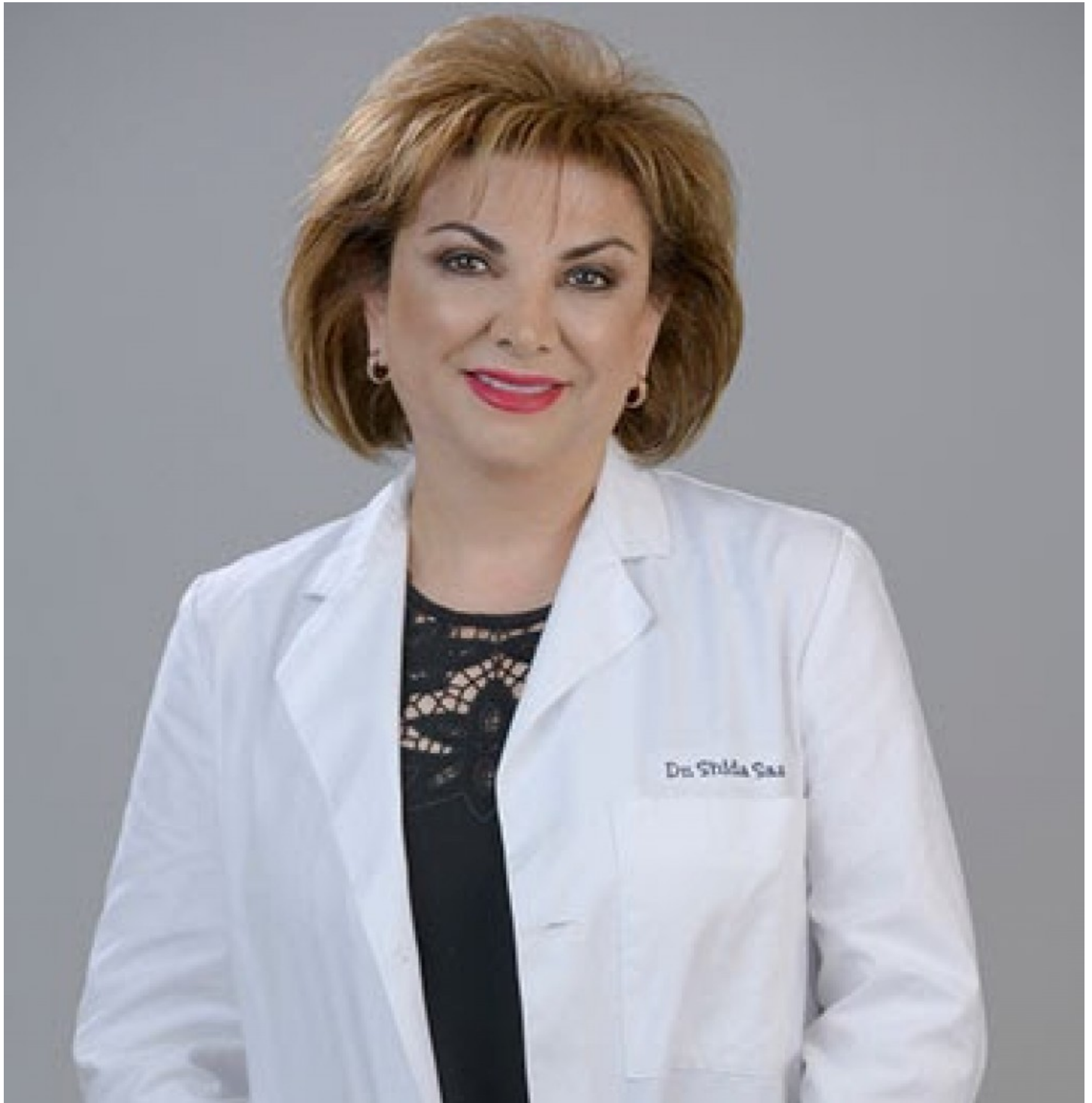


Shida Saam, DO, a Family Physician in Private Practice

Get to know Family Physician Dr. Shida Saam, who serves patients in Irvine, California.



New York City, Oct 26, 2020 ([Issuewire.com](https://www.issuewire.com)) - Dr. Saam is a trusted family physician treating patients as family members at her private practice in Irvine, California. Her mission is to provide personalized, high-quality care on an as-needed or preventative basis. He is also offering botox and filler to make people feel well outside and inside.

In practice since 1997, she believes that optimum health is maintained by both alternative and traditional medicine, thus she specializes in natural hormones (bioidentical hormones), vitamin therapy (which includes evaluation and close observation of the therapy), PMS, geriatrics, and other related diseases. Due to obesity-related problems, she offers weight management, which includes evaluation of the patient's eating habits and subtle changes to encourage a change of lifestyle. Furthermore, she understands that optimum health is a combination of taking care of oneself from inside and out.

He is additionally a professor of family medicine and also fellow of American Academy of Family Physician.

Following the completion of her Doctor of Osteopathic Medicine degree from the College of Osteopathic Medicine of the Pacific in 1994, Dr. Saam went on to further her training. She completed her residency in family medicine at the University of California, Irvine Medical Center.

With a passion for her profession, the doctor is board-certified in family medicine and geriatrics by the American Board of Family Medicine, a non-profit, independent medical association of American physicians who practice in family medicine and its sub-specialties.

In good standing with a number of professional organizations, Dr. Saam is a member of the Orange County Medical Association, the American Academy of Family Physicians, the American Medical Association, and the American Osteopathic Association.

She chose to focus on family practice and preventive medicine because she enjoys helping her patients maintain optimum health through both traditional and alternative medicine. She takes a holistic approach to medicine by incorporating integrative therapies, as appropriate to the patient's individual needs.

"It is important to develop a trusting relationship with patients and encourage them to participate in the treatment and decision making process. Forming a partnership with my patients enables us to work together to improve their health and well-being" expressed Dr. Saam.

As a mother of two children, she also relates to the importance of children's well-being. Her practice offers vaccination for children and annual preventive care. She is affiliated with HOAG Hospital, and St. Joseph Hospital.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

On a more personal note, Dr. Saam is fluent in English, Spanish, and Farsi.

Learn More about Dr. Shida Saam:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1921372-Shida-Saam-Family-Practitioner> or through her private practice, <https://drshidasam.com/about-dr-saam/>

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