

Naheed Shahid, MD, an Internist with DFW Concierge MD

Get to know Internist Dr. Naheed Shahid, who serves patients in Dallas and Arlington, Texas.



New York City, New York Jan 8, 2024 ([Issuewire.com](https://www.issuewire.com)) - Renowned for her expertise in internal medicine, Dr. Shahid has dedicated the last two decades to the practice of medical art. Her extensive experience, both within and beyond the hospital setting, equips her with the ability to tackle complex and rare medical problems with empathy.

Departing from conventional medical approaches, Dr. Shahid established DFW Concierge MD, a

medical practice that prioritizes personalized care for patients. With two locations in Dallas and Arlington, the primary aim is to offer patients increased face time during appointments, facilitating the creation of tailored treatment plans. Dr. Shahid specializes in executive physicals and anti-aging medicine, placing emphasis on hormone and vitamin deficiency testing.

Growing up in the Northeast, she graduated with Honors with her Bachelor of Science Degree in Liberal Arts from Rosemont College in 1996. She then went on to earn her Medical Degree from Drexel University College of Medicine in 2001, after which she performed her residency in internal medicine at the said establishment.

Specializing in the medical treatment of adults, Dr. Shahid 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.

Professionally, Dr. Shahid actively participates in the American Academy of Anti-Aging Medicine.

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.

Recognizing the crucial role of her family and faith in her achievements, Dr. Shahid was honored as Best in Texas Magazine - Doctors 2023.

Happily married, she and her husband, Dr. Sethuraman, a spine surgeon serving the DFW metroplex, have been blessed with two children.

Beyond her medical responsibilities, Dr. Shahid finds joy in activities such as yoga, spin classes, pilates, and weight training. She is an advocate for giving back to the community and has been involved with organizations like UNICEF, North Texas Food Bank, Cattle Barons, her daughters' schools (Lampighter, Hockaday), and many other organizations.

An adventurous spirit, Dr. Shahid enjoys traveling, trying new recipes, and exploring restaurants. Her preferred vacation spot is St. Barths, and she stays informed through publications like the Wall Street Journal and the Journal of the American Medical Association.

Fluent in English, Hindi, and Urdu, Dr. Shahid is a multilingual professional who brings a diverse perspective to her medical practice.

Learn More about Dr. Naheed Shahid:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/603386-Naheed-Shahid-Internist> or through DFW Concierge MD, <https://dfwconciergemd.com/meet-dr-shahid/>

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