

Dhruv Markan, MD: Board-Certified Internal Medicine Physician At Kelsey-Seybold Clinic Advancing Care

Houston Physician Combines Evidence-Based Medicine, Lifestyle Strategies, and Long-Term Patient Relationships to Help Individuals Achieve Better Health Outcomes



Houston, Texas Jul 16, 2026 ([Issuewire.com](https://www.issuewire.com)) - Dhruv Markan, MD, is a Board-Certified Internal Medicine Physician at Kelsey-Seybold Clinic in Houston, Texas, dedicated to helping patients achieve healthier lives through comprehensive primary care, preventive medicine, and personalized treatment

strategies. Since joining Kelsey-Seybold Clinic in July 2015, Dr. Markan has provided compassionate, evidence-based care focused on improving long-term health outcomes for adults across the Houston community.

Practicing at locations including the Upper Kirby Clinic and Gulfgate Clinic, Dr. Markan specializes in adult primary care with a focus on preventive health, chronic disease management, and wellness. His approach centers on treating the whole person by addressing immediate medical concerns while also identifying opportunities to prevent disease, reduce health risks, and promote sustainable lifestyle changes.

Dr. Markan's clinical interests include reducing cardiovascular risk factors and managing chronic conditions such as hypertension, diabetes, obesity, thyroid disorders, asthma, and other common adult health concerns. Through a combination of medical expertise and lifestyle-focused strategies, he works with patients to develop individualized care plans that incorporate nutrition, exercise, weight training, and healthy daily habits.

A strong advocate for preventive and lifestyle medicine, Dr. Markan believes that empowering patients with knowledge is essential to achieving lasting improvements in health. By helping individuals understand the reasons behind their treatment plans, he encourages them to become active participants in their own healthcare journeys.

"I find the greatest joy in practicing internal medicine because of its complexity, depth, and the meaningful stories behind each patient," says Dr. Markan. "Growing up, I was deeply influenced by my father, a physician, who demonstrated the profound impact medicine can have on individuals and communities. That early exposure inspired me to pursue a field that is both intellectually challenging and deeply rewarding."

Dr. Markan's passion for internal medicine stems from its unique combination of diagnostic reasoning, problem-solving, and continuous learning. He describes the specialty as similar to being a medical detective, where every patient presents a unique story and an opportunity to uncover solutions that improve their quality of life.

"My goal is always to educate and empower patients so they understand the 'why' behind their care," Dr. Markan explains. "I often tell my patients, 'I didn't become a doctor to fix a computer screen—I became a doctor to help you live a better life.'"

Dr. Markan earned his Medical Degree from Shri B. M. Patil Medical College at Rajiv Gandhi University of Health Sciences in Karnataka, India. He later completed his internal medicine residency through Georgetown University's MedStar Health program in Washington, D.C., finishing in 2023. He is board certified by the American Board of Internal Medicine and is fluent in English, Hindi, and Punjabi, allowing him to connect effectively with patients from diverse backgrounds.

His philosophy of care has been shaped by his upbringing as the son of physicians, in which he witnessed firsthand the importance of compassion, service, and meaningful physician-patient relationships. Today, Dr. Markan continues to carry those values into his practice by focusing on physical, emotional, and mental well-being as part of a complete approach to healthcare.

Beyond the clinic, Dr. Markan embraces the same commitment to wellness and personal growth that defines his medical practice. An avid marathon runner, he is working toward completing the World Marathon Majors and enjoys challenging himself through endurance sports. He is also passionate about

cricket, football, and tennis, along with skiing, volunteering, and exploring World War II history through travel and historical sites.

Above all, Dr. Markan values spending time with his family and watching his son grow. His dedication to discipline, lifelong learning, and healthy living extends beyond medicine and reflects his belief that wellness is built through consistent choices and meaningful connections.

Through his commitment to preventive care, patient education, and holistic health, Dr. Dhruv Markan continues to make a positive impact by helping patients take control of their health and pursue longer, healthier, and more fulfilling lives.

Learn more about Dr. Dhruv Markan:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/Dhruv-Markan> or through his profile on Kelsey-Seybold Clinic, <https://www.kelsey-seybold.com/find-a-houston-doctor/dhruv-markan-internal-medicine>

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