

Topic: Staying Healthy During the Holidays

Guest: Serineh Melidonian, MD



Dr. Melidonian was raised in Southern California and began her involvement with Glendale Adventist Medical Center as a volunteer in the Emergency Room. She received her undergraduate education at University of Southern California and earned her medical degree at Tufts University School of Medicine in Boston, Massachusetts. After completing a year of internship in Internal Medicine at the UCSF Fresno Medical Program, she returned to Los Angeles and completed her residency at Los Angeles County - University of Southern California Medical Center in Emergency Medicine. Dr. Melidonian is Board Certified by the American Board of Emergency Medicine, and is fluent in English, Armenian, and Spanish. Since 2010, Dr. Melidonian has been serving on the Executive Council of the Armenian American Medical Society including positions as President, Vice President and Advisor. She is currently working as an Emergency Physician at the Glendale Adventist Medical Center and was elected onto the Medical Executive Committee at the hospital.



Vicken Sepilian, MD FACOG

"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.

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.