

HONORHEALTH MOUNTAIN VISTA MEDICAL CENTER INTERNAL MEDICINE RESIDENCY PROGRAM

PGY1 - Class of 2028



Ryland Savage, DO

Medical School: Midwestern University – Arizona College of Osteopathic Medicine

Dr. Savage grew up in Draper, Utah.

He is passionate about Internal Medicine because it deals with all aspects of patient health, and he enjoys the dynamics of inpatient medicine. As a medical student Ryland was impressed by the HonorHealth system and the cohesion that he saw between doctors, nurses and other healthcare workers.

When Dr. Savage is not spending time with his three children and his wife, he enjoys swimming, pickleball, soccer, and disc golf.



Puja Patel, MD

Medical School: Avalon University School of Medicine

Dr. Patel grew up in the "Windy City", Chicago Illinois

Patel loves all aspects of internal medicine including inpatient and outpatient patient experiences. Puja's particular interest is serving the underserved. When she is not studying or traveling, she loves to volunteer at health fairs and work at community medical centers. Puja loves all things "Stairmaster", which includes hiking Piastewa Peak. She has also published several peer reviewed research papers in hopes to continue doing research during residency and beyond. Dr. Patel is passionate about spending time with her family.

After completing many clinical rotations at Honor Health MVMC, Puja realized how much she loves Internal Medicine and how much she enjoys working and learning from MVMC IM residency program. Choosing to do residency at MVMC was a very easy decision for Dr. Patel.



Rushabh Daulat, MD

Medical School: University Arizona School of Medicine, Tucson.

Dr. Daulat is originally from Glendale, Arizona. Rushabh was drawn to Internal Medicine because it allows care for a diverse population with a holistic approach. Rushabh decided on Honor Health/Mountain Vista Medical Center IM Program because of the strong sense of community, supportive mentorship, and a commitment to a growth mindset.

Outside of medicine he enjoys cooking, playing soccer, and exploring new places. One of the things Rush enjoys most about Arizona is the natural beauty it offers—within a few hours you can find yourself by a lake, in a forest, or out in the desert.



Karam Abi Karam, DO

Medical School: Kansas City School of Osteopathic Medicine

Dr. Karam Abi Karam grew up in a picturesque village, Baskinta in Lebanon.

Karam has always been drawn to building long-term relationships with his patients and being a consistent presence in their care, especially during their most vulnerable moments. Internal Medicine offers the perfect balance of clinical reasoning, continuity, and collaboration—with the flexibility to manage both acute and chronic conditions. He also enjoys hands-on procedures and the challenge of detecting disease in its early stages, which has inspired his interest in pursuing a fellowship in Gastroenterology. During Karam's rotation with the HonorHealth Mountain Vista IM residency, he immediately felt the strong sense of family and support among the residents and faculty. Everyone truly looks out for one another and celebrates each other's success—and that's exactly the kind of environment Dr. Abi Karam was looking for.

Dr. Abi Karam is a lover of long road trips with no GPS, hunting down speakeasies no one will admit exist, and happily losing track of time wandering the aisles of Costco (even the seasonal section). Karam loves exploring restaurants! After first moving to Arizona in 2016, Karam knew he wanted to return after medical school.



Zohair Ahmed, DO

Medical School: Kansas City School of Osteopathic Medicine

Dr. Zohair Ahmed grew up in St. Louis, Missouri.

Zohair is passionate about internal medicine because it gives the opportunity to build meaningful, long-term relationships with patients and care for them during critical moments in their lives. Internal medicine offers the opportunity

to think critically, manage diverse disease processes, and serve as an advocate for patients. Dr. Ahmed especially drawn to gastroenterology, as the gut plays a pivotal role in our overall health, mood, and well-being. Through internal medicine and a future fellowship in gastroenterology, he hopes to provide empathetic, patient-centered care that improves both quality of life and health outcomes.

HonorHealth Mountain Vista was an easy choice for residency because of its strong commitment to resident education and mentorship. The program fosters a welcoming and collaborative environment, led by residents who support one another and contribute to a positive, team-oriented culture. Zohair was especially drawn to the approachability of the attending physicians and their dedication to teaching and guiding residents throughout their training.

When he is not in the hospital or studying Dr. Ahmed can be found at a local coffee shop or new restaurant with his wife. He loves to stay active through basketball, tennis, running, hiking, and lifting weights. Traveling to new places is another way Zohair likes to unwind.

HONORHEALTH MOUNTAIN VISTA MEDICAL CENTER

PGY2 - Class of 2027



Reshma Pinnamaneni, DO

Medical School: Midwestern University – Arizona College of Osteopathic Medicine

Dr. Pinnamaneni's hometown is the dynamic Toronto, Canada

While it may sound cliché, Reshma loves that IM is truly a jack of all trades. Every day is very different and filled with a lot of learning. She likes thinking on her feet, the team-based approach, and Reshma sure loves talking about sodium. Seriously, there's nothing more rewarding than helping an acutely ill person feel better. Dr. Pinnamaneni loves the fast pace of hospital medicine. Cuddling her cat helps after a long day!

Resh grew up watching House and is truly grateful that there's not nearly as much garbage digging in internal medicine as that show depicts. She came to Arizona for school and loves the people, culture, and amazing weather (aside from July-September).

HonorHealth is a great institution. Honor Health Mountain Vista is at that perfect intersection of academic and community medicine. When not at MVMC she can be found cooking and enjoying new coffee shops.



Jacob McGowan, DO

Medical School: Midwestern University – Arizona College of Osteopathic Medicine

Dr. McGowan grew up in a small but vibrant community of Kearney, Nebraska

Jacob was drawn to Internal medicine because of the complexity and variety of cases in addition to the fast-paced environment of inpatient medicine that he finds engaging and energizing. Each patient presents a unique puzzle, demanding quick thinking and adaptability to provide the best possible outcome. Jacob finds the best way to unwind after a long day in the hospital is to hang out by the pool, needed in AZ. HonorHealth Mountain Vista provides Jacob with the opportunity to continue to grow and learn as a physician in training with the numerous resources and positive culture that it possesses. Dr. McGowan loves new foods, pickleball and hiking.



Nitin Khurana, MD

Residency: Internal Medicine

Medical School: Avalon University School of Medicine

Dr. Khurana grew up in scenic Rancho Cucamonga, CA

Nitin was raised in a multicultural home, which gave him a deep appreciation for diversity and connection early on. His passion for Internal Medicine began when caring for his terminally ill mother—an experience that profoundly shaped who Nitin is today. He will carry her legacy with him as he works towards becoming an excellent internist, driven by compassion, curiosity, and the desire to make a meaningful contribution in patient's lives. Dr. Khurana loves to travel and explore new cultures. Nitin finds his purpose by helping others inside and outside the hospital.



Mandeep Sablok, MD

Residency: Internal Medicine

Medical School: Avalon University School of Medicine

Dr. Sablok grew up in lush Northern California.

Mandeep fell in love with Internal Medicine because it's the Beyoncé of specialties! It's dynamic, versatile, and always the main event. From managing complex patients in the ICU to helping

someone optimize their blood pressure in clinic, IM lets Mandeep flex every diagnostic muscle and connect with patients across all walks of life. Once his day is done at the hospital he is probably at yoga! It's a specialty that doesn't just challenge him it invites him to be curious, creative, and compassionate every single day. When Dr. Sablok is relaxing you can find him learning about vineyard terroir. He hopes to one day host his own sommelier episode on Bravo. Dr. Sablok has felt at home with this program from the minute he stepped in. HonorHealth is where compassionate medicine meets rigorous training where you're challenged, supported, and celebrated. It's the kind of place where the attendings know your name, the learning is high yield and real world, and the community vibes are strong. If you're looking for a program that brings the heart and the hustle, this is it. Mandeep loves to keep his co-residents laughing.



Dhruvkumar Patel, MD

Medical School: Surat Municipal Institute of Medical Education and Research

Dr. Patel grew up on the banks of the Tapi River, Surat, Gujarat, India.

Dhruv loves Internal Medicine for its intellectual challenge and diversity of cases. Shadowing his father, an internist, during high school taught Dhruv to ask “why” and think critically. Dr. Patel’s internship in India and research experiences deepened his interest, showing him the value of effective communication, evidence-based care, and meaningful patient relationships. It is the field where he can grow the most and make a lasting impact. While medicine is his passion Dhruv enjoys spending his downtime cooking Indian food, playing chess, and PC gaming.

HONORHEALTH MOUNTAIN VISTA MEDICAL CENTER

PGY3 - Class of 2026



Chief Resident Vikram Purewal, DO

Medical School: Midwestern University-Arizona College of Osteopathic Medicine

Dr. Purewal grew up in the flourishing Brookfield, Wisconsin.

Vikram is pursuing a career in the field of Cardiology after graduation from residency. He has always been inspired by heart’s vital role in our body and the ability to care for patients through both preventative care and life-saving interventions. HonorHealth has proven over time to have a deep commitment to the Arizona community. Their reputation is stellar, and their passion for patient care and education is unmatched. Dr. Purewal is grateful for the support and passion

they have contributed to our already strong program. Vikram looks forward to growing and learning as an HH resident. Outside of the hospital, you'll probably find me trying new restaurants with my co-resident or hanging out (hopefully by now) dog-if my wife gives me the green light. You cannot beat the 365 days of sunshine in Arizona.



Chief Resident Harshaman Kaur, MD

Medical School: Sri Guru Ram Das Institute of Medical Science and Research

Dr. Kaur's hometown is sunny Mesa, Arizona.

Harshaman is drawn to Internal Medicine because of intellectual challenge and the depth it offers across multiple organ systems. She loves the process of diagnostic reasoning and forming meaningful longitudinal relationships with patients. Internal Medicine provides the perfect foundation for her goal of pursuing a career in gastroenterology, and Dr. Kaur appreciates the specialty's balance between inpatient acuity and outpatient continuity. When she is not studying, working, or performing her chief duties Dr. Kaur likes to enjoy local cafes. HonorHealth offers a uniquely supportive environment where residents are truly valued as both learners and future leaders. The culture of camaraderie, strong academic focus, and the opportunity to serve a diverse patient population made this program the right fit for Dr. Kaur. She is especially grateful to grow in a setting that encourages both clinical excellence and personal development.



Brianna Matthews, DO

Medical School: Midwestern University-Arizona College of Osteopathic Medicine.

Dr. Matthews is a Phoenix native!

Brianna has a passion for internal medicine and the puzzles it presents daily. Dr. Matthews loves to solve the internal medicine puzzle. She loves the sense of community at HonorHealth and the push to achieve goals. She enjoys the multitude of specialties internal medicine encompasses. She is an avid reader, reality TV enthusiast, fitness lover and a proud dog mom to two energetic German Shorthair Pointers



Raehan Ahmed, DO

Medical School: Liberty University College of Osteopathic Medicine

Dr. Raehan Ahmed's hometown is West Palm Beach, Florida.

Raehan loves internal medicine because each patient can vary between a simple and complex puzzle that he can use his tools to solve. The small wins he gets from a simple case gives him the courage and experience to tackle more complex cases. After completing those IM puzzles, Raehan enjoys playing Fortnite or playing volleyball. IM also provides Dr. Ahmed with many paths in the future to specialize in and have the flexibility to practice what he wants. Dr. Ahmed enjoys international travel. Honor Health was an unavoidable blessing to his career! It will help him learn and grow as a competent physician with a name that is well known (and liked) throughout the Phoenix Valley.



Michael Le, MD

Medical School: Avalon University College of Medicine

Dr. Le hails from Whittier, California.

Dr. Le was drawn to Internal medicine for its intellectual challenges and the demand for creative, outside of the box thinking. He values the field as a gateway to other specialties, allowing him to stay current across the broad spectrum of medicine. Outside of medicine, he enjoys playing pickleball, running, cooking for others and traveling. His favorite moments are those spent with his daughter and family.