



Jesus M. Valadez, M.D.

Internal Medicine

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It has been said that medicine is a combination of art and science. For internal medicine specialist Jesus Valadez, M.D., practicing medicine allows him to combine two of his favorite interests: people and science.

“What I enjoy most about being a physician is combining my love for getting to know people on a personal level, and applying the science of medical advances to improve their health and well-being,” Dr. Valadez says. “Good health and well-being begins with a balanced lifestyle of proper nutrition, vigorous exercise and restful sleep. This is the foundation for achieving years of optimal health and happiness.”

Professional Qualifications

Board-certified in internal medicine, Dr. Valadez graduated from Harvard Medical School. He completed his internal medicine residency training at Harbor-UCLA Medical Center, in Los Angeles. His diverse medical background includes private practice on the Upper West Side of New York City as a faculty member of Cornell Medical College. Completely bilingual, Dr. Valadez has served on several medical missions to Mexico, Columbia and Honduras. He is also a member of the American College of Physicians and Physicians For Social Responsibility.

Personal Interests

Dr. Valadez and his wife, a fellow medical school classmate, have two children. They enjoy dancing, cycling and trying new international cuisine in their spare time. Dr. Valadez relishes spending his free time with his children's activities, including piano, swimming, gymnastics and homework.



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