

# YOUSEF ZARBALIAN, MD

2010 Meadow Springs Dr. Vienna, VA 22182 · 225-229-0325

[Dr.Yousef@EastWestMD.com](mailto:Dr.Yousef@EastWestMD.com) · <https://www.linkedin.com/in/yousef-zarbalian>

## Work Experience

November 2019-present	Founder, Physician East-West Rheumatology, PLLC DBA East-West Rheumatology and Integrative Medicine Vienna, VA
August 2016-August 2019	Staff Rheumatologist Northern Virginia Center for Arthritis, PC, Reston, VA
August 2016-present	Volunteer Rheumatologist Arlington Free clinic, Arlington, VA
July 2014 – June 2016	Rheumatology Fellow University of Pittsburgh Medical Center, Pittsburgh, PA
October 2013 – June 2014	Emergency physician and Clinical Instructor Baltimore VA medical Center Emergency department University of Maryland School of Medicine, Baltimore, MD
June 2010 – September 2013	Internal Medicine Resident University of Maryland Medical Center, Baltimore, MD

## Education

May 2020 - May 2021	Restorative Medicine Herbal Fellowship Certification Association for the Advancement of Restorative medicine (AARM)
March 2019 – September 2019	Helms Medical Acupuncture Course for Physicians Helms Medical Institute, Potomac, MD
November 2016	Musculoskeletal Ultrasound Course for Rheumatologists-Fundamentals, American College of Rheumatology annual conference, Washington, DC
November 2015	ISCD Osteoporosis Essentials Clinician Course, Pittsburgh, PA
August 2006 – May 2010	Doctor of Medicine Washington University School of Medicine, St. Louis, MO
June 2002 – May 2006	Bachelor of Science (B.S.), Biological sciences, Summa cum Laude Bachelor of Arts (B.A.), French, College Honors, Summa cum Laude Louisiana State University, Baton Rouge, LA

### **Licensure/Certification**

Virginia license 0101260444, expiration 10/31/2026. License Issued 06/01/2016 Maryland license D0076539, expiration 09/30/2027. Licensed Issued 07/27/2013  
DEA License Active registration, Expiration: 5/31/2028

October 2016	Board certified, Rheumatology (ABIM)
October 2014	Board certified, Internal medicine (ABIM)
2008-2011	USMLE Step exams, National Board of Medical Examiners
2023-present	Diplomate, National Board of Physicians and Surgeons. Certificate Number: N55918

### **Publications in Peer-reviewed journals**

1. Zarbalian Y, von Rosenvinge EC, Twadell, W, Mikdashi J. "Recurrent pneumatosis intestinalis in a patient with dermatomyositis." BMJ case reports 2013 (2013): bcr2013200308.
2. Curtin BF, Zarbalian Y, Flasar MH, von Rosenvinge EC. "Clostridium difficile-Associated Disease: Compliance with Current Guidelines at a Tertiary Care Medical Center." World Journal of Gastroenterology, 2013 WJG 19.46 (2013): 8647.
3. Nagaraj G, Zarbalian Y, Flora K, Tan BR Jr. "Complete response and prolonged disease-free survival in a patient with recurrent duodenal adenocarcinoma treated with bevacizumab plus FOLFOX6." J Gastrointest Oncol. 2014 Feb;5(1):E1-6.
4. Macklin, Michael, et al. "Giant Cell Arteritis: Does Perivascular Inflammation on Biopsy Lead to Clinical Disease?." Journal of Advances in Medicine and Medical Research 34.3 (2022): 108-116.

### **Abstracts**

1. Zarbalian Y, Curtin BF, Flasar MH, von Rosenvinge EC. "Clostridium difficile-Associated Disease: Compliance with Current Guidelines at a Tertiary Care Medical Center."
  - Poster presentation for Digestive Diseases Week, San Diego, CA. May 2012
  - Oral presentation for Maryland Chapter of American College of Physicians, Baltimore, MD. May 2012.
2. Zarbalian Y. "Hydraulic fracturing for natural gas: Implications for human health." Iranian American Medical Association Annual Meeting, Secaucus, NJ, May 2013.
3. Zarbalian Y., Liang KP, Hamilton RL, Wang L, Winger D. "Perivascular Inflammation in Temporal Artery Biopsies That Are Negative for Arteritis: Incidental or Harbinger?" Abstract and poster presentation for ACR/ARHP annual meeting, Washington, DC. November 2016

### **Professional organizations:**

2024-2025 American Association of Medical Acupuncture, Full member

### **Language:**

English (first language), French (native proficiency), Persian (native proficiency)

### **Interests:**

Persian and French Literature, Setar and singing, tennis