

Topic:
Earache, Throat Pain

Guest:
Hrair Koutnouyan, MD



Dr. Koutnouyan is a Diplomate of the American Board of Otolaryngology and Head and Neck Surgery. He graduated with high honors from the University of California at Riverside in 1987, with a degree in Biochemistry. He received his medical education at the University of California in San Diego, and he completed his otolaryngology residency training at the Kaiser Hospital in Oakland, California in 1997. He joined the practice of Dr. Carl Ermshar in 1997 and together they established the ENT Surgical Associates in 1999. Dr. Koutnouyan sees adult and pediatric patients with conditions of the ears, nose, sinuses, oral cavity, face, throat, voice box and neck. His expertise includes diagnosis and treatment of ear infections and hearing loss, nasal congestion and allergies, snoring and sleep apnea, hoarseness and swallowing problems. In addition, he offers comprehensive surgical treatments for tumors of the face, salivary glands, oral cavity and the throat, the thyroid and parathyroid glands. When treating environmental allergies, food sensitivities, chronic sinus infections, thyroid or other related conditions, he uses a comprehensive functional approach that evaluates the patient's overall health and performance status, lifestyle and dietary habits, nutritional status, as well as environmental toxin exposures. His treatments include a combination of lifestyle changes, sound dietary choices, stress management, pharmaceutical, nutraceutical and natural remedies, as well as surgeries, as indicated. He is on the medical staff of several area hospitals. He is a member of the Los Angeles Society of Otolaryngology, the American Academy of Otolaryngology, Head and Neck Surgery, the Los Angeles County Medical Association, the California Medical Association and the Armenian American Medical Society.



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.