

Family Physician Dr. Nida Dillon, DO, Brings Holistic, Compassionate Care to Merriam and Greater Kansas City

Innovative Family Medicine Physician with 11 Years of Experience, Championing Direct Primary Care and Patient Empowerment



New York City, New York Jul 31, 2025 ([IssueWire.com](https://www.issuewire.com)) - Dr. Nida Dillon, DO, a board-certified family medicine physician with over a decade of clinical experience, is making a lasting impact by delivering personalized, relationship-driven care to patients in Merriam and the greater Kansas City area. With a deep passion for whole-person wellness, she blends osteopathic principles with integrative approaches to help patients achieve optimal health. Dr. Dillon is known for her ability to build lasting relationships with her patients, offering them not only clinical expertise but also compassion, support, and education that empowers long-term well-being.

Her journey into medicine began with a strong academic foundation in exercise science and sports medicine from the University of Kansas, followed by earning her Doctor of Osteopathy degree from Kansas City University College of Osteopathic Medicine. She completed her residency training in Kansas City, Missouri, where she pursued specialized tracks in integrative care and osteopathic manipulative medicine. This training has equipped her with a unique ability to treat not just symptoms, but the whole person—mind, body, and spirit.

Dr. Dillon has cultivated particular expertise in managing chronic conditions such as obesity, hypertension, asthma, and metabolic disorders. Her personal and professional commitment to addressing root causes rather than just treating disease sets her apart. She is currently advancing her knowledge through studies in obesity medicine and a Master's in International Health, reinforcing her belief that long-term health starts with prevention, education, and proactive partnership between physician and patient.

Before becoming a physician, Dr. Dillon served as a paramedic and firefighter, a background that contributes to her empathetic and service-minded approach. She has also overcome her health challenges, including a serious accident and a significant weight loss journey, which fuels her understanding of the physical and emotional aspects of healing. Her story is one of perseverance, faith, and purpose—a narrative she brings into her practice to inspire patients to take charge of their health journeys.

Now practicing under the Direct Primary Care model at Nextera Healthcare, Dr. Dillon offers an experience that prioritizes time, access, and genuine connection. By limiting patient panel size, she ensures that individuals receive the attention and continuity of care they deserve. Located in Lenexa and easily accessible to the Merriam community, Dr. Dillon remains committed to serving with integrity, compassion, and a dedication to helping every patient thrive—one relationship at a time.

Learn More about Dr. Nida Dillon:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2745564-Nida-Dillon-Family-Practitioner> or through www.nexterahealthcare.com

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Source : Dr. Nida Dillon

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