

Elfy Payero-Gonzalez, MD, DABFM: Reviving Boutique Family Medicine in Panama City, Florida

Board-Certified, Bilingual Physician Delivering Lifestyle-Driven, Adult-Focused Wellness and Preventive Care



New York City, New York Jul 28, 2025 ([Issuewire.com](https://www.issuewire.com)) - Elfy Payero-Gonzalez, MD, DABFM, a board-certified family physician with a commitment to comprehensive and compassionate patient care, has opened Payero Family Medicine in Panama City, Florida. With a focus on longevity, healthy aging, and patient-centered approaches, she aims to redefine primary care in the Florida Panhandle.

Dr. Payero-Gonzalez brings a wealth of experience to her new practice, having completed her medical

training at the prestigious Pontificia Universidad Católica Madre y Maestra in the Dominican Republic and her residency at BronxCare Health System, affiliated with the Icahn School of Medicine at Mount Sinai in New York City. Her education equipped her with a unique perspective on healthcare, emphasizing the importance of accessible and equitable care for diverse populations.

“My mission is to provide personalized, culturally responsive healthcare that meets the unique needs of each patient,” says Dr. Payero-Gonzalez. “At Payero Family Medicine, we focus on the whole person, and our care philosophy is rooted in the principles of Lifestyle Medicine. This means we prioritize nutrition, physical activity, mental health, and meaningful relationships to promote long-term wellness.”

Dr. Payero-Gonzalez’s clinical interests include longevity and healthy aging, menopause and andropause, weight management, HIV care, and preventative and lifestyle medicine. Fluent in both English and Spanish, she is dedicated to serving a diverse patient population and ensuring that every individual feels understood and valued.

Previously, Dr. Payero-Gonzalez worked as a hospitalist at Ascension Sacred Heart in Panama City, where she gained invaluable inpatient experience. This experience solidified her understanding of the healthcare system and reinforced her commitment to providing patient-centered care. “I believe that medicine is not just about treating symptoms; it’s about uncovering the root causes of illness and empowering patients to lead their healthiest lives,” she emphasizes.

In her private practice, Dr. Payero-Gonzalez has adopted a boutique approach to care, reminiscent of the old-school family physicians who prioritized long-term relationships with their patients. “I enjoy the flexibility that primary care provides and the opportunity to create lifelong connections with my patients and their families,” she shares. By focusing exclusively on adults and seniors, she ensures her practice can cater to the evolving health needs of this demographic with the attention and care they deserve.

Dr. Payero-Gonzalez is a Diplomate of the American Board of Family Medicine and actively engages with professional organizations such as the American Academy of Family Physicians, the American Medical Association, the American Academy of HIV Medicine, and the Society of Hospital Medicine. Her dedication to continuous learning and professional development enhances the quality of care she provides.

Born and raised in the Dominican Republic, Dr. Payero-Gonzalez’s upbringing was marked by the values of service and empathy instilled by her parents, who dedicated themselves to volunteering in underserved communities. Their commitment to healthcare access deeply influenced her career choice and continues to inspire her practice today. “I want to improve lives not only in the clinic but also by advocating for health equity in our community,” she notes.

Outside of her professional life, Dr. Payero-Gonzalez embraces the vibrant lifestyle of Florida. She is a proud mother to a young daughter and enjoys spending quality time with her family, including their spirited Jack Russell Terrier. Together, they love beach days, swimming, cooking, and exploring the outdoors.

Learn More about Dr. Elfy Payero-Gonzalez:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/84987113-Elfy-Payero-Gonzalez-Family-Practitioner> or through Payero Family Medicine, <https://payerofamilymedicine.com/our-doctor>

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Source : Dr. Elfy Payero-Gonzalez

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