



***Topic: The New National Dietary Guidelines: the Good, the Bad and a Well Informed Approach***

***Guest: Jack Der-Sarkissian, MD***

Dr. Der-Sarkissian is board certified in Family Medicine and Obesity Medicine and is a partner with the Southern California Permanente Medical group at the Kaiser Permanente Los Angeles Medical Center (LAMC). He began his higher education at UCLA, received his medical doctorate from USC Medical School, and completed his Family Medicine (FM) residency at Kaiser Permanente Los Angeles Medical Center (LAMC). He has served as the LAMC FM Residency Associate Program Director, Lead LAMC FM Quality Physician, and the LAMC FM Assistant Chief of Service. During this time he was also appointed as the Southern California Regional Physician Lead for Adult Weight Management and Bariatric Surgery. Dr. Der-Sarkissian has been twice elected to the SCPMG Board of Directors serving LAMC. Dr. Der-Sarkissian is currently an Assistant Area Medical Director overseeing Maternal Child Health Services at Los Angeles Medical Center. Dr. Der-Sarkissian is an advocate of healthy living. Join the conversation on Twitter @DrJDS <https://twitter.com/@DrJDS>

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"Your Health" host Dr. Vicken Sepilian is a current board member and Past President of the Armenian American Medical Society. He is board-certified in Reproductive Endocrinology and Infertility, as well as Obstetrics and Gynecology. He completed his residency in Obstetrics and Gynecology at Drexel University College of Medicine in Philadelphia and his fellowship in Reproductive Endocrinology and Infertility at the University of Texas. Dr. Sepilian currently practices in Los Angeles and in Glendale.



Vicken Sepilian, MD, FACOG

Featuring physicians and health care professionals whose areas of practice cover the entire spectrum of allied health care, "Your Health" is a dynamic resource for viewers interested in improving their health. The program emphasizes the importance of preventative care, and focuses on how people can maintain a healthful lifestyle. The program provides an opportunity for the Armenian community to address their concerns with the counsel of bi-lingual health care professionals. The program also provides viewers with information about the AAMS and

our activities in California and Armenia. The AAMS encourages individuals to contact local social workers to learn whether they are eligible for health insurance. AAMS doctors and nurses encourage their patients to get the insurance they deserve, and to see a physician regularly for the care that they need.