

IN THE MATTER OF \* BEFORE THE  
HELENA STEFAN \* MARYLAND STATE  
Respondent \* BOARD OF PHYSICIANS  
Unlicensed \* Case Number: 2012-0616

\* \* \* \* \*

**CEASE AND DESIST ORDER**

Pursuant to the authority granted to the Maryland State Board of Physicians (the "Board") under Md. Health Occ. Code Ann. ("H.O.") § 14-206, the Board hereby orders **HELENA STEFAN (the "Respondent") (D.O.B. [REDACTED])** to immediately **CEASE AND DESIST** from the unauthorized practice of medicine in Maryland.

Based on investigatory information received by, made known to, and available to the Board, the Board has reason to believe that the following facts are true:

1. The Respondent is not licensed to practice medicine in the State of Maryland, nor has she ever been so licensed.
2. The Respondent is an acupuncturist licensed in the State of Maryland. She also completed medical school in Russia, where she worked as a physician.
3. At all times relevant, the Respondent and Physician A co-owned Practice A in Rockville Maryland.<sup>1</sup> The Respondent also maintains her own acupuncture practice in an office adjacent to Practice A.
4. At all times relevant, Practice A offered laser hair removal, skin tightening and rejuvenation services, spider vein treatment, and Botox injections.
5. The Respondent completed a training course to learn how to operate the laser machine used by Practice A.

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<sup>1</sup> In order to maintain confidentiality, all names other than the Respondent's will be omitted from this document, but will be provided to the Respondent upon request.

6. On or about March 8, 2012, the Board received a complaint from a physician (“the complainant”) alleging that the Respondent was performing laser hair removal, administering Botox, and performing other aesthetic medical services without a medical license.
7. Subsequently, the Board initiated an investigation.
8. On or about August 14, 2012, members of the Board’s staff conducted an unannounced office visit to Practice A. The Board staff observed a sign in the lobby with “M.D.” after the Respondent’s name.
9. During the office visit, Physician A admitted to Board staff that the Respondent performed laser treatments, including laser hair removal and laser skin rejuvenation, and administered Botox and other wrinkle fillers, such as Perlane and Restylane.<sup>2</sup>
10. On September 11, 2012, a member of the Board’s staff interviewed the Respondent under oath.
11. During the interview, the Respondent stated that she advertises as and her patients call her “Dr. Helena Stefan.”
12. During the interview, the Respondent admitted that she performed laser hair removal and other laser treatments “for rejuvenation.”
13. According to the Respondent, she began performing laser treatments at “the end of 2008, beginning of 2009.”
14. The Respondent also stated that she administered Botox and other wrinkle fillers on Physician A’s friends and on her friends.

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<sup>2</sup> Botox, Perlane and Restylane are different types of prescription medicines that are injected into the skin to improve the appearance of wrinkles.

15. The Maryland Medical Practice Act (the "Act"), H.O. § 14-101(l)(1), defines the practice of medicine, in pertinent part, as follows:

"Practice medicine" means to engage, with or without compensation, in medical:

- (i) Diagnosis;
- (ii) Healing;
- (iii) Treatment; or
- (iv) Surgery.

16. Further, under H.O. § 14-101(l)(2)(i), the practice of medicine includes: "doing, undertaking, professing to do, and attempting any of the following: (i) Diagnosing, healing, treating, preventing, prescribing for, or removing any physical, mental or emotional ailment or supposed ailment of an individual: (2) by appliance, test drug, operation or treatment."

17. Section 14-601 of the Act prohibits practicing, attempting to practice, or offering to practice medicine without a license. Furthermore, H.O. § 14-602 states the following:

(a) *In general.* - Unless authorized to practice medicine under this title, a person may not represent to the public, by description of services, methods, or procedures, or otherwise that the person is authorized to practice medicine in this State.

(b) *Certain representations prohibited.* - Except as otherwise provided in this article, a person may not use the words or terms "Dr.", "doctor",

“physician”, “D.O.”, or “M.D.” with the intent to represent that the person practices medicine[.]<sup>3</sup>

18. The Respondent’s conduct constitutes the unauthorized practice of medicine, in violation of H.O. § 14-601, and misrepresentation as a practitioner of medicine, in violation of H.O. § 14-602.

**ORDER**

Based on the foregoing investigative findings that the Respondent has engaged in the unauthorized practice of medicine and misrepresented herself as a practitioner of medicine, and based upon the Board’s authority pursuant to H.O. § 14-206(e), and COMAR 10.32.02.13, it is hereby:

**ORDERED** that the Respondent **CEASE AND DESIST** from providing any and all services that constitute the practice of medicine, and it is further

**ORDERED** that this prohibition includes, but is not limited to, performing spider vein treatment, laser hair removal, laser skin rejuvenation, and administering Botox, Perlane or Restylane injections, and it is further

**ORDERED** that the Respondent **CEASE AND DESIST** identifying herself as “Dr. Helena Stefan” or “Helena Stefan, M.D.,” or otherwise using or permitting to be used either of these terms in the context of treating or offering to treat customers, or in advertising for customers, and it is further

**ORDERED** that this is a **PUBLIC DOCUMENT**.

February 13, 2013

Date



Andrea Mathias, M.D., Chair  
Maryland State Board of Physicians

<sup>3</sup> The Act provides five exceptions, none of which are applicable to the Respondent.

## **NOTICE OF RIGHT TO CHALLENGE ORDER**

This Order is effective immediately when issued. The date on the cover letter shows the date that it is issued. Ms. Stefan has the right to challenge the factual or legal basis of this order if she files a written opposition with the Board within 30 days of the date of issuance of this order. She also may request a hearing. The applicable procedures are set out in COMAR 10.32.02.13.

Violation of this cease and desist order is punishable by a fine of not less than \$1,000 nor more than \$30,000 for a first violation, not less than \$10,000 nor more than \$40,000 for a second offense, and not less than \$15,000 nor more than \$50,000 for a third violation. COMAR 10.32.02.10C.