

Zuzana R. Banas, MD, was born in Ruzomberok, Slovakia to Helena and Dr. Josef Rajecky. She attended the local primary and secondary schools and was accepted to Jessenius Medical School of Comenius University in Martin, Slovakia at the age of 18. Dr. Banas graduated from Medical School Suma Cum Laude and received the Rector's Award, the highest University award for academic achievements.

After graduating from Medical School, Dr. Banas worked for two years in the Ear, Nose and Throat department of University Hospital in Martin, Slovakia. Dr. Banas moved to the United States to enter an Internal Medicine Residency Program at Henry Ford Medical Center in Detroit, Michigan. Upon completion of a three-year residency she achieved Board Certification in Internal Medicine and joined Blue Ridge Medical Group in our Dobson office in 1999.



In the office Dr. Banas offers her patients primary outpatient care as well as comprehensive medical care to patients with complex medical needs.

In addition, Dr. Banas provides certain dermatologic procedures such as small nodule removal, skin biopsies and cryosurgery as well as multiple joint injections, trigger point injections and chronic wound care. She also offers analysis and treatment for vertigo (dizziness), which can be very disabling and which can have multiple causes.

Dr. Banas and her husband, Vladimir, have three daughters and reside in the local area. When not working she enjoys spending time outdoors with her family. She especially likes tennis and running.

Did you know Dr. Banas is...

- Continuing to welcome new patients
- Offering in-office lab and minor procedures
- Taking appointments for same day sick calls (or with her Associate)
- Accepting most insurance, including Medicare and Medicaid
- Associated with Blue Ridge Medical Group specialists in Cardiology, Pulmonology and Sleep Medicine for quick referrals, if you need them!

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What is an Internal Medicine physician?

Internal medicine is the medical specialty dealing with the prevention, diagnosis and treatment of adult diseases. Physicians specializing in internal medicine are called Internists. Dr. Banas cares for ambulatory patients (out-patients) as their primary care physician. In addition to preventive medicine, internists are trained to manage serious and complex illnesses for all ages of adult patients.

Why should I select an Internist as my doctor?

Internists receive additional training beyond medical school, typically three years, in order to achieve Board Certification in internal medicine. Internists are equipped to deal with whatever problem a patient brings—no matter how common or rare, or how simple or complex. They are especially trained to solve puzzling diagnostic problems and can handle severe chronic illnesses and situations where several different illnesses may strike at the same time.

They also bring to patients an understanding of wellness (disease prevention and promotion of health), women's health, substance abuse, mental



health, as well as effective treatment of common problems of the eyes, ears, skin, nervous system and reproductive organs. When other medical specialists, such as surgeons or obstetricians, are involved internists coordinate their patient's care and manage difficult medical problems associated with that care.

Dr. Banas enjoys the practice of general Internal Medicine for the opportunity it provides her to deal with complex and puzzling diagnostic problems. Her concern is with maintaining good health for her younger adult patients and maintaining or improving the health of patients with chronic medical problems.

Why is it important to be Board Certified?

Board Certification means that the doctor has completed specialist training in Internal Medicine and has passed the board exam for certification with the American Board of Internal Medicine.

*dedication
experience
availability*



Continuing medical education is a requirement to keep board certification. This sets the standard for excellence in the practice of Internal Medicine and is the "Gold Standard" of the profession as the physician has achieved the highest levels of education.

Why is Dr. Banas the right choice for my doctor?

Dr. Banas is Board Certified in Internal Medicine by the American Board of Internal Medicine. Dr. Banas has had an excellent record of practicing high quality comprehensive medicine. Dr. Banas has been practicing physician since 1994, so in addition to years of medical training she also has seventeen years of experience to offer to her patients. Dr. Banas has developed a reputation with her patients as a very skilled and competent physician, as being firm but people-friendly, as a good listener and as being warm and kind-hearted.

As an internist she works with patients of all ages from young adults, with whom she focuses on preventive medicine and the benefits of healthy lifestyle, to older adults with whom she focuses her knowledge and experience beyond treatment of symptoms to treating underlying medical conditions. Her number one goal is to offer highest level individual care to each and every patient.

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