



*Topic:*

**7th ANNUAL GLENDALE HEALTH FESTIVAL**

*Guests:*

**Zarmine Naccashian, PhD, GNP, RN, CDE**

**Armond Kotikian, DDS, MD, FACS**

**Dr. Naccashian** earned her Bachelors of Science degree in Nursing in 1983 from the American University of Beirut. Driven to continue higher education, she immigrated to United States in 1984. In 1993 she graduated from the University of California, Los Angeles with a Masters in Nursing and became a family and geriatric nurse practitioner. She later completed her PhD in Nursing from Azusa Pacific University in 2009. Her dissertation topic was "The Impact of Diabetes Self-Management Education Classes on Glucose Levels in Ethnic Armenians". Dr. Naccashian has been involved in community outreach projects and has served in various professional organizations. One of her innovative professional roles was her term as President of the Armenian American Nurses Association from 1998-2004 and 2013-2015. Dr. Naccashian developed formal community education forums in collaboration with community leaders to empower members of the Association to teach the vast community of significant health issues. Forum topics included breast cancer prevention and smoking cessation sessions. Dr. Naccashian coordinated the health fair for 13 years. Dr. Naccashian was the treasurer of the Armenian American Medical Society of California (2003-2009) and the California Association of Nurse Practitioners (2005-2008). Currently, Dr. Naccashian is the coordinator of the diabetes care center at Glendale Adventist Medical Center. She is an Assistant Professor at California State University Northridge and teaches undergraduate nursing students and at Azusa Pacific University (APU) and teaches the RN Refresher courses for the nurses who plan to enter the profession after a long hiatus. Dr. Naccashian has been a guest speaker on multiple

TV shows and held live educational sessions on diabetes self-management strategies. Dr. Naccashian has also spoken at national and international medical and nursing conferences.

**Dr. Kotikian** is a Board Certified Oral and Maxillofacial surgeon in private practice in Glendale, CA. Presently he is the secretary of the Armenian American Medical Society. He completed dental school at UCLA. He then completed a 1-year residency in Hospital Dentistry at the Long Beach Veterans Administration Hospital. Subsequently, he pursued a residency in Oral and Maxillofacial Surgery. He earned his MD from Wayne State School of Medicine, did two years of general surgery and completed his Oral and Maxillofacial Surgery residency at the University of Michigan, Ann Arbor, in 2009. He is in private practice in Glendale and holds staff privileges at GAMC, Dignity Health GMH and Providence St. Joseph Medical Center. Dr. Kotikian is also an Assistant Professor at USC in the Department of Oral and Maxillofacial Surgery. Dr. Kotikian specializes in complicated dental implant cases, wisdom tooth extraction, and office anesthesia. In the hospital setting he performs facial trauma reconstruction, orthognathic surgery (corrective jaw surgery), treats obstructive sleep apnea patients, treats patients with oral pathology lesions and performs oral and maxillofacial reconstruction. Dr. Kotikian is a member of numerous organizations, including the American Association of Oral and Maxillofacial Surgeons, California Association of Oral and Maxillofacial Surgeons and the Southern California Orofacial Academy. He routinely lectures on subjects related to his field at both the local and national level. Dr. Kotikian has been featured in the LA Times, Chicago Tribune, Glendale Newspress and many other local newspapers for his work in the field of Oral and Maxillofacial Surgery. Dr. Kotikian has also been featured on CNN Headline News local edition, ABC 7 in LA and the Diane Sawyer nightly news on ABC.

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Vicken Sepilian, MD FACOG

"Your Health" host Dr. Vicken Sepilian 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 and his fellowship in Reproductive Endocrinology and Infertility at the University of Texas. While at the University of Texas, Dr. Sepilian received a Master of Science degree in Reproductive Medicine studying the impact of nutrition on reproductive health. Dr. Sepilian is the founder and medical director of American Fertility Specialists Medical Group and practices in Los Angeles and Glendale. Dr. Sepilian is the former President of the Armenian American Medical Society (AAMS). In 2008, he launched the AAMS "Your Health" Community Education

Program that continues to air live on TV making house calls to countless Armenian households. In 2010, Dr. Sepilian was instrumental in launching the inaugural Glendale Health Festival and served as the Chairman of the organizing committee for the first two years. In

2012, Dr. Sepilian presided over a collaborative effort with colleagues in Canada of the ACMAO to train, staff and equip the Women's Health Clinic in Stepanakert, Artsakh. This collaborative effort by the AAMS, ACMAO, and the Ministry of Health of Karabagh continues to operate and provide preventative and essential health care to women free of charge. In 2013, as president of the AAMS, Dr. Sepilian Chaired the 11th Armenian Medical World Congress, a quadrennial international multispecialty conference that was very well attended and was one of the most successful ones to date. Dr. Sepilian currently serves on the Continuing Medical Education Committee, focusing his efforts on enhancing the experience for members.

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.