

Vijay Vaghasiya, MD

LANGUAGES SPOKEN
English

SPECIALTIES
Primary Care

EDUCATION
Tver State Medical University
B.J. Medical College
Jamaica Hospital Medical Center

MY CENTER

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“I want every patient to feel that they have a physician who truly knows them and is committed to helping them live healthier, more fulfilling lives.”

About Vijay Vaghasiya, MD

Dr. Vijay Vaghasiya was inspired to pursue medicine by a desire to make a meaningful difference in people's lives through compassionate, patient-centered care. He is especially drawn to working with seniors, valuing the opportunity to build long-term relationships and help older adults maintain their independence, dignity, and overall well-being. "I want every patient to feel that they have a physician who truly knows them and is committed to helping them live healthier, more fulfilling lives," he says.

His approach focuses on prevention, education, and long-term wellness, empowering patients to take an active role in their health. "By building trusting relationships and encouraging preventive care, I help patients feel confident in managing their chronic conditions and making healthier lifestyle choices," he says. A strong believer in a mind-body-spirit approach, he emphasizes lifestyle changes, nutrition, physical activity, and stress management alongside conventional medical care — with a goal of minimizing unnecessary medications and preventing avoidable hospitalizations.

When not with patients, Vijay enjoys spending quality time with his family and children, practicing meditation and yoga, reading books on personal growth and leadership, watching motivational films, and spending time in nature.