

Topic:

## **Plantar Fasciitis - One of the Most Common Causes of Heel Pain**

Guest:

**Narek Garukyan, DPM**

Dr. Narek Garukyan DPM specializes in podiatric surgery. He obtained his Bachelor's Degree from the University of California, Los Angeles, and went on to earn his Doctor of Podiatric Medicine from Samuel Merritt University, California School of Podiatric Medicine. He then completed his podiatric medicine and surgery residency at DVA Greater Los Angeles/Olive View UCLA, where he served as Chief

Resident during his final year. Currently, Dr. Garukyan practices in both the Reseda and Glendale areas, where he provides industry-leading wound treatment options, podiatric sports medicine evaluation and treatment, preventative and conservative foot and ankle care, along with interventional treatments such as reconstructive surgery (<https://lafootandanklecare.com/>). He has additionally used his expertise in wound care and limb salvage for the development of his app, Wound Tracker Professional (<https://woundtrackerpro.com/>).



"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.