



Vitruvian Health

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INFORMATION

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Kabir joins Hamilton Diabetes and Endocrinology Center

DALTON, Ga. (September 1, 2025) – Nighat Purnima Kabir, MD, says her decision to enter medicine has roots in volunteering with health fairs from an early age and experiencing the joy that comes from helping patients.

Kabir recently joined Hamilton Diabetes and Endocrinology Center as an endocrinologist.

A native of Toronto, Canada, Kabir completed a residency in internal medicine at Vitruvian Health's Hamilton Medical Center and a fellowship in endocrinology, diabetes and metabolism at the University of Alabama at Birmingham.

She says she was drawn to the complexity of endocrinology, which deals with a mix of hormones, metabolism and disease state. An experience working with a population outside of Bangladesh that simultaneously experienced malnutrition and diabetes solidified her specialty.

"I enjoy the difference that we make in our patients' lives," Kabir says. "I enjoy how much simple changes can affect the patients."

Kabir said patients often come to her with problems no one has been able to solve.

"I think it comes down to listening to them a little better," she said. "Each person is different. Their circumstances at home are different. They have certain things they can do, certain things they're comfortable with. I try to take the time to listen and see how I can help them in their way with something that's going to work for them."

To make an appointment with Kabir at Hamilton Diabetes and Endocrinology Center in Dalton, call 706-278-1622.

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Photo: Nighat Purnima Kabir, MD

About Vitruvian Health

Vitruvian Health, formerly Hamilton Health Care System, is a not-for-profit, fully integrated health system serving the Northwest Georgia and Southeast Tennessee regions. Vitruvian includes Hamilton Medical Center in Dalton, Ga., and Bradley Medical Center in Cleveland, Tenn., affiliated physician practices, walk-in care centers, retirement and skilled nursing centers, a diagnostic center, a cancer institute, an institute for children with developmental delays, and more. Known for its advanced care and personalized service, Vitruvian Health offers innovative treatment options in state-of-the-art facilities while maintaining a compassionate, friendly and tranquil healing environment.

The Vitruvian name draws from the organization's recognizable da Vinci-inspired Vitruvian Man icon, which has been a prominent part of Hamilton's logo since 1976. Da Vinci's Vitruvian Man represents harmony, balance, and the interconnectedness of all aspects of health, perfectly aligning with Hamilton's integrated system of care.