

Ira Marathe, MD, FACP, Internist, Lifetime Internal Medicine

Get to know Internist Dr. Ira Marathe, who serves patients in Herndon, Virginia.



New York City, Dec 1, 2020 ([Issuewire.com](https://www.issuewire.com)) - Dr. Marathe, a highly respected, award-winning internist with more than 23 years of experience caring for patients in the northern Virginia area, joined Lifetime Internal Medicine, a concierge practice, in spring 2020.

Lifetime Internal Medicine, established in 2018 by Shalini Kaneriya, MD, working with [Specialdocs Consultants](#), continues to expand as a growing number of patients seek the deeply meaningful connection with their physician that is at the heart of personalized medicine.

“In the wake of COVID-19, being able to provide prompt, focused attention and highly individualized care is more important than ever. I’m grateful that my new practice model gives patients the opportunity to experience healthcare as it was meant to be – unrushed, compassionate, and genuinely personalized,” stated Dr. Marathe.

“We are truly thrilled to welcome Dr. Marathe to our network of outstanding concierge physicians around the country,” said Specialdocs CEO Terry Bauer. “She is an exceptional doctor, inspired by the opportunity to offer patients the uniquely individualized approach to care enabled in our concierge medicine model.”

At Lifetime Internal Medicine, a concierge, or membership medicine practice, she cares for a limited number of patients, allowing time for extended office or telemedicine visits and same-day appointments for acute illness. After hours, patients can easily reach her by cell phone or email for immediate guidance and advice, significantly reducing the need to visit the emergency room or urgent care facility. Her integrated approach to patient care includes a strong focus on wellness and prevention medicine as well as continuous health management.

“I have a passion for educating patients about small lifestyle changes that can have a huge impact on their overall health,” said Dr. Marathe.

For Fairfax County resident MH, joining Dr. Marathe’s practice was “the best decision I ever made.” A patient since 2018, she knew immediately that “Dr. Marathe is the doctor I want to stay with always. She’s a gem of a physician in every aspect – extremely knowledgeable, patient, listens attentively and non-judgmentally. I feel like I’m in expert hands.”

Keenly feeling the lack of human interaction during COVID-19, MH was particularly appreciative for Dr. Marathe’s empathetic touch. When given the choice of a telemedicine or office visit shortly after becoming a patient at Lifetime Internal Medicine, MH opted to go in person, and described the experience as extremely positive and reassuring.

“Dr. Marathe and I mostly talked about coping strategies and dealing with stress, and it was so helpful. She made me feel utterly at ease telling her anything. It’s a great source of comfort to me knowing I can reach out to Dr. Marathe and she will be there for me,” said MH.

When retired Navy veteran JH learned that Dr. Marathe would be joining a concierge practice, he too, didn’t hesitate to sign up.

“I’d be a fool not to! I trust her a great deal and she’s excellent at her job. Dr. Marathe is an exquisite listener, empathetic without being sloppy, asks very good questions and thoroughly understands my individual situation. The current uncertainty impacts us all, and I wanted to ensure she was my doctor going forward,” he asserted.

JH revealed that of all the benefits he had heard about concierge medicine, the most meaningful was time. “There’s never a need to have a discussion with a doctor while she’s on her computer. Preventive care is as important to Dr. Marathe as responding quickly to my acute needs, and this can’t be done if you’re on a clock at each visit,” he stated.

Dr. Marathe embraces the practice’s mission, ‘healthy together for a lifetime’ by offering extended, collaborative visits and considerable expertise in improving health through weight management. She also co-hosts a newly introduced series of virtual town halls for Lifetime Internal Medicine patients with Dr. Kaneriya and guest speakers.

Affiliated with Inova Fair Oaks Hospital and Inova Fairfax Medical Center, Dr. Marathe has served as a primary care physician for the Inova Medical Group in Oakton, Virginia (2012 - 2020); a primary care physician for Veterans Administration Medical Center in Washington D.C. (2002 - 2012); a primary care physician for Veterans Administration Medical Center in Atlanta, Georgia (1997 - 2002); and as clinical instructor at Grady Memorial Hospital, Division of General Internal Medicine, in Atlanta (1996 - 1997).

Her areas of expertise include acute and urgent care, annual physicals, chronic disease management, complex medical problems, depression and anxiety, executive health, geriatric health, medical weight

management, osteoporosis, preventative health, vaccinations, and women's health.

"Both my parents were primary care physicians. I saw how rewarding their work was, and I wanted to follow in their footsteps," she said.

Dr. Marathe earned her medical degree from the University of Missouri - Kansas City School of Medicine in 1993, followed by a residency in internal medicine at the Emory University School of Medicine. With over three decades of extensive clinical and teaching experience, she is board-certified in internal medicine by the American Board of Internal Medicine (ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world. Internists manage and prevent common and complex diseases by providing comprehensive care and promoting overall well-being.

A member of the Obesity Medicine Association and a Fellow of the American College of Physicians (FACP), Dr. Marathe is also board-certified through the American Board of Obesity Medicine (ABOM). The ABOM is a 501 nonprofit, self-appointed physician-evaluation organization that certifies physicians practicing obesity medicine.

In 2018, Dr. Marathe was awarded the Ambulatory Preceptor of the Year by the Inova Internal Medicine Residency Program. The Virginia Chapter of the American College of Physicians presented her with the Outpatient Internal Medicine Teaching Award for 2020.

On a personal note, she enjoys reading, traveling, exercising, as well as spending time with her family and friends.

Learn More about Dr. Ira Marathe:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/629136-Ira-Marathe-internist-Washington-DC-20422>

To learn more about Dr. Marathe and Lifetime Internal Medicine, call 571-266-1170 or visit Dr. Marathe's website, <https://lifetimeinternalmedicine.com/ira-marathe/>

Lifetime Internal Medicine is located at 2579 John Milton Drive, Suite 300 in Herndon, Virginia.

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