

America's Best in Medicine: Dr. Dipali Desai, Advancing Comprehensive Internal Medicine Practice in Northeast Ohio

University Hospitals Physician Integrates Acute Care, Mental Health, and Lifestyle Medicine to Deliver Holistic, Patient-Centered Treatment Across Inpatient and Outpatient Settings



Middleburg Heights, Ohio Jul 10, 2026 ([Issuewire.com](https://www.issuewire.com)) - Dr. Desai is a dedicated internal medicine physician affiliated with University Hospitals in Cleveland, Ohio, where she has practiced for over a decade. She provides comprehensive care to patients aged 16 and older through a traditional practice

model that bridges outpatient and inpatient medicine. Based at Southwest General, where she holds admitting privileges, she manages a full spectrum of conditions, seeing 15 to 20 patients daily in clinic while also rounding on hospitalized patients across the floor, step-down, and intensive care settings.

Her clinical expertise includes management of complex medical conditions such as heart failure, stroke, myocardial infarction, and other acute and chronic illnesses. Dr. Desai began her medical journey in India, earning her medical degree from Government Medical College in Gujarat before completing residency training at MetroHealth Medical Center in Cleveland.

Recognizing the growing need for mental health integration within primary care, she pursued a fellowship in integrative psychiatry through the University of Colorado in 2019. This additional training strengthened her understanding of anxiety, depression, post-traumatic stress disorder, and acute stress, enabling her to incorporate both conventional and alternative treatment approaches into patient care.

Committed to a holistic, patient-centered philosophy, Dr. Desai is currently expanding her expertise through a fellowship with the American College of Lifestyle Medicine. She is passionate about integrating lifestyle-based interventions with traditional medical care to improve long-term outcomes. By combining evidence-based medicine with integrative modalities, she strives to treat the whole person, addressing both physical and mental health needs.

Her professional affiliations include Hindu Physician International, the Academic Consortium for Integrative Medicine, the American College of Lifestyle Medicine, American Indian Physician of Northeast Ohio, and the Integrative Center for Group Medical Visit. She is board certified in family medicine and integrative psychiatry, with a lifestyle medicine fellowship in progress.

Dr. Desai is also active in community outreach, offering public speaking engagements at cancer rehabilitation centers, libraries, senior living facilities, and nursing homes.

When asked what she enjoys most about practicing medicine, Dr. Desai states, “Helping my patients and being a lifelong learner.”

Through her evolving clinical practice, Dr. Desai remains committed to advancing integrative medicine in Northeast Ohio while fostering collaboration among multidisciplinary teams to improve patient outcomes and community health across diverse populations through ongoing education initiatives.

Learn more about Sharon Sharp:

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/dipali-desai>

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