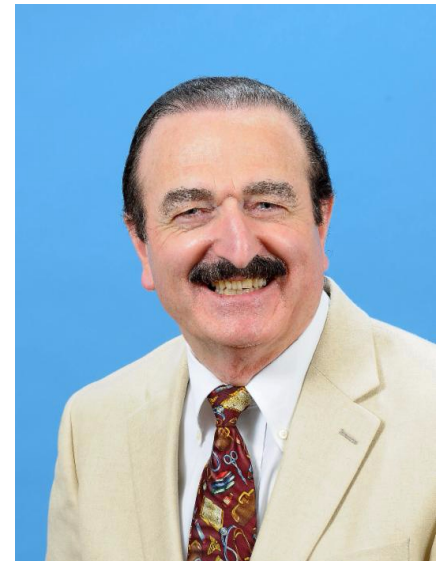


Topic:

## **Disease Prevention**

Guest:

### **Aram Karakashian, MD**



**Dr. Karakashian** was born and raised in Jordan. He received his medical degree from Yerevan State Medical Institute. He was hired by the Royal Medical Services of Jordan, where he completed his rotating internship in the major medical topics of medicine, after which - besides practicing military field medicine - he was treating the families of the military. He received his training in family practice at Niagara Falls Memorial Medical Center in New York; he was then elected chief resident. After finishing the residency program, he became diplomate of the American Board of Family Practice. He earned the position of assistant director of the Niagara Falls Medical Center residency program. In 1982, he decided to move to Southern California to join the few Armenian doctors who were providing medical care to the fast-growing Armenian community during that time. Dr. Karakashian has been practicing family medicine in Glendale, CA for 36 years, helping patients of all age groups with various medical issues. He believes in the mind-and-body unity. He has a special interest in treating patients with various emotional problems, leading to recovery from their physical ailments. Dr. Karakashian is an active member of the American Academy of Family Physicians.



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 bilingual 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.