

Roopam Shyam, MD

Founder & Medical Director · Vitals Family Medicine & MedSpa

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“As we live longer, we need to take care of our aesthetics as well — true wellness is as much about how we feel as how we look.”
Board-certified family physician with 18+ years leading primary, urgent, and occupational care, now building a practice where clinical medicine and aesthetic wellness meet.

PROFESSIONAL EXPERIENCE

Founder & Medical Director Vitals Family Medicine & MedSpa · Allen, TX Built a family medicine practice from the ground up to a 99.4 patient satisfaction score, then expanded into aesthetic and wellness medicine across two locations.	2018 — Present
Clinic Director Lumin Care Urgent Care · Prosper, TX Took a regional urgent care clinic from opening to full profitability within nine months while sustaining strong patient satisfaction.	2015 — 2018
Center Medical Director J.C. Penney Home Office Clinic · Plano, TX Led a corporate worksite clinic delivering primary and occupational health care to 3,000+ employees and their families.	2013 — 2015
Associate Medical Director Primacare Medical Centers · Plano, TX Supervised physicians and mid-level providers; led chart audits, coding/billing oversight, and quality-improvement initiatives.	2007 — 2012
Medical Director Minute Clinic, CVS · McKinney, TX Directed clinical operations and quality assurance for a retail health clinic.	2007 — 2013

AREAS OF EXPERTISE

Clinical Care

- Comprehensive primary & urgent care
- Occupational medicine & workers' comp
- Travel health medicine
- Chronic wound care management
- DOT physical examinations

Aesthetic & Wellness Medicine

- Medical weight management (semaglutide, tirzepatide)
- Bio-identical hormone replacement therapy
- Neuromodulators & dermal fillers
- HydraFacial & advanced skincare
- PRP & regenerative treatments

Procedural Skill

- Laceration repair & suturing
- Incision & drainage
- Intra-articular injections
- Debridement & nail procedures
- Casting, splinting & EKG/radiology reads

Leadership & Operations

- Physician & provider supervision
- Quality improvement & chart audits
- Cost control & revenue turnaround
- Staff training & development
- Patient experience leadership (NPS 99.4)

EDUCATION & CERTIFICATIONS

Family Practice Residency

Indiana University & Wayne State University · 2003–2006

Rotating Internship

G.R. Medical College, Gwalior, India · 1996–1997

M.B.B.S.

G.R. Medical College, Gwalior, India · 1991–1996

American Board of Family Practice

Board Certified

Texas Medical Board License

Active since 2007

DOT Certified Medical Examiner

Valid

Basic Life Support (BLS)

Valid

ECFMG Certification

Valid

HONORS & AWARDS

Ongoing	Sustained a patient satisfaction NPS of 99.4 at Vitals Family Medicine.
2017	Co-author & presenter, International Wound Care Conference.
2005	Resident Scholarship, 26th Annual Conference on Patient Education, San Francisco, CA.
1995	Merit Scholar, G.R. Medical College — awarded to the top 1% of students.