

Danielle Stramandi, MD, a Family Physician with MedFirst Primary Care

Get to know Family Physician Dr. Danielle Stramandi, who serves patients in San Antonio, Texas.



New York, New York City, Oct 5, 2021 ([Issuewire.com](https://www.issuewire.com)) - A committed family physician, Dr. Stramandi is in practice with MedFirst Primary Care in San Antonio, Texas. She specializes in comprehensive care and helping her athletes and patients prevent disease and stay healthy. She loves helping her patients reach their ultimate health goals focusing on the unique connection of the mind and body.

MedFirst Primary Care strives to meet all of its patients' healthcare needs and those of their families. Their highly-skilled caregivers help guard patients' health and provide recommendations and advice they can rely on. Their providers take the time to educate patients about their health and answer any questions. They view every patient as a partner in care and provide a full range of patient-centered services in a compassionate, safe setting.

With a broad educational background, Dr. Stramandi graduated from Princeton University in 2002 and then attended Ross University Medical School, where she earned her medical degree in 2008. She completed her residency in family medicine at the University of Medicine and Dentistry New Jersey, Robert Wood Johnson Hospital in 2012.

Following her residency, Dr. Stramandi worked five years at Princeton Sports and Family Medicine in Lawrenceville, New Jersey. There, she was part of the physician team taking care of the Triple-A team for the Yankees, athletes attending Princeton University, and The College of New Jersey.

In 2017, she decided to come to Texas to start something new. It was her dream to have a practice of her own. She joined MedFirst Primary Care with the hopes to further grow a sports medicine/primary care-focused practice.

As a testament to her continued education, she is board-certified in family medicine by the American Board of Family Medicine (ABFM). The ABFM is a non-profit, independent medical association of American physicians who practice in family medicine and its sub-specialties.

A nationally ranked gymnast and diver, Dr. Stramandi was a member of the United States Diving National Team and an NCAA Division 1 bronze medalist on the ten-meter platform. She holds multiple records in Gymnastics as well as Diving in New Jersey.

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.

To date, Dr. Stramandi has a following of over 2000 patients and was awarded Rising Star Female Physician Leader in 2018 by Bexar County. She has also been the recipient of the Patients' Choice Award (2018, 2017), On-Time Doctor Award (2018, 2017), and Compassionate Doctor Recognition (2018, 2017).

Outside of work, she loves to spend time with her family and friends, travel, and go to the gym.

Learn More about Dr. Danielle Stramandi:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1998983-Danielle-Stramandi-Family-Practitioner> or through MedFirst Primary Care, <https://medfirstsunsetroad.com/danielle-stramandi-md/>

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