

Hema Patel, AGNP, an Adult-Geriatric Nurse Practitioner & Gerontologist with Mind and Body Medicine

Get to know Adult-Geriatric Nurse Practitioner & Gerontologist, Hema Patel, who serves patients throughout the State of California.



New York City, New York Jul 18, 2022 ([Issuewire.com](https://www.Issuewire.com)) - Hema is a board-certified adult-geriatric nurse practitioner and gerontologist. She has advanced education in mind and body medicine, integrative medicine, and functional medicine. She also specializes in diagnosing and treating lifestyle diseases, with a special focus on diabetes management, heart disease, metabolic syndrome, obesity,

stress, and healthy aging.

In collaboration with UCI Health, she is affiliated with UCI Health Susan Samueli Integrative Health Institute, UCI Health H.H. Chao Comprehensive Digestive Disease Center, and UCI Health — Newport Beach. She is also the Co-Founder of Age Forward (since January 2019), giving everyone access to the best minds in health and wellness.

As a nurse practitioner, Hema delivers a unique blend of medical and nursing care to treat the whole person. She is committed to determining the root cause of health concerns and creating personalized treatment plans for optimal health.

Academically, she graduated with her Nurse Practitioner degree from the University of California, San Francisco, and a Master's degree in Gerontology from the University of Southern California. She also completed professional training in mind & body medicine at the Center for Mind and Body Medicine in Washington D.C.

Excelling in her field, Hema is a Fellow of the Academy of Integrative Health and Medicine, as well as an active member of the Sigma Theta Tau International Honor Society of Nursing.

Adult-Geriatric Nurse Practitioners (AGNPs) focus on the care and treatment of adults from later adulthood to the end of life. This population has unique needs, as the body is no longer developing after the age of maturity. As patients age, the ability of their bodies to respond to stressors and heal declines.

Gerontologists are health care professionals who may have patients, but they aren't medical doctors. 'Gerontologist' is simply a catch-all term for experts in the field of gerontology – the scientific study of aging and its effects on medical treatment and well-being.

Learn More about Hema Patel:

Through her online profile, <https://todaysnurse.org/network/index.php?do=/4148822/info/> or through Mind and Body Medicine, <https://www.mindandbodymed.com/about-us>

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