

Get to know Internist, Gerontologist, and Bariatrician Dr. Guy Navarra, who serves patients in Newburyport, Massachusetts

Guy Navarra, MD, an Internist, Gerontologist, and Bariatrician with Seacoast Medical Associates / Titan Medical Aesthetics



New York, New York City, May 21, 2021 ([Issuewire.com](https://www.issuewire.com)) - Dr. Navarra is an experienced internist and a board-certified gerontologist, trained in the special care of the elderly and complex diagnoses and treatment needs. He is also a trained bariatrician, offering medical weight loss to those suffering from overweight and obesity.

Practicing adult medicine and geriatrics, he is the Medical Director at Seacoast Medical Associates in Newburyport, Massachusetts. He is also the owner and lead practitioner of Titan Medical Aesthetics, where he offers men and women advanced non-surgical procedures for the body, face, and skin.

Seacoast Medical Associates is a private physician practice where Dr. Navarra and his team offer adult medicine for patients from the age of 16, specialized care for the elderly, a medical weight loss clinic, and cutting edge management of treatment-resistant depression and anxiety. They believe that patients should have easy access to their healthcare providers and the opportunity to discuss their concerns with

their physician and nurse practitioner. That's why at Seacoast Medical Associates, the clinical staff spends time talking to patients at every appointment, and their sick clinic allows patients to be seen any morning of the week on a walk-in basis.

At his premier medical spa practice, Titan Medical Aesthetics, Dr. Navarra uses his many years of experience and knowledge of cosmetic care to help men and women realize their aesthetic goals. He performs advanced, minimally invasive, and noninvasive procedures for the face, body, and skin, including non-surgical body contouring and BOTOX injections.

Regardless of their age or concerns, Dr. Navarra believes that every patient deserves an attentive and personalized medical experience. This is why he and his teamwork ensure that each of their valued clients is heard and understood throughout their journey at the esteemed office.

Clinically trained to treat people who are overweight or obese and have struggled unsuccessfully, to lose weight, Dr. Navarra is the Founder of the MetTrimMD Medical Weight Loss Program. His weight loss program has been successfully adopted by many physicians throughout the United States to accomplish healthy and effective weight loss.

In addition to his extensive work in bariatric medicine, he has practiced gerontology for a number of years, treating and tending to elderly patients with a range of diagnoses and medical needs.

Achieving membership status with several professional organizations, he is a member of the American Medical Association, the Massachusetts Medical Society, and the Obesity Medicine Association.

After earning his Bachelor of Science degree from Colegio Retamar in Madrid, Spain as a part of the International Baccalaureate® program, Dr. Navarra went on to receive his medical degree from Complutense University of Madrid, one of the most long-standing institutions for higher learning in the world. Once he completed his schooling abroad, he arrived in the United States to attend his residency in internal medicine at Yale-New Haven Hospital. He gained further experience through a fellowship in geriatric medicine at Beth Israel Deaconess Medical Center and eventually opened his own practice.

His medical training is rooted in primary care and an understanding that professional and family life and its unique stresses can impact each individual's health and wellness. He has built his practice around the premise that each patient deserves personal care and the time to express their concerns with their physician.

With an all-around comprehensive knowledge of the way the body works, as well as in cosmetic enhancements, Dr. Navarra is board-certified in internal medicine and geriatrics 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.

Furthermore, he is board-certified in obesity medicine by the American Board of Obesity Medicine (ABOM). The ABOM is a 501(c)(3) nonprofit, self-appointed physician-evaluation organization that certifies physicians practicing obesity medicine.

Internal medicine is the medical specialty dealing with the prevention, diagnosis, and treatment of adult diseases. Physicians specializing in internal medicine are called internists. They manage and prevent common and complex diseases by providing comprehensive care and promoting overall well-being.

Gerontology is the study of the social, cultural, psychological, cognitive, and biological aspects of aging. A gerontologist is someone who has advanced education in the field of gerontology, the study of aging.

Bariatrics is the branch of medicine that deals with the causes, prevention, and treatment of obesity. Bariatrician provides medical, nonsurgical weight management. They focus on the overall health needs of people who are overweight (body mass index, or BMI, between 25 and 29.9) or obese (BMI of 30 or greater).

As a result of his dedication towards the Newburyport community, Dr. Navarra has voted the Best Physician of 2018 by the readers of the Newburyport Daily News. He was also awarded the Patients' Choice Award (2011, 2012, 2013, 2018), Compassionate Doctor Recognition (2011, 2012, 2013, 2018), and On-Time Doctor Award (2014, 2015, 2016, 2018).

On a more personal note, he spent much of his young life in Madrid, Spain, and Casablanca, Morocco. From an early age, it was his dream to open his own medical practice in the United States — a dream he ultimately accomplished. He is fluent in English, Spanish, and French.

Learn More about Dr. Guy Navarra:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2233475-Guido-Navarra-Internist>, through Seacoast Medical Associates, <https://www.seacoastmedicalassociates.com/contents/bio> or through Titan Medical Aesthetics, <https://titanmedicalaesthetics.com/dr-guy-navarra>

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Source : Guy Navarra, MD

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