

America's Best in Medicine: Ayesha Kanwal, DO: Board-Certified Rheumatologist and Founder of Wellness Rheumatology

Combining Advanced Autoimmune Care, Wellness Strategies, and Medical Education to Improve Long-Term Patient Outcomes



Colleyville, Texas May 19, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Ayesha Kanwal, DO, is a board-certified rheumatologist and the Founder of Wellness Rheumatology in Colleyville, Texas, where she has spent

nearly a decade providing comprehensive, patient-centered care for individuals living with autoimmune and inflammatory conditions. Through her solo private practice, Dr. Kanwal specializes in the diagnosis and management of inflammatory arthritis, connective tissue diseases, autoimmune disorders, and osteoporosis, combining advanced medical treatments with a holistic philosophy focused on long-term wellness and quality of life.

As an osteopathic physician, Dr. Kanwal believes effective healthcare begins with understanding the whole person rather than simply treating symptoms. Her approach integrates medical expertise with compassion, attentiveness, and respect for each patient's unique lifestyle, values, and personal experiences. She is deeply committed to empowering patients to become active participants in their care while helping them develop sustainable strategies that support both physical and emotional well-being.

At Wellness Rheumatology, Dr. Kanwal incorporates advanced diagnostic tools, in-house imaging, and infusion services into individualized treatment plans that may include pharmacologic therapies, nutritional counseling, lifestyle modifications, hormone replacement therapy, and IV wellness services. Her goal is to provide patients with comprehensive care that addresses not only disease management but also overall health optimization.

Dr. Kanwal earned her Doctor of Osteopathic Medicine Degree from The University of North Texas Health Science Center, Texas College of Osteopathic Medicine in 2009. She completed her Internal Medicine Residency at MetroHealth Medical Center in 2012, followed by a Rheumatology Fellowship at University Hospitals in 2014. She also completed advanced training at Case Western Reserve University, further strengthening her expertise in autoimmune and inflammatory diseases.

Over the years, Dr. Kanwal has had the privilege of caring for a diverse patient population, with many individuals remaining under her care throughout their disease journeys for nearly a decade. This continuity has given her valuable insight into the complexities of long-term autoimmune disease management and reinforced the importance of building strong physician-patient relationships based on trust, communication, and consistency.

In addition to her clinical responsibilities, Dr. Kanwal serves as an Associate Professor at Texas Christian University School of Medicine, where she mentors and precepts medical students during clinical rotations. Her role in medical education reflects her passion for helping shape the next generation of compassionate and skilled physicians.

Throughout her career, Dr. Kanwal has also overseen in-house infusion suites administering advanced biologic therapies and regularly interprets DEXA scans and radiographic imaging as part of comprehensive rheumatologic care. She maintains hospital affiliations with Baylor Scott & White Health and remains actively involved in professional organizations, including the American College of Rheumatology and the American Medical Association.

During the COVID-19 pandemic, Dr. Kanwal played an instrumental role in maintaining continuity of care for rheumatology patients while adapting to rapidly changing healthcare protocols and safety measures. Her ability to continue delivering high-quality treatment during a challenging period demonstrated both her resilience and dedication to patient care.

Outside of medicine, Dr. Kanwal enjoys painting, crafting, and DIY projects with her two daughters. She values spending quality time with her family and finds balance through creativity and meaningful everyday moments with her husband and children.

Recognized for her excellence in patient care, Dr. Kanwal has received honors including Top Rheumatologist (2022), Best in Texas Magazine (2025), and selection for America's Best in Medicine (2026). Looking ahead, she plans to continue expanding Wellness Rheumatology while advancing compassionate, evidence-based care and mentoring future leaders in rheumatology.

Learn more about Dr. Ayesha Kanwal:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/ayesha-kanwal> or through her website, <https://wellnessrheumatology.org/>

America's Best in Medicine

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Source : Dr. Ayesha Kanwal

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