



## **Intermittent Fasting: What Is It and How Effective of a Diet Is It?**

### **Interview with Astkhik Zakian, PharmD**

**Dr. Astkhik Zakian** is a Clinical Pharmacist with almost 20 years of experience working in pharmacies, health insurance industry and education. Dr. Astkhik Zakian received her Bachelor's of Science degree from UCLA, and her Doctorate in Pharmacy from the University of Southern California. Dr. Zakian is an active member of the Armenian American Medical Society, Academy of Managed Care Pharmacy, and other medical and pharmacy communities. She has provided countless guest lectures at CME seminars, California pharmacy schools and at other medical professional settings.

**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.