

Dr. Alfredo Sardinias

Alfredo Sardinias Jr MD PA is a board-certified internal medicine and rheumatology physician with his own private practice in Houston, Texas. To better serve patients in the Houston area, Dr. Sardinias and his team are bilingual, speaking both English and Spanish.

Dr. Sardinias is a Houston native and graduated from Strake Jesuit College Preparatory here in Houston. He then attended Baylor University in Waco, Texas, where he completed his undergraduate studies. He went on to attend Ross University School of Medicine, where he earned his Doctor of Medicine and graduated with high honors in 2010. He then completed a three-year internal medicine residency at Valley Baptist Hospital via The University of Texas Health Science Center San Antonio RAHC campus in Harlingen, Texas.

He served as chief resident of internal medicine in his third year of residency. Dr. Sardinias then completed a two-year rheumatology fellowship at The University of Texas Health Science Center San Antonio in the San Antonio medical center. Today, Dr. Sardinias is a member of The American College of Rheumatology.