

Meet

Aarti Kakkar, MD

Aarti Kakkar, MD is board-certified in gastroenterology and internal medicine. Her office is located at Hallmark Health Medical Associates, 830 Main St., Melrose.

What motivated you to become a physician?

In my family, medicine is a tradition, but I was also interested in pursuing a career in the sciences that was personal and meaningful. I love meeting new people and learning about their lives and I enjoy participating in the lifelong learning that a career in medicine demands. Internal medicine and specifically gastroenterology (GI) fits my personality and combines my interest in biologic sciences with a deep interest in helping people to take care of themselves and get better.

Why did you select gastroenterology as your medical specialty?

GI is the perfect combination of clinical medicine and hands-on technical skills. I enjoy both the challenge of performing procedures such as colonoscopies and upper endoscopies and the personal interactions I have with patients in clinic. Though I focus on the gastrointestinal tract, there is a lot of diversity. I treat all age groups and both genders. There can be many symptoms and organs involved in the diagnosis and treatment. But despite this breadth, there is also a specific focus as you interact with patients to find the right diagnosis and help them get better.

What is the most rewarding part of your job as a physician?

Finding the right diagnosis and seeing people respond and get better to treatment. Today, in gastroenterology we have a wide range of diagnostic and treatment options. It is very gratifying to see someone who has struggled with Crohn's Disease, Irritable Bowel Syndrome or other debilitating conditions finally get some relief and improve thanks to the wide range of diagnostic and treatment options we offer today.

What do you do for fun when you are not taking care of your patients?

I have a new baby so that is occupying a lot of my time nowadays, but I also enjoy traveling with my family, reading historical fiction and going to movies.

