MEDICAL ADVISORY BOARD

Member Bio: Harry Oken, MD

**Summary Paragraph:**

Dr. Harry Oken is an esteemed medical doctor who currently practices as an Attending Physician for Howard County General Hospital, is a Professor of Medicine at the University of Maryland, and is also the Medical Director for the Columbia Association, a nonprofit community services corporation that manages the city of Columbia, Maryland. He has published over 30 health-related videos through Columbia Association that are made available to the community. Having received his MD from the University of Maryland Medical School in 1983, Dr. Oken has over 30 years of experience, has seen thousands of patients one-on-one throughout his career, and is also an esteemed member of the Medical Advisory Board for Persona. Providing the best possible long-term care for his patients is very important to him, which is why he started his own retainer based practice, ensuring him the ability to devote the time needed for each patient so they can receive the best care possible.

**Comprehensive Bio:**

Dr. Harry Oken is a board-certified medical doctor, currently practicing as an Attending Physician for Howard County General Hospital. As a practicing physician who truly cares about his patients, he has opened his own retainer-based practice in order to devote extra time to every patient for the best care possible. With over 30 years of experience practicing medicine, Persona is pleased to announce his position on our Medical Advisory Board.

His goal with every patient is to work as a team toward the patient’s ultimate health by developing healthy and sustainable habits. He focuses on helping people to develop a maintainable nutrition and exercise regimen, and managing stress in a way that positively impacts their lifestyles. Continuous care throughout the life of his patients is extremely important to him, particularly for patients whose health may be in jeopardy.

Dr. Oken graduated from the University of Maryland with a BS in Zoology and a MS in Parasitology and graduated with honors from the University of Maryland Medical School in 1983, where he received his MD. He completed his medical internship and residency at the University of Maryland, where he was also named Chief Resident. The American Board of Internal Medicine awarded him with a board certification in Internal Medicine. Following this, he went on to complete his fellowship was with the American College of Physicians, where he was named Chairman of the Health and Policy Committee of the Maryland Chapter. Currently, he is a Clinical Professor of Medicine at the University of Maryland as well as an Attending Physician for Howard County General Hospital, where he served as Chairman of Medicine for 14 years. He has also served on the Howard County Board of Health.

Because Dr. Oken truly cares about the health and well-being of his patients, he has received multiple awards for his practice. Since 1997, he has been listed as one of the Best Doctors in America every year. Dr. Oken has also received the Residents Teaching Award for his service as the head of the Residency Program at the Ambulatory Internal Medicine Clinic. He has also been featured in several publications, including The Wall Street Journal and The Sun Chronicle.

Dr. Oken is the Medical Director for the Columbia Association, a nonprofit community services corporation that manages the city of Columbia, Maryland. The company founded in 1967 by James Rouse, the head of the Howard Research & Development Company, in an effort to build a city that would provide community growth and development opportunities, respect the natural resources, and ultimately make a profit. Columbia is now home to over 100,000 people, which is why Dr. Oken has utilized his platform as a public figure and Medical Director to publish over 30 health-related videos through Columbia Association, which are made available to the public.

Dr. Oken lives in Columbia with his wife, Janet, and their children. As a family, they are actively involved in fundraising activities for local non-profit organizations. As a devoted teacher, practicing physician, and community member, Dr. Oken spends much of his time teaching his students, community, and patients how to live longer, healthier lives, which is his greatest goal.