

Natalie Gentile, MD, DipABLM

Pittsburgh, Pennsylvania

Email: drq@directcarepgh.com

Website: nataliegentilemd.com

Social Media: @nataliegentilemd (Instagram, TikTok, YouTube, Substack)

EXECUTIVE PROFILE

Board-certified family medicine physician, lifestyle medicine expert, healthcare entrepreneur, educator, and medical media contributor specializing in evidence-based wellness, direct primary care, preventive medicine, fitness, nutrition, and physician advocacy.

Founder of Gentile Family Direct Primary Care, a direct primary care practice, founder of Rebel Wellness, and co-founder of Direct Care Physicians of Pittsburgh, a managed services organization of direct primary care practices. Regular television and radio medical contributor with extensive experience translating complex healthcare topics into accessible public education content through broadcast media, speaking engagements, digital platforms, and community programming.

Areas of Expertise

- Lifestyle Medicine
 - Direct Primary Care
 - Preventive Health
 - Women's Health
 - Exercise & Nutrition
 - Public Health Communication
 - Physician Wellness
 - Healthcare Advocacy
 - Community Education
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MEDIA, COMMUNICATION & PUBLIC EDUCATION

Broadcast Media

- 2023–Present — Bi-weekly medical contributor, KDKA-TV (“Wellness Wednesday,” Talk Pittsburgh)
- 2026–Present — Monthly fitness contributor, KDKA-TV (Pittsburgh Today Live)
- 2023–2025 — Bi-weekly contributor, KDKA Radio (“What’s On Your Plate?”)
- 2024–Present — Guest medical contributor, KDKA Morning Radio

Digital Media & Content Creation

- Physician educator across Instagram, TikTok, YouTube, and Substack platforms
- Creator of educational content focused on preventive medicine, exercise, nutrition, healthcare systems, lifestyle medicine, and patient advocacy

Editorial & Communication Leadership

- 2026–Present — Medical Editor, Allegheny County Medical Society Bulletin

Community Education Programming

- Associate Producer, Walking as Medicine fitness program in collaboration with Walk with a Doc and Walk Productions
- Creator and consultant for wellness programming for affordable senior housing communities through Presbyterian Senior Care Network

ENTREPRENEURSHIP & BUSINESS LEADERSHIP

Gentile Family Direct Primary Care

Founder & Physician | 2019–Present

Direct primary care medical practice focused on lifestyle medicine, prevention, exercise, nutrition, and patient-centered longitudinal care.

Direct Care Physicians of Pittsburgh

Co-Founder & President | 2021–Present

Regional physician organization supporting direct primary care practice growth, continuing medical education, and healthcare innovation.

Rebel Wellness

Founder | 2022–Present

Wellness center featuring group fitness, yoga, personal training, and a culinary medicine teaching kitchen.

ACADEMIC APPOINTMENTS

University of Pittsburgh School of Medicine

Clinical Assistant Professor | 2020–Present

Mayo Clinic

Assistant Professor in Family Medicine | 2017–2019

Instructor in Family Medicine | 2016–2017

Associate Consultant in Family Medicine | 2017–2019

EDUCATION & TRAINING

Mayo Clinic

Family Medicine Residency, 2017

University of Pittsburgh School of Medicine

Doctor of Medicine (MD), 2014

Saint Vincent College

Bachelor of Science in Biology, 2010

BOARD CERTIFICATION & LICENSURE

Board Certification

- American Board of Family Physicians, 2017–Present
- American Board of Lifestyle Medicine, 2017–Present
- American Council on Exercise — Certified Group Fitness Instructor, 2022–Present

Medical Licensure

- Pennsylvania Medical License, 2019–Present
 - Minnesota Medical License, 2014–2019
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SELECTED HONORS & RECOGNITION

- Pittsburgh Magazine Top Doctors, 2022–2026
- Game Changer Award, Pittsburgh Business Collective Summit Leadership Awards, 2026
- Women of Achievement Award Honoree, Cribs for Kids, 2025

- Award for Excellence in Clinical Precepting, University of Pittsburgh School of Medicine, 2024
 - Ralph C. Wilde Leadership Award Nominee, Allegheny County Medical Society, 2024
 - Pittsburgh Magazine 40 Under 40, 2022
 - PAMED Top Physicians Under 40, 2022
 - Minnesota Family Medicine Resident of the Year, Minnesota Academy of Family Physicians, 2017
 - Arnold P. Gold Humanism Honor Society, University of Pittsburgh School of Medicine, 2014
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CLINICAL & PROFESSIONAL EXPERTISE

- Lifestyle Medicine
 - Direct Primary Care
 - Exercise as Medicine
 - Plant-Based Nutrition
 - Obesity & Weight-Inclusive Care
 - Preventive Medicine
 - Physician Wellness
 - Community Health Education
 - Women's Health
 - Fitness & Wellness Programming
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ACADEMIC TEACHING & MENTORSHIP

University of Pittsburgh School of Medicine

2020–Present

- Pre-clerkship nutrition and case-based medical education
- Medical interviewing facilitator
- Clinical precepting for family medicine clerkship students
- Coordination of medical student vaccine clinic participation

Resident Education

- Faculty teaching for inpatient and outpatient family medicine training at Mayo Clinic
 - Direct primary care and lifestyle medicine elective rotation preceptor for Forbes, St. Margaret's, and Shadyside Family Medicine residencies
 - Didactic presentations on lifestyle medicine and physician wellness
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COMMUNITY EDUCATION & PUBLIC SPEAKING

Selected Keynotes & Invited Presentations

- Keynote Speaker, Plant-Based Pittsburgh Summit, 2024 & 2025
- Speaker, UPMC Family Medicine Refresher, 2025
- Speaker, DPC Summit, 2023 & 2025
- Speaker, WCI CON Physician Wellness Conference, 2025
- Invited Speaker, Rise Up! Physician Summit, 2025
- Grand Rounds Speaker, Direct Primary Care Alliance
- AHN Women Physicians Wellness Conference Speaker, 2024

Community Leadership

- Walk with a Doc Chapter Leader, Highland Park, PA
 - Board Member, Food for Health: Plant-Based Pittsburgh
 - Board Member, Carlow University School of Occupational Therapy
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CONSULTING

Kenvue

Consultant, Allergic Rhinitis | 2022–Present

SELECTED PUBLICATIONS

Peer-Reviewed Publications

1. Gentile NE, et al. *Targeted rehabilitation after extracellular matrix scaffold transplantation for the treatment of volumetric muscle loss*. American Journal of Physical Medicine & Rehabilitation. 2014.
2. Lynch BA, Gentile N, et al. *Elementary School-Based Obesity Intervention Using an Educational Curriculum*. Journal of Primary Care & Community Health. 2016.
3. Gentile N, et al. *The effect of an automated point-of-care tool on diagnosis and management of childhood obesity in primary care*. Journal of Evaluation in Clinical Practice. 2016.
4. Lynch BA, Kaufman TK, Rajjo TI, et al. *Accuracy of Accelerometers for Measuring Physical Activity and Levels of Sedentary Behavior in Children: A Systematic Review*. Journal of Primary Care & Community Health. 2019.
5. Kaufman TK, Gentile N, et al. *Impact of Point-of-Care Decision Support Tool on Laboratory Screening for Comorbidities in Children with Obesity*. Children. 2020.

Book Chapters

- Gentile NE. *Nutrition and the Development of Healthy Eating Habits*. CURRENT Diagnosis & Treatment: Family Medicine, 5th Edition. 2020.
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SELECTED MEDIA & EDUCATION TOPICS

- Lifestyle Medicine
 - Direct Primary Care
 - Exercise as Medicine
 - Preventive Cardio-Metabolic Health
 - Nutrition & Food as Medicine
 - Weight-Inclusive Care
 - Women's Wellness
 - Fitness for Busy Professionals
 - Physician Wellness & Burnout
 - Healthcare Accessibility & Affordability
 - Family Health & Healthy Habits
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PROFESSIONAL MEMBERSHIPS

- American Academy of Family Physicians
- American College of Lifestyle Medicine
- Direct Primary Care Alliance
- Pennsylvania Medical Society
- Allegheny County Medical Society