy to support hydration, restore essential nutrients, and aid recovery. IV treatments are administered by experienced professionals in a safe and comfortable setting.

**Pulmonology**

Our pulmonology services specialize in diagnosing and managing respiratory conditions, including asthma, bronchitis, COPD, and other lung related concerns. We work closely with patients to develop individualized treatment plans that improve breathing and quality of life.

**Cosmetology**

Our cosmetology services focus on enhancing your natural beauty and confidence through safe medically supervised treatments. We offer a variety of aesthetic options designed to rejuvenate your appearance and promote healthy skin.

**Laboratory Services**

We provide convenient on site lab testing for accurate and timely results. From routine blood work to specialized tests, our laboratory services support efficient diagnosis and effective treatment planning.

**PRP (Platelet-Rich Plasma Therapy)**

PRP therapy uses your body’s own growth factors to promote healing and tissue regeneration. Commonly used for joint pain, hair restoration, and skin rejuvenation, PRP offers a natural, minimally invasive treatment option.

**Vaccinations**

We offer a full range of vaccines for adults to help protect against preventable illnesses. Our staff ensures that all vaccinations are administered safely and according to the latest medical guidelines.

**Dr. Mikhail Bernshteyn, MD**

Dr. Mikhail Bernshteyn is a highly experienced **Internal Medicine Specialist** based in **Brooklyn, NY**, with over **40 years of medical experience**. He provides comprehensive primary care for adults, focusing on preventive medicine, chronic disease management, and patient-centered care.

Dr. Bernshteyn earned his **Medical Degree** from the **Saint Petersburg Medical State Academy (First Leningrad I.P. Pavlov Medical Institute)** in 1981. He completed both his **Internship** and **Residency in Internal Medicine** at **Wyckoff Heights Medical Center** in New York.

Throughout his career, Dr. Bernshteyn has been committed to delivering high-quality medical care with compassion and integrity. His areas of expertise include the diagnosis and management of **hypertension, diabetes, bronchitis, respiratory infections**, and other common adult conditions.

**Dr. Arkadiy Shusterman, MD**

Dr. Arkadiy Shusterman is a board-certified **Internal Medicine Specialist** based in **Brooklyn, NY**, with over **25 years of experience** providing high-quality, patient-centered care. He focuses on preventive medicine, chronic disease management, and comprehensive primary care for adults.

Dr. Shusterman earned his **Medical Degree** from the **New York Institute of Technology College of Osteopathic Medicine (NYITCOM)** in 1997. With a strong foundation in osteopathic principles, he emphasizes a holistic approach to care — treating the whole person, not just the symptoms.

His clinical expertise includes the management of **hypertension**, **diabetes**, **coronary artery disease**, and other complex medical conditions. Dr. Shusterman works closely with each patient to develop individualized treatment plans aimed at improving health outcomes and quality of life.

**Dr. Boris Trif, D.C.**

**Chiropractor / Disc Specialist**

Dr. Boris Trif is a highly experienced chiropractor serving the **Brooklyn** area, with over **25 years** in practice. Dr. Trif graduated from the **Life Chiropractic College** in 2001 and has built a reputation as a **disc specialist**, treating complex spinal and extremity conditions.

His approach emphasizes **evidence-based care**, combining manual adjustment techniques, rehabilitative therapies, and holistic strategies. Over his career, he has worked with athletes, geriatric patients, and individuals with trauma-related injuries. He also incorporates **nutritional counseling** and **alternative medicine** into his practice.

At Quentin Medical, Dr. Trif provides expert chiropractic care aimed at pain relief, improved mobility, and restoring spinal health.

**Dr. Elina Grinberg, DPM**

**Podiatrist / Foot & Ankle Specialist**

Dr. Elina Grinberg is a dedicated **podiatrist** based in **Brooklyn, NY**. She earned her **Doctor of Podiatric Medicine degree from the New York College of Podiatric Medicine in 2009** and provides comprehensive foot and ankle care for patients of all ages.

Her services include **foot exams, orthotic therapy, diabetic foot care**, and management of a wide range of podiatric conditions. Dr. Grinberg is committed to delivering **compassionate, patient-centered care** to help patients maintain mobility, comfort, and overall foot health.

**Violetta Smirnova, RN**

**Acupuncturist**

Violetta Smirnova is a registered nurse and certified acupuncturist working at **Quentin Medical** in Brooklyn, NY. She provides acupuncture treatments focused on pain relief, wellness support, and holistic healing to our patients.