

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

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



Houston, Texas Aug 24, 2026 ([Issuewire.com](https://www.Issuewire.com)) - Dr. Dhruv Markan, MD, is a board-certified Internal Medicine physician at Kelsey-Seybold Clinic in Houston, Texas, where he has been providing

comprehensive adult primary care since joining the practice in July 2025. He specializes in preventive medicine, chronic disease management, and personalized treatment plans that help patients achieve long-term health and wellness.

Practicing at Kelsey-Seybold's Upper Kirby clinic, Dr. Markan focuses on preventing disease, reducing cardiovascular risk factors, and managing common chronic conditions, including hypertension, diabetes, obesity, thyroid disorders, and asthma. His approach combines evidence-based medicine with lifestyle strategies, emphasizing nutrition, exercise, strength training, and sustainable healthy habits to improve overall well-being.

A strong advocate for patient education, Dr. Markan believes that understanding the “why” behind a treatment plan empowers patients to take an active role in their health. His philosophy is rooted in treating the whole person, addressing physical, mental, and emotional well-being while building lasting physician-patient relationships.

Dr. Markan's passion for internal medicine stems from its blend of diagnostic problem-solving and meaningful patient care. Inspired by his parents—both physicians—and his family's longstanding commitment to community service, he developed an early appreciation for compassionate, purpose-driven medicine. He describes internal medicine as being like a medical detective, where every patient presents a unique story and an opportunity to improve quality of life.

As Dr. Markan often tells his patients, “I didn't become a doctor to fix the numbers on a computer screen—I became a doctor to help you live a better life.”

Dr. Markan earned his medical degree from Rajiv Gandhi University of Health Sciences in Karnataka, India, and completed his Internal Medicine residency through Georgetown University's MedStar Health program in Baltimore., in 2023. He is board certified by the American Board of Internal Medicine and is fluent in English, Hindi, and Punjabi.

Outside of medicine, Dr. Markan is committed to the same healthy lifestyle he encourages in his patients. An avid marathon runner working toward completing the World Marathon Majors, he also enjoys cricket, football, tennis, skiing, volunteering, and exploring World War II history through travel. Above all, he values spending time with his wife and watching his son grow.

Through compassionate primary care, preventive medicine, and personalized treatment, Dr. Markan remains committed to helping patients reduce health risks, effectively manage chronic conditions, and achieve healthier, more fulfilling lives. By combining evidence-based medicine with education, partnership, and a focus on long-term wellness, he empowers patients to take an active role in their health and build lasting habits that support lifelong well-being.

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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