

Kristine Burke, M.D., is board certified in family medicine and sports medicine, and fully certified in Functional Medicine. She is the Medical Director for Help Your Diabetes – Sacramento, and has practiced the full spectrum of family medicine in the Folsom and El Dorado Hills areas since 1997.

Dr. Burke believes that the best medical care requires time, a trusting relationship, and a collaborative approach to achieve the most successful personal outcomes: good health, longevity, and superior quality of life. She truly enjoys caring for her patients and strives to guide them to wellness and prevention, as well as carefully managing their illnesses and medical conditions.