

Jason Gritti, MD, MBA, MA, an Internist with South Sacramento Medical Center

Get to know Internist Dr. Jason Gritti, who serves patients in Sacramento, California.



New York City, New York Dec 7, 2022 ([Issuewire.com](https://www.issuewire.com)) - Named on Sacramento Magazine's Top Doctors List (2021), Dr. Gritti is a highly trained internist. He serves as the Assistant Chief of Adult and Family Medicine at South Sacramento Medical Center, which is a part of Kaiser Permanente.

"I chose Kaiser Permanente as my place to practice medicine as I truly believe that it is a place where

patient needs are a top priority. The goal is to work with each patient to help them be as healthy as they can be. With some exceptions, I believe people create and are responsible for their own health. I can advise and treat, but ultimately each of us is responsible for our own basic healthcare issues. We create our own health through a healthy plant-based diet, exercise, rest, and hydration. We also have to try avoiding those things that can make us sick (ex: smoking, processed food, inactivity)” expressed the doctor.

Passionate about preventative medicine and physical fitness, Dr. Gritti also wants members to know that he is an LGBTQ+ knowledgeable provider who continues to learn of the unique needs in the community. His philosophy of care is one where ownership and honesty are key, striving to create a healthcare plan that both the patient and the doctor can agree on for long-term success.

A native of Minneapolis, Minnesota, it is there that Dr. Gritti did his undergraduate training and completed his master’s programs. He then went on to earn his medical degree from St. George’s University School of Medicine, after which he performed his medical residency training at SUNY Health Science Center in Brooklyn New York.

With a commitment to his specialty, he is board-certified in internal medicine by 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.

Holding various additional degrees and certifications, Dr. Gritti has an MBA and a MA in Public Health Management, he is a Certified Clinical Research Professional through the Society of Clinical Research Associates, a Certified Massage Therapist through Sister Rosalind Geffre School of Massage Therapy, and a Certified Personal Trainer through the International Sports Science Association.

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.

Among Dr. Gritti’s philanthropic endeavors include Doctors Without Borders and Sacramento LGBT Community Center.

An avid reader, he is currently reading *The Hidden Brain* and *The Power of Moments*. His favorite place to vacation is in Italy.

Learn More about Dr. Jason Gritti:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/85015408-Jason-Gritti-Internist> or through Kaiser Permanente, <https://mydoctor.kaiserpermanente.org/ncal/providers/jasongritti>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey toward optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Jason Gritti, MD, MBA, MA

[See on IssueWire](#)