



Dr. Sameer Murali earned his medical degree at UT Southwestern Medical School in Dallas, where he completed his internship and residency in internal medicine. He also holds a master's degree in health sciences research from the University of California at Los Angeles.

An associate professor in the Department of Surgery at McGovern Medical School at UTHealth Houston, Dr. Murali is board certified in both internal medicine and obesity medicine. In practice since 2006, he has specialized in obesity medicine since 2011. His primary clinical interests are treating overweight, obesity and weight-related conditions, including prediabetes, diabetes, hypertension, hyperlipidemia, fatty liver, cardiovascular disease, kidney disease and pain in weight-bearing joints. Dr. Murali treats patients 14 and older and speaks English, Spanish, Hindi and Kannada.

Personalized treatment plans backed by science and compassion characterize Dr. Murali's practice philosophy. Having struggled with his own weight since childhood, he approaches a weight problem like any illness: find and treat the cause rather than offer a temporary fix that only worsens the condition over time. He takes time to understand why a patient is gaining weight by conducting a detailed evaluation, and then he develops an effective, personalized weight-loss plan. His patients value his ability to make them laugh, as well as his willingness to listen to their struggles and sincerely attempt to help them, rather than offer shame and blame.

A resident of west Houston, Dr. Murali is married and the father of two children. Away from his practice he enjoys making music (Indian flute and drums), listening to music, dancing with his kids, attending kids' basketball games, hiking and waking up early to walk his dog.