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Karla Saint Andre, MD is an Endocrinologist, Obesity Medicine Specialist at FORM™ and an Instructor in Medicine at the Academic Institute in Houston Methodist Hospital in Houston, Texas. She is triple board-certified in Internal Medicine, Endocrinology, and Obesity Medicine. Her medical interests are obesity and metabolic syndrome.

She received her medical degree from Universidad Autonoma de Tamaulipas in Tampico, Mexico. Her training included an internship and residency in internal medicine at the University of Texas Health Science Center in Houston and a fellowship in Endocrinology at Houston Methodist Hospital in Houston.