



Topic:

Nutrition Tips for the Holidays

Guest:

Anahit Hovhannisyan, PhD

Dr. Hovhannisyan is a professional Nutrition Specialist, researcher and scientist. She received her MS degree in Biology from Yerevan State University and Ph.D. in bioengineering (food technology in USA) from Armenian National Academy of Science in Yerevan, Armenia. She completed her Professional Nutrition, Diet and Health Program course in Ashworth University in Atlanta, Georgia and the International Nutritional training Programs in the Agricultural University of Athens, Greece, and in the Agricultural Academy of Sciences in Tel-Aviv, Israel. Dr. Hovhannisyan designed and conducted several important scientific studies in the area of nutrition, vegetable, food biology and biochemistry of medicinal plants of mitigation of diabetes. Dr. Hovhannisyan has presented her scientific research at numerous International Scientific Nutritional Conferences around the world. She is an author of more than 40 scientific publications. Her experiences include providing diet instruction for weight loss, weight gain, diabetes, kidney disease, cardiovascular, digestive health and more, counsels individuals and groups on nutritional practices designed to eat right, prevent disease and promote good health. Her office is located in Glendale.

"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.