

A Leader in Concierge Medicine: Heather M. Peña, MD, Pioneers Healthy Aging and Preventive Care in Napa Valley

Fusing Modern Medicine with Holistic Approaches to Transform Patient Health



Napa, California Oct 8, 2025 ([IssueWire.com](https://www.issuewire.com)) - Heather M. Peña, MD, a Harvard-trained internist and the Owner and Medical Director of Napa Valley Concierge Medicine, is redefining health care through her commitment to early diagnosis, illness prevention, and holistic healing. With over 25 years of experience, Dr. Peña is recognized as one of the nation's leading pioneers in promoting healthy aging and personalized medicine, ensuring her patients achieve optimal health and longevity.

Dr. Peña's innovative approach revolves around comprehensive patient assessments and the integration of five foundational pillars of health: nutrition, exercise, stress reduction/life balance, healthy sleep habits, and hormone balance. "I use the wonders of modern medical science, including sophisticated lab and genetic testing as well as imaging, as appropriate for each person, enabling me to better predict and prevent problems," Dr. Peña explains. "I also believe that really listening to my patient's story is often 90% of making the correct diagnosis."

A summa cum laude graduate from Tufts University, Dr. Peña excelled in her studies, earning membership in Phi Beta Kappa and graduating at the top of her class. She went on to receive her Medical Degree from Harvard Medical School and completed her internal medicine residency at UCLA, after which she became eligible for certification by the American Board of Internal Medicine. During her time at UCLA, Dr. Peña was inspired by a lecture from a physician at the Pritikin Longevity Center, which led her to dedicate 17 years of her career to the center as its Medical Director.

Recognizing the critical importance of nutrition in health care, Dr. Peña was disappointed with the lack of education available in this area, a gap that has only marginally improved over the past three decades. This realization fueled her passion for integrative medicine, a field that combines the best of modern science with personalized proactive prevention strategies.

While serving at St. Helena Hospital Center for Health, Dr. Peña developed two impactful programs: "ONE" and "Transformations." Her research on the Transformation Program yielded statistically significant improvements in health markers for participants in a 10-day residential lifestyle optimization program. Additionally, Dr. Peña has contributed to medical education as a faculty member at the annual "Healthy Kitchens, Healthy Lives: Caring for Our Patients and Ourselves" conference, where she shares her expertise with health care professionals.

In 2011, Dr. Peña took a significant step in her career by establishing Napa Valley Concierge Medicine, a direct care practice that emphasizes a partnership between physician and patient. This model allows her to provide personalized care, including accompanying patients to specialist appointments and making house calls when necessary. "The concierge model gives me the time to develop unique health plans tailored to each patient's needs," she states.

Dr. Peña's professional affiliations include the American College of Physicians, the California Medical Association, the Napa Solano Medical Society, and the American College of Lifestyle Medicine. Her dedication to health care has been recognized with numerous awards, including the American Heart Association Award for the Promotion of Heart Disease Prevention, the 2019 Who's Who Top Doctors "Honors Edition, and the Shackelford Memorial Award for Outstanding Achievement in Biology.

Dr. Heather M. Peña continues to be a transformative force in the field of preventive and concierge

medicine, embodying a patient-centered care model that integrates the highest standards of modern medical practice with a deep commitment to wellness and healing. Her vision for health care focuses on empowering patients to take charge of their health, ultimately leading to improved quality of life and longevity.

Learn More about Dr. Heather M. Peña:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/8135275-Heather-Pena-Internist>

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Media Contact

Your Health Contact

*****@yourhealthcontact.com

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