

Dashrath Gautam, MD, for Advancing Personalized Primary Care Through Internal Medicine and Geriatric Expertise

IU Health Primary Care Physician Combines Evidence-Based Medicine, Compassionate Care, and Medical Education to Improve Long-Term Health Outcomes



Muncie, Indiana Jul 21, 2026 ([IssueWire.com](https://www.issuewire.com)) - Dashrath N. Gautam, MD, is a board-certified physician specializing in internal medicine and geriatric medicine who is dedicated to providing thoughtful, individualized care for adult and aging populations. Currently practicing with IU Health Primary Care – Muncie East in Muncie, Indiana, Dr. Gautam has served as an attending physician since 2022, focusing on outpatient primary care and the comprehensive management of medically complex patients.

Recognized for his patient-centered approach, Dr. Gautam believes effective healthcare requires understanding each patient's unique goals, values, and circumstances. His practice philosophy centers on developing personalized care plans that prioritize quality of life, long-term wellness, and careful clinical decision-making rather than focusing solely on numbers or isolated medical conditions.

Dr. Gautam began his academic journey at McMaster University in Hamilton, Ontario, where he completed his undergraduate studies before earning his Medical Degree from St. George's University School of Medicine. He continued his postgraduate training through an internal medicine residency at Henry Ford Allegiance Health, completing the program from 2017 to 2020. Driven by a passion for caring for older adults and patients with complex health needs, he pursued additional specialization through a geriatric medicine fellowship at University Hospitals Cleveland Medical Center from 2020 to 2021.

Throughout his career, Dr. Gautam has developed broad expertise in internal medicine, geriatrics, and endocrine-related primary care. His clinical experience includes managing chronic and complex conditions such as diabetes, including insulin pump therapy, thyroid disorders, low testosterone, hyperparathyroidism, and pituitary and adrenal gland disorders. By combining evidence-based guidelines with a deep understanding of each patient's lifestyle and healthcare priorities, he strives to create treatment strategies that are both practical and sustainable.

"What I enjoy most about practicing medicine is the detective work—working with facts rather than just plausibilities," said Dr. Gautam. "A lot of the answers come from how you gather information through the physical exam and the patient's history. I particularly love geriatrics because you spend more time with fewer patients and go into much greater detail. You also get to deprescribe and simplify things for patients. While there are guidelines to follow, care must always be customized. As people get older, the focus often shifts toward quality of life and looking at the bigger picture rather than aggressively pursuing a single number."

Dr. Gautam also values his role in medical education and mentorship. As an Assistant Professor with the IU Ball School of Medicine, he contributes to the education and training of future physicians by teaching and mentoring medical students. His involvement in academic medicine helps him remain engaged with emerging research, updated clinical guidelines, and evolving approaches to patient care.

Committed to lifelong learning, Dr. Gautam continues to participate in professional development opportunities to stay current in internal medicine, geriatrics, and endocrine-related conditions. He is board certified by the American Board of Internal Medicine and maintains active memberships with the American College of Physicians and the American Geriatrics Society.

In addition to his medical expertise, Dr. Gautam speaks multiple languages, including English, French, German, Hindi, Spanish, Swedish, and Tamil, allowing him to connect with patients from diverse backgrounds and provide more accessible, personalized care.

Throughout his career, Dr. Gautam has remained dedicated to building meaningful relationships with his

patients and ensuring they feel heard, respected, and involved in their healthcare decisions. Through his commitment to compassionate medicine, clinical excellence, and education, he continues to make a lasting impact by treating patients as whole individuals and helping them achieve healthier, more fulfilling lives.

Learn more about Dr. Dashrath Gautam:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/dashrath-gautam> or through his profile on IU Health, <https://iuhealth.org/find-providers/provider/dashrath-n-gautam-md-4058087>

America's Best in Medicine

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