

Dr. Anil Patel



Dr. Patel completed Family Medicine residency from University of Pittsburgh Medical center in 2006. His focus includes preventative care, nutrition and exercise. He has also experience as a sub and principal investigator for clinical trials. He is a renowned author and has written four guide books (Instant Access Series published by McGraw Hills) for medical students and physicians in training. He has also published iOS and Android apps for pediatric dosing calculation for physicians and milestone guidelines for parents. He is fluent in three languages (English, Gujarati, Hindi).

Dr. Patel holds interests in weight training, cardiovascular fitness, yoga, and meditation. He also enjoys traveling, photography, and nature.

He has been working as a civilian physician for the Department of Defense and prior to that, he owned and operated his own office practice.