



VANESSA GAVALYA

## **DARSHAN KAPADIA, M.D.**

**Internal Medicine**

For more than two decades, Dr. Darshan Kapadia has treated patients throughout the Dallas area at his Collin County private practice, Internal Medicine Associates of West Plano. Board certified in internal medicine, Dr. Kapadia's practice philosophy involves partnering with his patients, young adults to senior citizens, to maintain a healthy lifestyle and prevent complications from chronic disease. He places a strong emphasis on preventive medicine and patient education, particularly in the areas of cardiovascular disease and promoting wellness. He specializes in the diagnosis and treatment of obesity, hypertension, diabetes, cholesterol/lipids, allergy, asthma, and thyroid disease "Patient education is extremely important to me," Dr. Kapadia says. "This is why I spend approximately an hour with new patients and 30 minutes on their follow-up visits. This is not a high-volume practice, but a patient-centered medical home dedicated to the highest quality, prevention, early diagnosis and treatment of chronic diseases."

Patients appreciate that Dr. Kapadia and his medical partner are available 24/7, 365 days a year and offer same-day sick appointments. "We are physicians, yes, but we strive to maintain wellness in our patients and truly improve their quality of life," Dr. Kapadia says. "This practice style has led to very few hospital admissions per year over the past 20 years. Our patients know they will see us when they have an appointment—no one else."

Dr. Kapadia is the senior internist on staff at Texas Health Plano and has served as chairman of the department of internal medicine and president of the medical staff. He is a former member of the Texas Health Resources Institutional Review Board and Collin County Adult Indigent Clinic. He is the medical director of the Collin County Community Health Center, on the Physicians Advisory Council for the Partnership for Peak Healthcare Performance in DFW, and an active member of the American College of Physicians, Texas Medical Association, and the Collin County Medical Society.

### **EDUCATION**

B.S., University of Texas at Arlington;  
M.D., University of Texas Medical Branch at Galveston;  
Residency, Presbyterian Hospital of Dallas

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### **Internal Medicine Associates of West Plano**

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