

## **Riteesha Reddy, MD**

Riteesha Reddy, MD is a board-certified rheumatologist who is committed to providing individualized, comprehensive, and compassionate care for her patients.

Dr. Reddy has additional fellowship training in integrative medicine and board certification in lifestyle medicine. She understands that rheumatologic conditions are often complex and affected by other health and lifestyle factors. Her clinical experience, attention to detail, and additional training allow her to not only provide up-to-date rheumatology care but also incorporate a focus on optimizing nutrition, physical activity, sleep, and social/emotional well-being as components of overall health.

Dr. Reddy was raised in Central Texas and graduated college with honors from Brown University in Providence, RI. She attended medical school at Brown University, followed by an internal medicine residency and a rheumatology fellowship at The University of Chicago Hospitals. After several years in clinical practice in Dallas, she saw a growing patient interest in non-pharmacologic options, which led her to pursue additional training. In 2019, she completed a Fellowship in Integrative Medicine at the world-renowned Andrew Weil Center for Integrative Medicine at The University of Arizona. She then became a certified Diplomate of the American Board of Lifestyle Medicine in 2020. She has been practicing rheumatology in a traditional format for over ten years in Dallas. She has been recognized as one of D Magazine's Best Doctors in 2018, 2019, 2020, and 2021. She has given educational lectures on "Non-Pharmacologic Therapies for the Rheumatology Patient," has been an invited speaker with the Lupus Foundation and has been recognized as a medical honoree by the Arthritis Foundation. Dr. Reddy enjoys reading, being outdoors, and spending time with family and friends. Her 13-year-old twins are her favorite athletes.

Dr. Reddy is a member of the American College of Rheumatology, American College of Lifestyle Medicine, American Medical Association, Texas Medical Association, and Dallas County Medical Society.