



Topic:

Lifestyle and Optimal Health

Guest:

Silva Karchikian, MD

Dr. Silva Karchikian graduated from Yerevan State Medical School in 1972 and worked as an Internist in the small town of Vardenik, Martuni where she gained invaluable experience as a Physician and a community activist. Dr. Karchikian successfully passed all the state requirements and in 1984 became licensed to practice medicine in California. While working at UCLA-Wadsworth VA Hospital in clinical research in Diabetes, she began her private practice in Hollywood and later in the Glendale area. Over the past 10 years Dr. Karchikian focused on studying the role of lifestyle intervention in prevention of chronic diseases. Currently she has a Private Practice in Glendale, where she brings her knowledge and skills to serve the community. Dr. Karchikian was involved in founding the American Russian Medical Association where she continues to serve as an honorary member. In 1988 Dr. Karchikian became actively involved in AAMSC as a board member and went on to lead the organization as President from 1992-1996.

"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



Vicken Sepilian, MD FACOG

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.