

Dr. Shiv Kumar Goel, MD

Board-certified physician — Internal Medicine (ABIM), Functional Medicine & Aesthetic Medicine. Founder & Medical Director, Prime Vitality Care, San Antonio, Texas. Physician-writer, author of the forthcoming *Healing the Split: When Your Biology Is Fighting Your Biography*.

AS FEATURED IN

Out Magazine · The Advocate · San Antonio Express-News · Doximity Op-Med · San Antonio Medicine (BCMS) · KevinMD · Elephant Journal · Voyage San Antonio · UTV Lifestyle

Available for: editorial source quotes, podcast guesting, expert commentary, written contributions, keynote & conference speaking.

Topics: functional & longevity medicine · GLP-1s & metabolic health · hormone optimization · peptide therapy · regenerative sexual wellness · circadian & AI-integrated medicine.

Response time: written replies within 24 hours · same-day on deadline.



LEAD MEDICAL EXPERT · OUT MAGAZINE & THE ADVOCATE ·
MAY 2026

*“The P-Shot, Erectile Dysfunction, and the
Conversation Men Deserve.”*

SECTION I

About

The whole patient — not just the symptom.



PRACTICE

Prime Vitality Care
San Antonio, Texas

BOARD CERTIFICATIONS

Internal Medicine (ABIM) ·
Functional Medicine · Aesthetic
Medicine

LANGUAGES

English · Hindi

PRONOUNS

he / him

WEBSITES

drshivgoel.com
primevitalitycare.com
healingthesplit.com

Dr. Shiv K. Goel, MD, is a board-certified physician in Internal Medicine (American Board of Internal Medicine), Functional Medicine, and Aesthetic Medicine, and the founder and medical director of [Prime Vitality Care](#) in San Antonio, Texas. Over 25 years of practice — spanning anesthesiology and critical-care training in New Delhi, an internal-medicine residency at Mount Sinai / Queens Hospital Center in New York, hospital medicine, and an assistant professorship at Texas Tech — he has treated more than 15,000 patients and now practices at the intersection of functional medicine, regenerative therapies, and longevity-oriented care.

His clinical focus sits at the intersection of metabolic health, hormone optimization, and sexual wellness — including bioidentical hormone replacement therapy (BHRT), GLP-1 medications such as semaglutide and tirzepatide, peptide therapy, and platelet-rich plasma (PRP) procedures including the P-Shot. He treats patients across age, gender, and identity, with particular attention to LGBTQ+ men's health, post-finasteride and post-SSRI sexual dysfunction, and the metabolic and sexual side effects of modern weight-loss medications.

A former medical director at Methodist Hospital, Dr. Goel is also an active medical writer and physician-researcher: principal investigator on a 17-year IRB-approved study on lupus nephritis prognosis at Mount Sinai Queens, and developer of ICU mortality risk-prediction models used in more than 300 patients. He has contributed more than 30 essays across [KevinMD](#) and [Doximity Op-Med](#), is a recurring contributor to *San Antonio Medicine* (Bexar County Medical Society), and is the originator of Time Vitality Predictive Analysis, a clinical framework pairing temporal biomarkers and circadian data with AI-driven analytics to forecast vitality before symptoms emerge. Bilingual (English/Hindi) and a 2021 NPC/IFBB Pro League Men's Physique Masters Champion, he brings a sex-positive, queer-affirming, evidence-led voice to media coverage of men's and women's health.

FORTHCOMING BOOKS · LAUNCH SEQUENCE

1. What Medicine Misses and Patients Feel

Lead-in title, ~25,000–30,000 words · In press, 2026

2. Healing the Split: When Your Biology Is Fighting Your Biography

Flagship title, ~75,000–80,000 words · healingthesplit.com · In press, 2027

Media Highlights

FEATURED · NATIONAL LGBTQ+ COVERAGE

Out · The Advocate

May 2026 · Lead medical expert source · syndicated across both outlets

“What is the P-Shot? Learn the risks and rewards of the ED treatment popular with gay men.”

By Ariel Messman-Rucker · Edited by Rachel Shatto · Quoted 10× in Out, 7× in The Advocate

[Read on Out.com →](#) [Read on Advocate.com →](#)

BYLINED OP-ED · SAN ANTONIO EXPRESS-NEWS

“Build the bonds that protect against AI 'companions.'”

By Dr. Shiv Kumar Goel · February 28, 2026

An op-ed on AI companionship, adolescent mental health, and the protective role of human bonds.

DOXIMITY OP-MED

She Came in for Botox, But What She Wanted Was Something Deeper

June 24, 2026

On the emotional labor underneath aesthetic-medicine visits, and what patients are really asking for.

The Word “Wellness” Shouldn’t Be Radioactive

June 4, 2026

A defense of the word wellness against both medical dismissal and industry hype.

When a \$40,000 Wellness Journey Delays the Real Diagnosis

April 23, 2026 · Internal Medicine

A clinical narrative on the cost of unchecked wellness culture — and the case for root-cause evaluation.

The Day the Weight-Loss Pill Arrived, the Hard Part Began

March 2, 2026 · Integrative Medicine

A physician's-eye view of oral GLP-1 prescribing — benefits, misconceptions, and the discipline of structured plans.

[Read all Op-Med essays →](#)

SAN ANTONIO MEDICINE (BEXAR COUNTY MEDICAL SOCIETY)

From Medicine Women to the AI Physician

July 2026 · p.12

What medicine gained, lost, and must remember as AI enters the exam room.

The Invisible Load: Stress, Sleep and Autoimmunity in Women

May 2026 · p.32

Why the rising tide of female autoimmune disease can't be separated from chronic stress and HPA-axis disruption.

Circadian Medicine: The Missing Vital Sign

April 2026 · p.24

The case for circadian rhythm as the fifth vital sign in routine workups.

Ozone Days Are Clinical Days

March 2026 · p.25

Functional Medicine and Integrative Approaches to Modern Healthcare

February 2026 · p.17

Newswire & Topic Menu

LEAD PRESS RELEASE · NATIONAL WIRE DISTRIBUTION

"Dr. Shiv Goel Expands GLP-1, Hormone & Functional Medicine Telehealth Nationwide"

Dateline: San Antonio, TX · April 8, 2026

Prime Vitality Care formally launches a nationwide telehealth platform — physician-led functional medicine, hormone optimization, GLP-1 weight loss (semaglutide and tirzepatide), and peptide therapy available across all 50 states, with prescriptions compounded and shipped to patients' doors.

Syndicated across regional news networks: Bowling Green Daily News · Dalton Daily Citizen

PROGRAMME LAUNCH · INTERNATIONAL DISTRIBUTION

"Dr. Shiv Goel Launches Men's Health Programmes for Vitality"

April 8, 2026 · UTV Lifestyle (UK / Ireland) · PR Quantum

Announcement of targeted men's health programmes built on a functional-medicine approach — hormone balance, energy optimization, personalized assessments, lifestyle modification, and privacy-focused care — distributed via UTV's lifestyle network for international reach.

[Read on UTV Lifestyle →](#)

Topic Menu

What I cover for editors and producers.

PRP, the P-Shot & Sexual Wellness

Regenerative therapies for ED, post-finasteride and post-SSRI sensitivity loss, and queer men's sexual health — including real protocol detail and candor on what PRP does and doesn't do.

GLP-1s, Peptides & Metabolic Health

Semaglutide, tirzepatide, oral GLP-1s, BPC-157, PT-141, and growth-hormone secretagogues. Evidence vs. hype, the compounding landscape, and DTC vs. physician-led care.

Hormone Optimization

BHRT and TRT for men and women, queer men's hormone care, post-pill restoration, perimenopause, andropause, and the metabolic-sexual function axis.

Longevity, Circadian & AI Medicine

Time Vitality Predictive Analysis, temporal biomarkers, circadian medicine as a missing vital sign, and East-meets-West longevity integrating meditation, breath, and AI analytics.

Forthcoming Books · What Medicine Misses and Patients Feel (2026) & Healing the Split (2027)

Chronic illness as the body's response to misalignment between biology and biography. Available for excerpts, interviews, and pre-publication coverage.

Awards & Online Presence

America's Best Doctor 2025	Nationwide Registries
America's Best Physician / Texas Top Doc 2024	Texas Top Physician Magazine
Texas Top Physician 2023	Texas Top Physician Magazine
WebMD Top Doc Award 2025 & WebMD Patients' Choice 2025	WebMD
Vitals Preferred Provider 2025	Vitals
U.S. News ranked internist · Healthgrades 5-star · Zocdoc 5-star	Directory ratings
BBB Accredited Business, A+ Rating	ID 0825-1000238583
ABIM Certification Exam — Top Scorer	2010
NPC/IFBB Pro League Men's Physique Masters Champion	Republic of Texas, 2021

AUTHOR & PERSONAL BRAND

[drshivgoel.com](#) · [LinkedIn @drshivgoel](#) · [Medium — drshivgoel.medium.com](#) (100+ articles, 600+ followers; own publication "The Living Laboratory"; also published in Illumination, In Fitness And In Health, Publishous, Earth Consciousness, The Memoir) · [Substack — Healing the Split \(healingthesplit.com\)](#), 1,500+ readers · [KevinMD author profile](#) · [Doximity Op-Med author profile](#) · [ORCID 0009-0004-1473-7844](#)

Podcast: "Healing the Split" — [YouTube @healingthesplit](#).
Speaking topics: "Good Labs, Bad Life" · "Biology Is Biography" · "Longevity Beyond the Lab" · "The Muscle You Lose on Ozempic" · "The Midlife Unraveling."
Speaking engagements: Beauty Boss Conference keynote, 2023 & 2024 (functional medicine & aesthetic innovation), covered by KENS5.

PRACTICE & DIRECTORIES

primevitalitycare.com · Facebook /primevitalitywellness · Instagram @primevitalitywellness (personal: @drshivgoel) · X @drgoelmd · YouTube @vitalitymatrixwithdrg	
Listed on: WebMD, Healthgrades (physician + practice), Vitals, Zocdoc, U.S. News, Doximity, Sharecare, Tebra, RealSelf, BBB, Yelp (x2), Concierge Doctor HQ, San Antonio Hispanic Chamber, San Antonio Chamber of Commerce.	
drshivgoel.com	Personal physician brand — writing, book, podcast, media
primevitalitycare.com	Clinical hub — Prime Vitality Care
healingthesplit.com	Book & newsletter home
timevitality.ai	AI flagship — Time Vitality Predictive Analysis

SECTION V

Pull Quotes & Booking

OUT & THE ADVOCATE FEATURE — ON THE P-SHOT, ED, AND QUEER MEN'S SEXUAL HEALTH

"The P-Shot isn't magic, and it isn't Viagra in a needle. PRP gives the penile tissue a biological signal to repair its own micro-vasculature and nerve endings — so the erections you do get are firmer, the sensitivity comes back online, and the medications you were already on tend to work better."

Out.com · Advocate.com · May 2026

"For queer men in particular, sexual function is rarely just about penetration — it's about confidence, sensitivity, recovery time, and how you show up to intimacy. That's exactly the territory regenerative medicine is built for."

Out.com · Advocate.com · May 2026

SAN ANTONIO EXPRESS-NEWS OP-ED — ON AI COMPANIONS, ADOLESCENTS, AND THE BONDS THAT PROTECT

"We are entering an era where people won't only use AI for homework, productivity or customer service. They will use it for intimacy — for the feeling of being chosen, understood and loved. And our public conversation will need to catch up."

By Dr. Shiv Kumar Goel · San Antonio Express-News · February 28, 2026

ELEPHANT JOURNAL PERSONAL ESSAY — ON INHERITANCE, FATHERHOOD, AND THE NERVOUS SYSTEM

"Biology loyally follows biography. Breaking this contract is not a betrayal of our fathers — it is the deepest way to honor them."

By Dr. Shiv Kumar Goel · Elephant Journal · June 2026

BOOKING & PRESS CONTACT

Available within 24 hours · same-day on deadline.

DIRECT (MEDIA & PITCHES)

contact@drshivgoel.com

LOCATION

San Antonio, Texas

AUTHOR / SPEAKING LINE

(210) 251-4911

CLINIC

primevitalitycare.com

FORMATS

Email Q&A · phone · video · in-person · podcast

WEBSITE

drshivgoel.com