



## ACTIVE LISTENING

THE FOUNDATION OF MEDICAL PRACTICE PHILOSOPHY  
ROCKY CREEK FAMILY MEDICINE WELCOMES TIYASHI CHOUDHURY, MD

It's amazing what you can learn by actively listening to someone's story. When visiting any healthcare professional, it's important for patients to feel that their voices are heard and their concerns are validated. While some doctors routinely dismiss questions or information a patient provides, Dr. Tiyaishi Choudhury believes that active listening and patient education is the cornerstone of her medical practice philosophy. As the newest member of the Rocky Creek Family Medicine (RCFM) team in Missouri City, Texas, Dr. Choudhury engages and communicates with patients on a personal level, gleaned vital bits of information about their lifestyles and habits to gain a clearer picture of their current health status. Educating them on ways to attain optimal health goals—primarily

without pharmaceuticals—is her preferred method of care.

RCFM is an established family practice of three experienced, board-certified female physicians led by Dr. Deirdre McMullen. “Dr. McMullen has such a personalized quality with her patients,” Dr. Choudhury explains. “I was impressed with her ability to seamlessly develop relationships with them, ultimately leading me to choose RCFM as my new ‘home’ for practicing medicine.” She joined RCFM almost two years ago and has never looked back. She enjoys facilitating an open dialogue with her patients and creating the development of individually-tailored treatment plans based on their medical needs and goals. “I take time to listen as we work together toward solutions,” she says. “Patients definitely

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notice our concern and appreciate the time we take for discussion.”

### BUILDING TRUSTED RELATIONSHIPS

Dr. Choudhury decided she wanted to be a physician when she was a young girl. Being raised in a small town allowed her to recognize how much her father, a cardiologist, loved taking care of his patients. She remembers the genuine, caring conversations and friendly hugs between her father and his patients, especially when they were seen in town. She noticed their trust in him as a friend and a doctor and wanted the same authentic interaction

“SEEING MY PATIENTS’ JOURNEYS OF IMPROVEMENT FROM ILLNESS TO WELLNESS IS A GRATIFYING EXPERIENCE.

and relationship with her future patients, a goal she continues to strive for today. She encourages dialogue and questions, allowing deeper insight to unearth nuggets of potentially valuable information for determining the root cause of a patient’s symptoms or disease.

Dr. Choudhury fluently speaks three languages: English, Hindi, and Bengali. She earned her medical degree from Drexel University College of Medicine, Philadelphia, Pennsylvania and completed her family medicine residency at Baylor College of Medicine in Houston, where she was chief resident her final year. She is married to Punit Sheth, a cyber security engineer for United Airlines. They love traveling to historical places together with their maltipoo dog, Posto, in tow.

#### CARING FOR WOMEN BY WOMEN

With the addition of an incredible support staff and a board-certified nurse practitioner, the physicians at RCFM have the experience, knowledge, and skill to address female health issues with focused solutions.

Dr. McMullen emphasizes wellness in her practice while also managing chronic and acute conditions. She provides traditional family medicine including annual physicals, well woman exams, immunizations, and well child/baby services in addition to cosmetic procedures and weight loss management. She has a Bachelor of Science degree in biology from Trinity University, and earned her medical degree at The University of Texas Medical School at Houston. She completed her family practice residency program at Memorial Hermann and has been board certified since 1999.

Hillary Spears, FNP has been with the practice since May, 2016. She enjoys getting to know patients and educating them on health information. Originally from Norman, Oklahoma, she now lives in the area with her husband and two children. She received her Bachelor of Science degree in nursing from East Central University in Ada, Oklahoma and her master’s degree as a family nurse practitioner from the University of Cincinnati. She is ANCC board certified and DOT certified.

#### SERVICES

- Medical Weight Loss
- Women’s Health
- Pellet Hormone Therapy
- Botox and Juvederm
- Acute Disease
- Chronic Disease
- Mental Health Care
- Preventive Care

Feel secure in your personal health journey by choosing Rocky Creek Family Medicine as your provider of choice. Make an appointment and take the first steps toward leading a healthy, fulfilling life.

Visit their website for more detailed information.

