

# COMING FULL CIRCLE

## ZISHAN HIRANI, MD

Employed Physician, *TMA Member since 2016*

Obstetrician-gynecologist Zishan Hirani, MD, is thrilled to work in a large group practice. He credits his “TMA family” with teaching him leadership skills to ultimately revisit his roots to serve his community.

When he came to America as a child political refugee, Dr. Hirani lived in an at-risk area of Stafford, Texas – near Houston. As a child he rarely received health care and when he did it wasn’t a physician he saw, but other health care workers.

“What really inspired me to go into medicine was the fact I grew up without health insurance,” said Dr. Hirani. Eventually, his first visit with an actual physician was in the emergency department, for a sprained ankle.

“This one doctor, the way he spoke to me made me feel like I mattered,” he said.

He immediately knew he wanted to help people the same way.

Dr. Hirani pursued medicine, eventually joining one of the largest medical groups in the state. He opened his clinic in 2023 after working in a small practice elsewhere.

He credits the Texas Medical Association’s support for helping him get there.

### You’re Not Alone

Immediately after residency he first saw patients in a small community, with little support. Both working alone and being on call every day nonstop for three years were untenable.

Then he found guidance and

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support through TMA.

“TMA is family,” he learned. “TMA really helped me realize the importance of having a family [in medicine],” Dr. Hirani said. Establishing physician mentors in the association helped him realize “though I was alone, I wasn’t alone.”

He learned – in large part through the TMA Leadership College – leadership, delegation, and to take care of himself for his patients. He absorbed “how to communicate and how to lead in medicine.”

### Dual Support

His newfound awareness helped him find a new, better job. His life came full-circle when joining his clinic relocated him to serve the community of his youth – in Stafford.

His employer and TMA provide him the best opportunities to grow and serve his town, “knowing TMA has my back to do this and knowing that my clinic, an evidence-based preventative-focused company, will be there to support me as well.”



### SOME WAYS TMA BENEFITS EMPLOYED PHYSICIANS LIKE DR. HIRANI:

- **Leadership training** through TMA’s Lifelong Leadership Program and opportunities to serve in leadership roles on TMA councils and committees
- **Turnkey community outreach programs** to extend your practice’s reach
- **Physician wellness** education and counseling services
- **Hundreds of hours of free CME**, including mandated courses for maintaining licensure, plus podcasts and virtual courses to sharpen your practice know-how
- **Networking and learning** at TexMed (TMA’s annual meeting) and annual Business of Medicine Conference