America’s Best in Medicine: Lu Qu, MD, MPH Brings International Experience and Preventive Care Focus to UNC Health

Internist Combines Cardiovascular Expertise, Cultural Competence, and Patient-Centered Medicine to Improve Long-Term Health Outcomes

Raleigh, North Carolina Aug 19, 2026 (Issuewire.com) - Lu Qu, MD, MPH, is an accomplished internist at the University of North Carolina Health System, practicing at UNC Family Medicine at North

Raleigh, where she provides compassionate, comprehensive outpatient care with a strong emphasis on preventive medicine, early diagnosis, and long-term disease management. Drawing on extensive international medical training and years of clinical experience, Dr. Qu is committed to delivering accessible, culturally competent care that addresses both immediate health concerns and patients' long-term well-being.

Dr. Qu earned her Medical Degree from Peking University Health Science Center in 1998 before completing a cardiology fellowship in China between 1998 and 2002. Her early training established a strong foundation in cardiovascular and internal medicine and cultivated her interest in identifying disease at an early stage and intervening before conditions become more serious.

After relocating to the United States in 2005, Dr. Qu developed extensive experience in both outpatient and hospital-based medicine while adapting to a new healthcare environment. She subsequently completed her internal medicine residency at Greenwich Hospital under Yale New Haven Health, graduating in 2025. Her professional journey reflects remarkable resilience and determination, as she remained committed to medicine and continued advancing her clinical expertise despite significant personal and professional challenges.

Throughout her career, Dr. Qu has held a variety of clinical and leadership positions, including roles with UNC Health and Evergreen Health Care. Her areas of expertise encompass internal medicine, cardiology, and preventive care. She is particularly passionate about early detection, timely intervention, and comprehensive disease management, recognizing that proactive care can help prevent complications and reduce the long-term burden of chronic illness.

In her current practice, Dr. Qu strives to make healthcare more accessible and meaningful for patients from diverse backgrounds. She is also actively involved in supporting underserved populations, volunteering with a local Chinese medical group that provides care to low-income and underinsured individuals. Many patients travel considerable distances to receive care in their native language, highlighting the trust Dr. Qu has developed within her community and the importance she places on cultural understanding in medicine.

"What I enjoy most about practicing medicine is that I have been able to return to the profession I have always loved after many years away. I consider this a meaningful personal achievement, as I remained committed to my original path in medicine," expresses Dr. Qu. "From early on, I was drawn to the idea of saving lives and was especially inspired by my uncle, who was a cardiologist and saved many patients through his work."

Dr. Qu finds fulfillment in helping patients and their families navigate health concerns, particularly when she can identify conditions early, prevent complications, and support successful recovery. Coming from a family of physicians, she developed an appreciation for medicine at an early age, a commitment that continues to shape her compassionate approach and strong work ethic.

Beyond the clinic, Dr. Qu enjoys listening to music, fitness, reading, traveling, and spending time with family and friends. Through her clinical practice and community involvement, she continues to serve as a trusted medical resource, dedicated to helping patients achieve healthier and more fulfilling lives.

Learn more about Dr. Lu Qu:

Through her America's Best in Medicine profile, https://americasbestinmedicine.com/connect/Lu-Qu or through her profile on UNC Health, https://www.unchealth.org/care-services/doctors/q/lu-qu-md-mph

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