Introducing New Column - Let’s Ask Dr. Roopa

Gila River Health Care is proud to introduce Dr. Roopa, an Endocrinologist or a doctor that specializes in managing diabetes. Dr. Roopa has been with GRHC’s Life Center for nearly three years, in addition to treating patients, she is devoting her time to patient awareness and education. In April, GRHC will launch its first column dedicated to increasing awareness and decreasing the stigma associated with diabetes. The "Let’s Ask Dr. Roopa" column will publish in GRHC’s full-page ads in the Gila River Indian News (GRIN) and Ak-Chin Runner so readers can find the column once a month.

Introducing Dr. Roopa, Endocrinologist At Life Center

To briefly introduce myself, I come from a family of many people with diabetes, and I have seen them go through the everyday struggle of managing diabetes. It gave me an insight about how dealing with diabetes was easy for some people while very difficult for others. I was determined to become a doctor and specialize in Endocrinology to be able to help people as well as my family members.

I want to use my column to the fullest to write about the topic of diabetes. My goal is to reach out to more people to help them improve their health especially with regards to diabetes. Diabetes can be frustrating, annoying and frightening to people. But I want to completely ensure that it is treatable and people with diabetes can live long healthy and happy lives.

My goal is to provide information about diabetes and answer all your questions. Also to provide more information about the available tools and resources in our community, so that people feel more comfortable to openly discuss, ask questions, seek help or advise to improve their health.

I look forward to our conversation. That’s right, I would like for you to be my guests and send me your questions so that I can answer you in my column, on our social media platforms or website. From time to time, I may even ask you to join me for a live interview to share information that will help others!

Send your questions to: AskDrROOPA@GRHC.ORG

Look for my next column in the April 19th GRIN/Ak-Chin Runner. I will talk about the history of diabetes and “Why me?” Until then, practice self-care; take Care of #1!

- Dr. Roopa