

MORE THAN medicine

By Waechter Consulting Group



Meet Dr. Gil Villanueva

Today I'm joined by Dr. Gil Villanueva, who has practiced obstetrics and gynecology for 30 years and recently transitioned to a direct-care model that allowed expansion of his practice to include primary care and more comprehensive women's health.

Thank you for taking the time to share more about your unique approach to medicine! **What is the name of your practice and where is it located?**

Thanks for having me! The name of my practice is Gil R. Villanueva, MD, PA and is located at 1162 E. Sonterra Blvd, Suite 110, San Antonio, TX, 78258.

Having been in healthcare for close to 20 years, I've known 'of' you but I'm excited to know more 'about' you. **What inspired you to pursue a career in medicine, what drives your passion?**

Like most physicians, I originally went into medicine because I was fascinated by the human body.

I've always been fascinated by how well designed the body is and the natural curiosity that comes with understanding what happens when something goes wrong. I've especially enjoyed the "Sherlock Holmes" side of medicine - the process of piecing together clues, thinking logically, and working to understand the root cause of what's really happening.

What has truly driven my passion over the years is the relationships built with patients. Being part of their healing journey and sharing in important moments in their lives is what continues to make medicine meaningful and fulfilling for me.

I love that you have such a focus on the whole patient and how their health can impact every aspect of their lives. **How did you decide to specialize in women's health?**

Obstetrics and gynecology drew me in because it offered so many different roles at once. I could perform surgery, deliver babies, and care for

patients in the office as their physician. It's a field with many dimensions, from the unpredictability of obstetrics to the intensity of surgery, while also allowing you to walk with women through some of the most important moments of their lives. Those experiences create deep, lasting relationships with patients, which is something I've always valued.

Knowing that your practice is structured differently than most, what do you think makes your practice unique?

My focus has shifted toward caring for the whole woman, rather than just one part of her health, outside the constraints of the traditional insurance model. I'm able to support women through every stage of life and look at the bigger picture when it comes to their overall well-being.

What I enjoy most is building a comprehensive wellness plan that is tailored to each patient's needs. I also understand that many women spend so much time caring for others that their own health often gets pushed aside, so part of my role is helping them stay accountable and making themselves a priority.

I know first hand how easy it is to fall into that routine! And women are commonly the healthcare decision-makers for their families, so the emphasis on education and prevention can be life-saving. **What are some hobbies that bring you joy or help you unwind?**

I grew up in the country hunting, fishing, and camping and the outdoors still feels like home to me. There's a kind of peace you only find far from the noise of the world, sometimes a hundred miles from the nearest person—where

you can simply be surrounded by nature's quiet beauty.

One of my favorite experiences is standing under a night sky untouched by city lights. When the stars appear in full brilliance, it's impossible not to feel the vastness and wonder of the universe—it always takes my breath away.

Do you have anything coming up in 2026 that you'd like to highlight?

One of the things I'm really excited about this year is spending more time educating women about the importance of comprehensive wellness. I have several talks and seminars planned with different women's organizations around San Antonio where I'll be speaking about women's health and long-term wellness.

But on a more personal level, I'm also very excited about settling into my new office space. My goal was to create a place where patients feel like they've stepped into a calm, welcoming environment—almost like a retreat or an oasis. More than anything, I'm looking forward to continuing to serve my patients and giving them the kind of thoughtful, personal care they deserve.

I have a feeling that 2026 will have lots of good things in store for you! Thank you for giving us a peek into your practice and your personality!



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