

Paula Y. Villarejo, MD, an Internist with M & R Internal Medicine Associates

Get to know Internist Dr. Paula Y. Villarejo, who serves patients in Ohio.



New York City, New York Nov 16, 2022 ([Issuewire.com](https://www.issuewire.com)) - A board-certified internist, Dr. Villarejo sees patients 18 and older for the prevention and treatment of acute and chronic illnesses. She holds a special interest in diabetes and enjoys working with her patients to manage the disease.

“It’s my job to understand what’s important to people and to find ways to motivate them to take care of their health – whether they do it for their families or themselves. I have seen both successes and complications in my patients who have diabetes, and I’m always working with them to achieve what’s best for them” expressed Dr. Villarejo.

At present, she is in practice with M & R Internal Medicine Associates in Cincinnati, Ohio. She is also affiliated with Bethesda Group Practice – Arrow Springs & Bethesda North Hospital.

A firm believer in cultivating friendly relationships with her patients, she provides a welcoming environment where they can communicate freely about any concern. She emphasizes healthy living, good nutrition, and regular exercise to live better.

A 1999 graduate of the National University of Córdoba in Argentina, Dr. Villarejo relocated to the United States to further her education. Once there, she performed her residency in internal medicine with Cook County Health and Hospitals System in 2014.

Following her training, she attained board certification in internal medicine through 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.

Dr. Villarejo can’t remember a time when she wanted to be anything other than a doctor. From an early age in Argentina, she knew she wanted to help people and that the best way would be through medicine. Although she started her career as a cardiologist, she transitioned to internal medicine when she moved to the United States with her family.

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.

Happily married, Dr. Villarejo and her husband, a TriHealth cardiologist, have two teenage boys. She helps out with their soccer teams. In her leisure time, she likes photography and baking. She is fluent in both English and Spanish.

Learn More about Dr. Paula Y. Villarejo:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3075304-Paula-Villarejo-Internist> or through TriHealth, <https://directory.trihealthpho.com/provider/Paula+Y.+Villarejo/1635477>

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