MEDICAL ADVISORY BOARD

Member Bio: Michael Roizen, MD

Summary Paragraph:

Dr. Michael Roizen, MD has over 40 years of experience as a Medical Doctor and we are honored that he serves as the Chairman of the Medical Advisory Board for Persona. He is also the Chief Wellness Officer and the Chair of the Wellness Institute of the Cleveland Clinic in Cleveland, Ohio. The Cleveland Clinic is rated one of the top ten hospitals in America, seeing over 4 million patients per year. Not only has Dr. Roizen written four medical books, but he has also been the author or co-author of 14 books - four of which made the New York Times #1 Best Sellers list, including the RealAge series. As the Chief Medical Consultant to the Dr. Oz Show, Dr. Roizen regularly makes appearances on Oprah, Good Morning America, and 20/20, as well as many other television networks and publications. His goal is to use his position of influence to help make America healthy.

Comprehensive Bio:

You may have heard of Dr. Michael Roizen, MD from his work with Dr. Oz, his live radio show, a national newspaper article, or you may have read some of his #1 selling books, including The RealAge Series. What’s interesting about Dr. Roizen is he is a true believer that every person can and should be healthy, have access to high-quality information and nutritious food, and that he is a true advocate that dedicates himself toward using his influence to help make America healthy.

Dr. Roizen is a seasoned medical doctor who advocates that people are in control of their overall health and RealAge – he proudly attributes his RealAge of 49 to a healthy lifestyle full of nutritious foods, a consistent exercise regimen, and effective stress management techniques. In his opinion, the four most important influences over one’s health are proper nutrition, avoiding tobacco, exercise, and stress management.

Dr. Roizen has over 40 years of experience as a medical doctor; he currently practices internal medicine and anesthesiology and is the Chairman of the Medical Advisory Board for Persona. He is also the Chief Wellness Officer and the Chair of the Wellness Institute of the Cleveland Clinic, which is the first time

anyone has held such a title at a major health institution. As the Chair of the Division of Anesthesiology, Critical Care Medicine, and Pain Management for the Cleveland Clinic, he makes a point to give regular motivational speeches to his colleagues about making sustainable lifestyle choices to improve health and life engagement, and to decrease stress, medical costs, and burnout. He has also founded over 7 companies, has held 13 foreign patents, and he also co-founded a drug backed by the FDA.

Serving as the Chief Medical Consultant to The Dr. Oz Show and an esteemed Health Advisor on the Oprah Show, Dr. Roizen has made many television appearances, where he uses the public eye to connect with people. He’s been featured on ‘Good Morning America,’ ‘The Today Show,’ ‘20/20,’ CBS, CNN, as well as many other major networks and programs. Utilizing his platform as a public figure has helped him to promote his cause and encourage the public to take charge of their health and well-being. His goal is to make America healthy, which in turn, will boost our economy, making the country more profitable, and successful overall.

Dr. Roizen has given over 1,400 lectures to professional medical groups, has five PBS fundraising specials, and has published more than 175 scientific articles, 100 textbook chapters, and four medical books – one of which, is a best seller, currently in third edition. He is also the former editor for six medical journals and the author or co-author of 14 books, including 4 New York Times #1 Best Sellers. He also writes a daily newspaper with Dr. Oz that is syndicated to 134 newspapers. He has been featured in countless magazines and publications, including Fortune, Glamour, Cosmopolitan, Good Housekeeping, Ladies’ Home Journal, Reader’s Digest, and Men’s Health.

With his following and reputation, he has been able to work with some of the most influential figures of our society, including eight Nobel Prize winners, more than one-hundred Fortune 500 CEOs and CFOs, as well as over 340 ex-smokers. He has held the title of one of the Best Doctors in America since 1989.

His leverage for health lies within the economy, in which he believes will see the greatest positive impact as a result from a healthier society. He believes that by 2023, there might be a medical breakthrough that will allow people to live to the average age of 160, with the same quality-of-life as someone who is currently 45!

His RealAge measurement is patented on the standard of over 150 factors that influence health, well-being, and longevity.

Beginning with his education as a Phi Beta Kappa student of Williams College, he earned a double degree in Economics and Chemistry, which fueled his professional growth and hunger for making a positive impact within our society. By promoting the health and longevity of people in our community, he knew he could influence change that had a positive effect on our economy. Graduating in 1971 from the University of California, San Francisco, School of Medicine, Dr. Roizen has over 40 years of experience as a medical doctor. He is board-certified in internal medicine and anesthesiology.

Dr. Roizen currently lives in Cleveland, Ohio with his family. He met his wife, Nancy, who is a developmental pediatrician, while he was attending college. They have two children, both of which have followed his footsteps in the medical field.