

Dr. Shiv Kumar Goel, MD

Internal medicine physician trained at Mount Sinai. 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

TRAINING & CERTIFICATIONS

Internal Medicine (Mount Sinai) ·
Functional Medicine · Aesthetic
Medicine

LANGUAGES

English · Hindi

PRONOUNS

he / him

WEBSITES

drshivgoel.com
primevitalitycare.com
healingthesplit.com

Dr. Shiv K. Goel, MD, is an internal medicine physician trained at Mount Sinai, with certifications in Functional 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 launches a physician-led telehealth program for functional medicine, hormone optimization, GLP-1 weight loss (semaglutide and tirzepatide), and peptide therapy. Care is currently provided to patients in Texas, with multi-state licensure underway.

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
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 (×2), 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)

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AUTHOR / SPEAKING LINE

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FORMATS

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

LOCATION

San Antonio, Texas

CLINIC

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WEBSITE

drshivgoel.com