

Manisha Kalra, MD, FAAFP, a Family Physician with Family Medicine Shady Grove

Get to know Family Physician Dr. Manisha Kalra, who serves patients in Rockville, Maryland.



New York City, New York Sep 7, 2022 ([IssueWire.com](https://www.issuewire.com)) - A board-certified family physician, Dr. Kalra is in practice at Family Medicine Shady Grove in Rockville, Maryland. She enjoys taking care of patients of all ages and has a special interest in preventive health care and care of patients with chronic diseases like heart disease, hypertension, and diabetes with an emphasis on whole foods and plant-based diets.

The team at Family Medicine Shady Grove makes sure patients get the medical attention they need. With compassionate care in a comfortable environment, specially designed to promote wellness and healing, they deliver exceptional therapeutic services. Its mission is to provide cutting-edge medical and aesthetic services to allow its patients to look younger, feel younger, and live a happier healthier life.

Throughout her academic career, Dr. Kalra earned her medical degree from the Medical College and Hospital in Jabalpur, India, in 1994, and moved to Iowa City in 1995, where she graduated with a Master's degree in Preventive Medicine and Public Health from the University of Iowa College of Medicine.

Subsequently, she completed her residency at the Mayo Clinic Family Medicine Residency Program at Mercy Medical Center in Des Moines, Iowa, where she served as Chief Resident. In her first year of training, she was voted as the 'Intern of the Year' and also got selected for the 'Family Medicine Resident Scholarship Program' by Aventis Pharmaceuticals in 2000. She also earned a culinary certification in plant-based cooking from Rouxbe Culinary School in June 2017.

Distinguished as a Fellow of the American Academy of Family Physicians (FAAFP), the doctor 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 family medicine and its sub-specialties.

In her professional experience, Dr. Kalra started her career as a practicing family physician in Iowa in 2002 as a staff physician, and then Medical Director at River Hills Community Health Center in Ottumwa, Iowa. In 2012, she relocated to Maryland from Nashville, Tennessee where she was a staff physician at TriStar Medical Group in Brentwood. Prior to starting her practice in 2014, she was working at the Columbia office of Johns Hopkins Community Physicians.

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. Kalra was named among America's Top Family Doctors in 2006, 2007, 2008, 2009, and 2010 by the Consumers Research Council of America. She has also been the recipient of the Patients' Choice Award (2018, 2017, 2016, 2014), Compassionate Doctor Recognition (2014, 2011), and On-Time Doctor Award (2014).

Happily married, she and her husband have two sons. She has a Master's degree in Indian Classical Music and enjoys being part of the community by volunteering in service projects, traveling, and exploring a healthy lifestyle through plant-based cooking along with staying physically active.

Learn More about Dr. Manisha Kalra:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1268403-Manisha-Kalra-Family-Practitioner>, or through Family Medicine Shady Grove, <https://myfamilymeddocs.com/about-us/>

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