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About Ariel Cepero Del Sol, MD

Dr. Ariel Cepero Del Sol, chose medicine because he believes health is our greatest gift. "It allows us to spend time with the people we love, remain independent, and enjoy life's everyday moments," he says. His journey in medicine has taken him through Cuba, Venezuela, Colombia, Puerto Rico, Texas, and now Florida — caring for underserved communities along the way and shaping the compassionate physician he is today. He chose to care for older adults because they have spent a lifetime caring for others. "They deserve a physician who takes the time to listen, understand their goals, and help them continue living life on their own terms," he says.

Dr. Cepero believes the most important part of every visit is listening. Before discussing medications or treatment plans, he takes time to understand who each patient is and what matters most to them. "Trust is built through kindness, honesty, and empathy," he says. His goal goes beyond treating illness — he cares for the whole person, physical, emotional, mental, and spiritual, creating personalized care plans that help patients stay healthy, active, and independent. "When care is personalized and patients feel empowered, they are more likely to succeed and enjoy a better quality of life," he says.

When not with patients, Dr. Cepero cherishes time with his family — exploring the outdoors, visiting the beach, and working on projects together. He also enjoys hiking, walking,

running, and cycling.

Ariel Cepero Del Sol, MD

LANGUAGES SPOKEN

English
Spanish

SPECIALTIES

Primary Care

EDUCATION

Serafin Ruiz de Zarate University of Medical Sciences

ASSOCIATIONS

American Board of Family Medicine
American Medical Association
American Academy of Family Physicians
Texas Academy of Family Physicians

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