

Penn Highlands Choose To Lose

Weight Management Program



KAVITA GOYAL, MD

INTERNAL MEDICINE AND OBESITY MEDICINE

Dr. Kavita Goyal is board-certified in Internal Medicine and Obesity Medicine. She is also a Diplomat for American Board of Internal Medicine and American Board of Obesity Medicine. Dr. Goyal has been in practice for more than 10 years and is highly skilled in the areas of diabetes, weight management, mental health and pain management. As a primary care physician, she strongly believes in developing mutual trust and a long-term relationship with her patients.

In addition to her expertise in treating and continuing care for complex disease states ranging from headache to stroke, chest pain to heart attack, diabetes, hypertension, migraine and mental health conditions, she also offers joint injections for knee and shoulder for pain.

Dr. Goyal is the founder of the Weight Management Program at Penn Highlands Healthcare. She can help you lose weight through a comprehensive, team-based approach involving wide-range diet strategies, behavioral therapy, customized exercise plans and specific medications. With her pilot program at Penn Highlands Healthcare, she has helped over 100 individuals with a collective weight loss of over 3,000 pounds and has helped those individuals live a better lifestyle.

If you are looking for a physician who is compassionate, dedicated and highly skilled, you can reach out to Dr. Goyal for all your comprehensive health care needs.

PENN HIGHLANDS INTERNAL MEDICINE

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