

*Topic:*

## **Balancing Health**

*Guest:*

**Emil Avanes, MD**



**Dr. Emil Avanes** is a Diplomate of the American Board of Internal Medicine. He trained at Los Angeles County Harbor-UCLA Medical Center after obtaining his bachelor's degree from Duke University and medical doctor degree from the Chicago Medical School. Dr. Avanes serves on the district board of Los Angeles County Medical Association and is an active member of the American College of Physicians and the Armenian-American Medical Society. As a health coach certified by the McDonald Center for Obesity Prevention and Education at Villanova University College of Nursing, Dr. Avanes dedicates a great deal of resources on curing obesity in America. He is founder and director of Harmony Health MD, which is an innovative new Primary Care Practice in Glendale aiming to advance health care into the future with teamwork, compassion, and excellence.

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Vicken Sepilian, MD

"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. It also provides viewers with information about the Armenian American Medical Society (AAMS) and its 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.