

Lisa Sachdev, DO, a Family Physician with Nova Wellness Center

Get to know Family Physician Dr. Lisa Sachdev, who serves patients in Webster, Texas.



New York City, New York Feb 17, 2022 ([IssueWire.com](https://www.issuewire.com)) - A board-certified family physician, Dr. Sachdev has been in practice in the gulf coast area for 24 years. In 2019, she accepted the position of Medical Director for Nova Wellness Center. Prior to that, she was the Clinical Director for the PreDiabetes Center and Owner of Sachdev Wellness Clinic.

Nova Wellness Center is a welcomed alternative to the fast-paced and impersonal conventional medical setting. Their wellness center is a unique medical practice in which each patient is treated as an individual. They get to know their patients and together discuss an evaluation and treatment plan to help them reach their health goals. With a foundation in functional medicine, their approaches and therapies are developed with a more holistic philosophy.

Graduating with her Doctor of Osteopathic Medicine degree from the University of North Texas College of Osteopathic Medicine, Dr. Sachdev practices integrative medicine with an emphasis on anti-aging and wellness. She specializes in ADD and ADHD management for adults and children, medical weight loss, bio-identical hormone therapy, and wellness.

Understanding that a "one size fits all" approach is not the best solution for patient wellness, she utilizes a holistic approach to patient care, treating the entire patient instead of focusing on isolated symptoms. She appreciates that each patient is unique in their needs and challenges; thus treatment programs are truly individualized. She understands the importance of listening to her patients and taking time to get to know them well.

An authority in her field, the doctor is board-certified in family medicine by the American Osteopathic Board of Family Physicians, which is an organization that provides board certification to qualified osteopathic physicians who specialize in delivering comprehensive primary care for patients of all ages, genders, and addressing all parts of the body.

Remaining up to date in her field, Dr. Sachdev is an active member of the Texas Medical Association, and the Harris County Medical Association.

In her professional experience, she has provided evaluation services for the Pasadena Independent School District for many years. She is a certified BioTE provider, trained in bio-identical hormone management. She is also certified to provide medically supervised weight loss therapy through Ideal Protein, utilizing a ketogenic protocol.

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.

As a testament to her success, Dr. Sachdev has been the recipient of the Super Doctors Award by Texas Monthly Magazine (2021, 2020), Texas Magazine Top Doctor Award (2021), Patients' Choice Award (2016, 2015, 2011), Compassionate Doctor Recognition (2016, 2015, 2011), and On-Time Doctor Award (2016).

A certified work-a-holic, she enjoys spending time with her children when she is not busy taking care of her patients.

Learn More about Dr. Lisa Sachdev:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82740363-Lisa-Sachdev-Family-Practitioner> or through Nova Wellness Center, <https://www.novawellnesscenter.com/about-us.html>

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