



Depression and Anxiety in the Era of the Pandemic Interview with Lukas Alexanian, MD

Dr. Lukas Alexanian is a graduate of Yerevan Medical School in Armenia, where he earned his MD degree. He completed his psychiatry residency at LAC+USC Medical Center. He is board certified by the Psychiatry and Neurology Board and is currently the Medical Director of Glendale Adventist Medical Center Psych Dept and the Chief psychiatrist at St. Joseph Medical center in Burbank, Ca. Dr. Alexanian stresses that any approach or method that allows for the constant free-flow of honest and open family communication, would be a good mechanism for establishing a strong, happy and healthy family environment and transversely, thriving young children and teens.

Dr. Vicken Sepilian is a Reproductive Medicine specialist and is the founder and director of American Fertility Specialists Medical Group. He is double board-certified in Reproductive Endocrinology and Infertility, as well as Obstetrics and Gynecology. Dr. Sepilian has been an active member of the Armenian American Medical Society (AAMS) holding multiple leadership positions, including serving as the President from 2009 to 2013. Dr. Sepilian served as the Chairman of the 11th Armenian Medical World Congress and currently is the President of the Armenian Medical International Congress (AMIC), a nonprofit organization with chapters all over the world, with the aim of coordinating global efforts in improving healthcare in Armenia. Passionate about community education, in 2008, Dr. Sepilian launched the "Your Health" educational TV program aimed at sharing with the community the latest and most important healthcare topics. Since 2008, the show has been making house calls to tens of thousands of viewers helping educate them on preventative care and healthy lifestyles. In 2010, Dr. Sepilian, alongside other civic leaders and the former Mayor of the City of Glendale co-founded the Glendale Health Festival. Dr. Sepilian worked closely with city and state officials and local hospitals to organize this large-scale event with the aim to improve the health of the community. Dr. Sepilian is a strong believer that success and wealth are measured by life's experiences and human interactions and that true happiness and purpose are achieved by giving. Cherished memories include debates about life and death with Dr. Jack Kevorkian, delivering pens to students in villages in Sri Lanka and teaching chess to orphans in Nepal.