

# **NOVA Health Recovery Ketamine**

What Ketamine Treatment Options  
Does NOVA Health Recovery Ketamine  
Offer? Why Should I Choose NOVA  
Health Recovery?

**Christopher Sendi, M.D.**



# What Ketamine Treatment Options Does NOVA Health Recovery Ketamine Offer? Why Should I Choose NOVA Health Recovery?



## Nova Health RECOVERY

### NOVA Health Recovery Ketamine Infusion Center

What We Offer and Why Choose [NOVA Health Recovery Ketamine Infusion Center](#):

An Integrative Psychiatric approach to mood disorders such as treatment resistant depression, bipolar depression, anxiety, OCD, PTSD, and other mental health issues.

Ketamine Infusions administered by Dr. Christopher Sendi, M.D. with over 24 years of experience with ketamine use in mental health and emergency department settings.

- **High dose ketamine therapies and multi-day ketamine therapies for CRPS and other painful conditions.**
- **It's not just the infusion series that are critical but the aftercare as well: [NOVA Health Recovery](#) offers maintenance ketamine therapy for home use as well.**
- **Home-based ketamine options for maintenance including oral Ketamine and home-based ketamine nasal sprays. Topical ketamine formulations are available for pain.**
- **Ketamine assisted psychotherapy. Referrals to specialty psychological counseling can be incorporated in the treatment.**

# What Ketamine Treatment Options Does NOVA Health Recovery Ketamine Offer? Why Should I Choose NOVA Health Recovery?

- A comfortable, safe environment for each infusion.
- **Medication support is available using traditional medications.**
- **IV Vitamin support with NAD+ therapy, High dose Vitamin C, Myer's Cocktails, B12, IM Vitamin D, IM CoQ10, ALA, and other specialty formulas as indicated. Adding Vitamin Infusions to ketamine therapy can augment outcomes.**
- **Cognitive assessment for brain fog and memory as related to depression.**

Additional therapies for mood and depression:

- **Nitrous therapies for treatment resistant depression are available.**
- **Scopolamine infusions for depression/anxiety are available as an add-on option.**
- **Photo biomodulation therapies with low level laser therapies for pain and depression**
- **Scopolamine-beta blocker therapies for anxiety.**
- **Dextromethorphan therapies for depression.**

Addiction Treatment Support:

# What Ketamine Treatment Options Does NOVA Health Recovery Ketamine Offer? Why Should I Choose NOVA Health Recovery?

- **Dr. Sendi is also Board Certified in Addiction Medicine.**
- **Suboxone/Zubsolv/Buprenorphine/Sublocade support for opiate addiction.**
- **Ketamine therapies for PAWS (Post-Acute Withdrawal Syndrome)**
- **Vivitrol therapies – opiate blocking, monthly injections of Naltrexone**

We offer Alcohol Treatment with FDA approved and alternative therapies, including Ketamine therapies: Youtube Videos regarding :[alcoholism](#) and [ketamine](#) .

Obesity Medical Management:

- **Dr. Sendi is also Board Certified in Obesity Medicine and can evaluate and treat clients for obesity and any nutritional deficiencies.**
- **We can evaluate individuals for fat and muscle mass as well as resting metabolic rate using a KORR calorimeter and SECA scale for four-compartment modeling during a weight loss journey.**
- **Obesity and nutritional depletion are associated with depression, aging, and metabolic disorders. Dr. Sendi offers FDA approved and off-label medications for weight loss and sarcopenia.**

# What Ketamine Treatment Options Does NOVA Health Recovery Ketamine Offer? Why Should I Choose NOVA Health Recovery?

- **IM MIC injections for weight loss are available.**
- **Medical meal replacements for weight loss are available and can be utilized through the Optifast and Virtual Health platforms.**
- **Nutritionist support is available through the Optifast and virtual health platforms.**



# What Ketamine Treatment Options Does NOVA Health Recovery Ketamine Offer? Why Should I Choose NOVA Health Recovery?

Ketamine Infusions are performed in a calming, comfortable, immersive environment with ambient music and aromatherapy at [NOVA Health Recovery](#).

We have rapidly available appointments with evening hours and direct access to Dr. Sendi by cell phone. We use the OSMIND mood app, which tracks and monitors depression and anxiety to follow each of our patients.

Cost of Treatment:

- **\$350 for the consultation.**
- **\$480 per infusion. Generally, 6 infusions are needed for depression, PTSD, and anxiety over two weeks. Payment is at each visit. We accept CareCredit, which offers interest-free financing for 12 months.**
- **Booster infusions are usually monthly and cost \$480. We prescribe the next month of home ketamine therapy at that appointment. We can manage your regular medications as well at these appointments.**
- **Home-based ketamine therapy is prescribed after the initial infusion series and costs about \$110/month from the compounding pharmacies.**
- **We do not accept insurance. Insurance does not cover this treatment, but we can provide superbills (with procedure codes) for you to submit to your insurance for out of network expenses.**
- **We offer evening appointments. You should be fine to work the next day after your infusion.**

# What Ketamine Treatment Options Does NOVA Health Recovery Ketamine Offer? Why Should I Choose NOVA Health Recovery?

## How Long Should You Expect to have Ketamine Therapies?

- **After the initial 6 infusions, most will return at 2 weeks for a booster infusion and then at 4 weeks.**
- **This therapy is a treatment, not a cure, but may make allow your mood to improve rapidly and your underlying medications work better. Some will titrate off medications that have excessive side-effects.**
- **Each person is different, and some may receive therapies for several months and then be fine. Others will maintain their therapy with home-based ketamine options, needing only a consultation for the next prescription.**
- **Lifestyle changes and interventions are also discussed so you can optimize your results.**



# What Ketamine Treatment Options Does NOVA Health Recovery Ketamine Offer? Why Should I Choose NOVA Health Recovery?



What Ketamine Treatment Options Does NOVA Health Recovery Ketamine Offer? Why Should I Choose NOVA Health Recovery?



# NOVA Health Recovery Ketamine Infusion Center

NOVA Health Recovery is a Ketamine Treatment Center in Fairfax, Virginia (Northern Virginia Ketamine) that specializes in the treatment of depression, anxiety, bipolar disorder, OCD, and chronic pain such as CRPS, cluster headaches, and fibromyalgia using Ketamine therapies, both infusion and home-based ketamine nasal spray and oral tablets. We were the first Ketamine therapy provider in the DMV area, having performed thousands of ketamine infusions. We offer medication support for depression as well as integrative psychiatric treatments. We also provide addiction treatment services with Suboxone, Vivitrol, and Sublocade therapies for opiate addiction as well as alcohol treatment regimens. Contact us at 703-844-0184