





Dr. Aarthi P. Chandarana DO, DipABLM Board-Certified Family Medicine & Lifestyle Medicine Physician

 **About Me** Dr. Aarthi Chandarana is a dedicated and compassionate Family Medicine Osteopathic Doctor with a strong commitment to promoting holistic health and well-being. With dual board certification in Family Medicine and Lifestyle Medicine, Dr. Chandarana focuses on the interconnectedness of physical, mental, and emotional health to provide comprehensive care to her patients.

 **Medical Background** Dr. Chandarana graduated from Nova Southeastern University and completed her Family Medicine residency at Arrowhead Regional Medical Center.

 **Expertise in Lifestyle Medicine** As a testament to her commitment to promoting a healthier lifestyle, Dr. Chandarana pursued board certification in Lifestyle Medicine. Her expertise in this field enables her to guide patients towards sustainable lifestyle changes that prevent and treat chronic diseases. She firmly believes that through personalized nutrition, physical activity, stress management, and other positive habits, individuals can enhance their quality of life and reduce the risk of disease.

 **Holistic Approach** Dr. Chandarana's approach to patient care goes beyond symptom management. She takes the time to listen to her patients' concerns and tailors her treatment plans to their unique needs and goals. Her patients appreciate her warm demeanor, open communication style, and collaborative approach to decision-making.

Dr. Aarthi Chandarana is a caring and knowledgeable physician who believes that true health is achieved through a balanced integration of mind, body, and spirit.