

Nathan J. Bernal, MD, a Family Physician with Hill Country Lifestyle Medicine

Get to know Family Physician Dr. Nathan J. Bernal, who serves patients throughout the State of Texas.



New York City, New York Oct 11, 2022 ([IssueWire.com](https://www.IssueWire.com)) - An established family physician, Dr.

Bernal is affiliated with Hill Country Lifestyle Medicine, with offices in San Antonio and Garden Ridge, Texas.

The healthcare professionals at Hill Country Lifestyle Medicine are part of a movement to shift patient care from a disease-care system to a healthcare system focused on treating the person, not just symptoms. They strive to empower individuals to achieve their highest health potential, support community health through education, and enable organizations to optimize the health of their members.

A graduate of Baylor University, Dr. Bernal attended UT Health San Antonio for his medical education. He then went on to complete his residency in family medicine at the CHRISTUS Santa Rosa Hospital and Medical Center.

In pursuit of clinical excellence, the doctor is board-certified in family medicine by the American Board of Family Medicine (ABFM). The ABFM is a non-profit, independent medical association of American physicians who practice family medicine and its sub-specialties.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

Learn More about Dr. Nathan J. Bernal:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/82758448-Nathan-Bernal-Geriatician>, or through Hill Country Lifestyle Medicine, <https://hillcountrylmc.com/nathan-bernal%2C-md>

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