

A NEW APPROACH  
TO SELF-DEFENSE



THE SAVVY TRAVELER'S  
GUIDE TO DCA, IAD, & BWI



HOW TRUMP LOST  
HIS DC RESTAURANTS

# WASHINGTONIAN



2016

## TOP DOCTORS

The region's best  
physicians—chosen  
by their peers

Is your doctor on the list?

**1,900**  
PHYSICIANS

**39**  
SPECIALTIES

Dr. Babak Arrvanaghi is  
one of the area's top pain-  
management specialists.

NOVEMBER 2016

### Taryn Richardson



#### Taryn Richardson, MD, RPH

Comprehensive Allergy and Asthma Care Center, LLC

Taryn Richardson, MD, RPh, is a board certified Allergist/Immunologist and owner of Comprehensive Allergy and Asthma Care Center, LLC. Dr. Richardson delivers patient focused, comprehensive care to children and adults. She specializes in the testing, diagnosing, and treatment of allergic diseases and conditions. Dr. Richardson is committed to educating her patients, improving their quality of life, and maintaining a high standard of expertise and care. She completed her Allergy/Immunology training at the University of North Carolina at Chapel Hill. She is also a registered Pharmacist in the State of Maryland.

#### Specialization

Asthma, Food Allergy, Environmental Allergy, Eczema, Hives, Community Outreach and Education

#### Designations, Affiliations and Awards

Member of American Academy of Allergy Asthma and Immunology,  
Member of American College of Allergy Asthma and Immunology



#### Location(s)

Mitchellville  
12164 Central Ave.  
#225  
Mitchellville, MD 20721

#### Speciality

Allergy/Immunology

#### Accepted Insurance Type

Aetna  
Anthem BCBS  
BCBS PPO  
CareFirst BCBS  
Cigna  
Federal BCBS  
GEHA  
Medicaid  
Medicare  
Multiplan/PHCS  
Tricare  
UnitedHealthCare

#### Hospital Affiliations

Southern Maryland Hospital Center