

## **Bradford Perkins, MD, Delivers Transformative Care for Total-Body Wellness in Los Gatos, California**

**Embracing a Holistic and Integrative Approach to Medicine, Empowering Patients to Achieve Their Health Goals**



**New York City, New York Oct 23, 2024 ([IssueWire.com](https://www.issuewire.com))** - Bradford Perkins, MD, a board-certified family physician and obesity medicine specialist, is the Founder of Transform Wellness Clinic, which is dedicated to providing comprehensive healthcare services to families in Los Gatos, California, and surrounding areas.

Dr. Perkins' professional interests encompass various essential healthcare areas, including weight control, nutrition, sports medicine and pre-participation physicals, adolescent health, travel medicine, men's and women's health, and lifestyle medicine. At Transform Wellness Clinic, he aims to create a patient-centered environment emphasizing prevention and personalized care. "My philosophy of care is to give patients the individual care they deserve, focusing on prevention and wellness as well as chronic problem management. I take a more easygoing approach to 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," says Dr. Perkins.

Transform Wellness Clinic offers various services, including general family medicine, wellness and lifestyle prescriptions, and a medically supervised weight loss meal replacement program. Patients can also benefit from the clinic's advanced Wellness suite, featuring cutting-edge technologies such as Emsculpt Neo and Emsella. Emsella utilizes high-intensity electromagnetic energy to strengthen pelvic floor muscles, addressing urinary leakage and urgency. Meanwhile, Emsculpt Neo combines the same technology with radiofrequency heating to build muscle and reduce fat in targeted areas.

Dr. Perkins, born and raised in San Jose, California, has an impressive educational background. He majored in Chemistry at Wake Forest University and graduated from Wake Forest University School of Medicine in 2004. After completing his residency in family medicine at Glendale Adventist Medical Center, he became board-certified in 2007.

An esteemed member of several professional organizations, including the American Academy of Family Physicians and the Obesity Medicine Association, Dr. Perkins is committed to staying at the forefront of medical advancements. He has extensive experience in family medicine, having worked with San Jose Medical Group and Palo Alto Medical Foundation before embarking on his private practice journey with SignatureMD in 2023.

Outside of his professional life, Dr. Perkins enjoys spending quality time with his wife and three children, participating in HIIT training through BODi on Demand, playing golf, and pursuing his passion for reading and 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, [www.transformwellnessclinic.com](http://www.transformwellnessclinic.com)

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