



*Topic:*

## **Quitting Smoking Can be Easy**

*Guest:*

### **Karine Tagmazyan, MD, MPH**

**Dr. Tagmazyan** is a diplomate of the American Board of Family Medicine with 22 years of medical experience. Her education comes from various backgrounds including Armenia, Russia and the United States. She started her education at Yerevan State Medical University and later continued at Keck School of Medicine of USC as a visiting scholar. She is a graduate of the Loma Linda University Family and Preventive Medicine Residency Program and the School of Public Health. Currently she is enrolled in a yearlong fellowship at Harvard Medical School. Dr. Tagmazyan is passionate about obesity management and smoking cessation. Her main focus is to help reverse chronic diseases such as diabetes and hypertension. Dr. Tagmazyan founded Blue Zone Medical Clinic in Glendale. It is her goal to help patients take charge of their own health, adapt better lifestyles and make this community a place where individuals live healthy and productive lives.

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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.

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.