

Susan Gamble, MD, an Internist with Napa Valley Private Physicians

Get to know Internist Dr. Susan Gamble, who serves patients in St. Helena, California.



New York City, New York Feb 20, 2024 ([IssueWire.com](https://www.IssueWire.com)) - A top professional in the field of internal medicine, Dr. Gamble is in practice at Napa Valley Private Physicians, based in St. Helena, California. She specializes in disease reversal and prevention with lifestyle modifications.

Born and raised outside Cairo, Egypt, her childhood was imbued with the rich tapestry of Egyptian culture. However, her trajectory shifted significantly when she relocated to the Midwest as a second grader. Despite the geographical transition, her thirst for knowledge and academic excellence remained unwavering.

Upon reaching higher education, Dr. Gamble found her academic home at Andrews University, where she distinguished herself academically, graduating summa cum laude. Yet, her ambition stretched further, propelling her towards the pinnacle of medical education in the United States: the University of Washington School of Medicine. There, she not only excelled but garnered honors across various disciplines, laying the foundation for her illustrious career.

Dr. Gamble's passion for patient-centered care led her to Yale University, where she immersed herself in the art of internal medicine, particularly within the primary care domain. Her commitment to compassionate healthcare was duly recognized as she received the esteemed Director's Award for Humanism in Medicine upon graduation.

As a testament to her success, the doctor is board-certified in internal medicine by the American Board of Internal Medicine (ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world.

With a solid foundation in internal medicine, she embarked on a journey as a hospitalist, honing her skills in acute care settings. Her dedication and commitment to excellence in patient care were evident, earning her the prestigious Five Star Award for her exemplary service.

However, Dr. Gamble's professional trajectory took a transformative turn when she joined the TakeTen program at St. Helena Hospital. This unique initiative focused on holistic lifestyle medicine, empowering patients to take charge of their health through personalized interventions. Dr. Gamble's involvement in this pioneering program not only enriched her understanding of preventive medicine but also underscored her dedication to improving patient outcomes beyond traditional medical paradigms.

In her role as the Medical Director of the Lifestyle Medicine Institute at St. Helena Hospital, Dr. Gamble continued to make indelible marks in the field of primary care. Her unwavering commitment to patient well-being earned her the distinction of being named the top primary care doctor in Napa Valley for several consecutive years, a testament to her clinical expertise and compassionate approach to healthcare.

Her most recent undertaking is her private practice, Napa Valley Private Physicians, which she recently opened with Dr. Galen Hegarty. The two physicians have created a small, boutique medical practice that focuses on increased access to care and a focus on longevity and overall health and wellbeing. They are trying to change the way their patients experience and function in the healthcare system and

hope that by doing this, they can significantly change the health of their community. Dr. Hegarty specializes in obesity and lifestyle medicine in addition to being a board-certified family medicine doctor. The two are excited about how the new venture will allow them to practice medicine in both an elevated and holistic way.

Beyond her professional endeavors, Dr. Gamble finds solace and fulfillment in her personal pursuits. An avid reader, she continues to explore the vast realms of knowledge, while her dedication to practicing Arabic keeps her connected to her roots. However, her greatest joy lies in spending quality time with her parents, her children, and her significant other.

Learn More about Dr. Susan Gamble:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/998792-Susan-Gamble-Internist> or through Napa Valley Private Physicians, <https://www.napavalleyprivatephysicians.com/team>

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