

Katarzyna (Kasia) Ostrzenska, M.D.

Brief Professional Profile

Katarzyna Ostrzenska M.D. is board certified with the American Board of Internal Medicine. She has established a successful integrative medical practice in St. Petersburg Florida, U.S.A. shortly after completing her residency program at the George Washington University Hospital in Washington DC, USA in 2000. Her medical practice not only centers on prevention of diseases but also offers management of age-related illnesses, neurodegenerative and autoimmune diseases.

Dr Ostrzenska also provides noninvasive cosmetic procedures since 2001. She is trained in the techniques of neuro toxin and filler injections. She has mastered thread face lifts as well as PRP injections for cosmetic as well as genitourinary health for both Men and Women. She also utilizes various lasers for cosmetic/rejuvenation procedures.



She has been invited as a speaker at very prestigious conferences including FIGO/Chile, University of Miami, U.S.A., and 1st World Congress of Reconstructive and Cosmetic Gynecology in India. She has also been a guest speaker for the Florida Medical Association in the U.S.A.

Dr. Ostrzenska has multiple published scientific-clinical articles in prestigious medical journals, which are abstracted and indexed in PubMed. She created a continuing medical educational (CME) course on cosmetic procedures. Dr. Ostrzenska teaches not only medical professionals but also the public-in-large for which she was often asked to be a guest speaker/writer for many of the local media. She is a certified fitness instructor and has created a fitness center within her practice, so she can help her patients become more active and healthier.