

Bradford Perkins, MD, a Family Physician with Transform Wellness Clinic

Get to know Family Physician Dr. Bradford Perkins, who serves patients in Los Gatos, California.



New York City, New York Nov 7, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Perkins is a board certified family physician and board eligible obesity medicine physician. His professional interests include preventative care, weight control, nutrition, sports medicine and pre-participation physicals, adolescent health, travel medicine, men and women's health, and lifestyle medicine.

As the Founder of Transform Wellness Clinic, Dr. Perkins serves patients in Los Gatos, California and surrounding areas. He offers a number of services to his patients, including general family medicine, wellness and lifestyle prescriptions, a medically supervised weight loss meal replacement program, and a Wellness suite featuring some of the latest technology in Emsculpt Neo, Emface and Emsella.

Emsella and the Emsculpt Neo. Emsella was released in 2017, and uses high intensity electromagnetic energy (HIFEM+) to produce supramaximal contractions of the pelvic floor muscles to help weak pelvic floor muscles, urinary leakage, urinary urgency, and urinary frequency. The Emsculpt Neo was released in 2021 and combines the same HIFEM+ energy to help build muscle in the abdomen, upper arms, thighs, and buttocks, as well radio frequency heating to burn fat.

“My philosophy of care is to give patients the individual care that they deserve, focusing on prevention and wellness as well as chronic problem management. I take a more easy going approach with patient interactions, focusing on listening to your concerns and tailoring care to meet your needs. I focus on what matters to you, so we can both build a plan for your overall health and wellness.”

Born and raised in San Jose, California, Dr. Perkins majored in Chemistry at Wake Forest University, and then graduated in 2004 from Wake Forest University School of Medicine. He completed his residency in family medicine at Glendale Adventist Medical Center and has been Board Certified since 2007.

That same year, Dr. Perkins relocated to his hometown, when he joined San Jose Medical Group in Los Gatos as a family physician and worked there for almost 6 years. He then joined Palo Alto Medical Foundation in Los Gatos in 2013 and again worked as a family physician, seeing all age groups. In 2023, he decided to go into private practice and join SignatureMD.

On a professional level, Dr. Perkins is an esteemed member of the American Academy of Family Physicians, the California Medical Association, the Obesity Medicine Association, and the American College of Lifestyle Medicine.

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.

During his free time, Dr. Perkins takes pleasure in quality moments with his wife and three children. He also engages in HIIT training through BODi on Demand, enjoys a game of golf, relishes reading, and takes delight in building Lego creations with his children. His top pick for a destination is the California Coast, and when it comes to European countries, he has a soft spot for Scotland. His travel bucket list includes a tough choice between Germany and Australia/New Zealand.

Learn More about Dr. Bradford Perkins:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/674379-Bradford-Perkins-Family-Practitioner> or through Transform Wellness Clinic, <https://www.transformwellnessclinic.com>

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