



Topic:
Health Tips for all of us in the Holiday Season

Guest:
Aram Gabrielyan, MD

Aram Gabrielyan, MD, is a board-certified physician specializing in internal medicine and primary care at Harmony Health in Glendale, California. Dr. Gabrielyan is an active member of the American Medical Association, the American College of Physicians, and the Los Angeles County Medical Association. Before relocating to California, Dr. Gabrielyan worked as a hospitalist in Columbus, Ohio. Skilled in diagnosing and treating a variety of acute and chronic conditions, Dr. Gabrielyan spends time getting to know each patient's needs. He customizes treatments for long-term management of diabetes, hypertension, and heart disease. Dr. Gabrielyan is also experienced in identifying and treating a variety of other conditions. Dr. Gabrielyan earned his medical degree at Yerevan State Medical University after Mkhitar Heratsi in Yerevan, Armenia. He completed his residency in internal medicine at Mount Carmel Health System in Columbus, Ohio.

"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.