



Fatima Hyder, MD

SPECIALTIES: Internal Medicine

EDUCATION: Medical Doctor, American Board of Internal Medicine

CLINICAL EMPHASIS: Helping patients incorporate lifestyle changes into their routines to bring lifelong health benefits. Isolating root causes of disease to bring back balance to the body.

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How did you choose your specialty?

I chose my specialty because I wanted to cover the breadth and depth of medicine. I trained in a dual residency track called Med – Peds, wherein I completed a full pediatrics as well as an internal medicine residency. I picked medicine pediatrics because I liked the intellectual stimulation of a rigorous program, as well as the ability to take care of patients across the life spectrum.

What do you enjoy most about being a provider?

As trite as it may sound, what I love most about what I do is the ability to help people in a meaningful way every single day. I feel that it is a true blessing to be at someone's side during a difficult time and be able to offer solace, knowledge, and support. It is truly a gift, and I am so honored to be able to do it every day.

What is your philosophy of care?

My philosophy of care centers around the collaborative relationship between a patient and physician. My role is to bring knowledge, insight and guidance to a particular issue that a patient presents with. At the same time, it is also my job to make sure the patient is a willing partner to a plan of

care. It is only a true partnership that can bring out long lasting changes to health and well-being.

What are your hobbies and interests?

My personal life is defined by my relationship with my daughter. I have a beautiful eight year-old with whom I enjoy spending time with in the outdoors, having adventures in the city, traveling, and generally remembering how wonderful it is to be that age! My interests have always been around personal development and health and wellness. To that end, I am a practicing yogi, always in the pursuit of finding a balance in how much of myself I give to the world, and at the same time practicing good self-care.

Why did you decide to become a physician?

There are some decisions in life that feel like they are inevitable. I think I was five when I decided I wanted to become a doctor when I grew up. Decades later, I am still in the pursuit of being the best healer I can be. Medicine has been a vocation for me - my role as a physician and healer defines every aspect of my life. Aside from motherhood, I consider this role the greatest honor of my life.

Services we offer include:



We understand the importance of building a **strong, trusting relationship** with our patients and their families. We take the time to **listen** to your concerns and work together to develop a **personalized care plan** that meets your individual needs.

If you or a loved one are looking for **compassionate, high-quality physician services for older adults**, please contact us to schedule a consultation. We look forward to meeting you and working together to support your health and well-being.



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