Meet Dr. David: A Steady Heart at Highland Park Medical

16 May 2025

Meet Dr. David: A Steady Heart at Highland Park Medical

We're proud to introduce Dr. David, one of the newest GPs to join the Highland Park Medical team. With a broad interest in all areas of general practice and a particular passion for cardiology and chronic disease management, Dr David brings a thoughtful, balanced approach to his care - grounded in strong clinical knowledge and a genuine desire to support his patients' long-term wellbeing.

A Global Journey in Medicine

Originally trained in South Africa, Dr. David completed his medical degree and later pursued a Master of Medicine in Family Medicine at the University of Cape Town. After years of dedication to both study and practice, he made the move to New Zealand, where he’s continued to grow as a clinician.

“I spent about two years in Hamilton working as a GP, which gave me a solid foundation in the New Zealand healthcare system,” he shares. “Then I relocated to Auckland, and I’ve been enjoying this next chapter ever since.”

His clinical experience across countries and communities has given Dr. David a well-rounded perspective—one that’s been shaped by the diverse needs of his patients and his ability to adapt quickly to new environments.

Cardiology and Chronic Care: A Special Interest

While Dr. David enjoys the full spectrum of general practice, he’s particularly passionate about chronic disease management and heart health.

“I really like working with long-term conditions and doing cardiovascular risk assessments,” he says. “Reading ECGs, interpreting different heart rhythms, spotting abnormalities—it’s something I find fascinating.”

That interest isn’t just academic. He finds real value in building long-term relationships with patients, especially those navigating chronic conditions like hypertension or heart disease. For him, it’s about being part of their journey and helping to guide better health outcomes over time.

He also has experience with minor procedures and is comfortable performing small surgical tasks when needed, which adds another dimension to the care he provides.

Joining My Health Team

Dr. David was drawn to Highland Park Medical not just for its location, but for its culture. After exploring different practices, he found that Highland Park offered something special.

“It’s close to home, but more than that—I really appreciate the culture here,” he explains. “The team is friendly, welcoming, and easy to work with. That sense of belonging and professionalism made it an easy choice.”

Language and Connection

In addition to English, Dr. David also speaks Mandarin—something that’s already proven valuable when working with Auckland’s Chinese-speaking community.

“I’m always happy to help where I can,” he says. “Being able to connect with patients in their first language, especially when discussing their health, makes a big difference. I really want to support that community and build those bridges.”

Beyond the Consultation Room

When he’s not practising medicine, Dr. David enjoys travelling and discovering new places—especially those rich with culture, food, and new experiences.

“I love exploring different cuisines and learning about how people live around the world,” he says. “It’s a big part of how I unwind and stay curious.”

These interests outside of work help keep Dr. David grounded and balanced—something he brings into his clinical work through a calm, thoughtful, and culturally sensitive approach.

A Welcome Addition to Highland Park

While he's still relatively new to Highland Park Medical, Dr. David is settling in quickly and looking forward to developing long-term relationships with patients.

"I'm excited to grow here - not just as a clinician, but as someone who's part of a supportive and forward-thinking team," he says. "I want to keep expanding my skills, helping more people, and making a positive impact every day."

Whether you're seeing Dr. David for heart health check, chronic condition support, or a general check-up, you'll find a GP who's dedicated to listening, learning, and delivering high-1uality care with a warm, down-to-earth touch.

articleDisplay-