



HEALTHCARE STAR



We're Off to See the Doctor...A Wonderful Doctor Named Oz

[By Brooke Heath]

Mehmet C. Oz, MD. If his name sounds familiar to you, perhaps have seen him as a guest on *The Oprah Winfrey Show* talking about the signs of healthy bowels (and that was the polite way of putting it).

This cardiothoracic surgeon has made it his mission to educate the nation on ways to improve our quality of life. As medical director of the Integrated Medicine Center and director of the Heart Institute at New York Presbyterian/Columbia University Medical Center, Dr. Oz specializes in heart replacement surgery and minimally invasive cardiac surgery. His credentials also include being a professor of cardiac surgery at Columbia University.

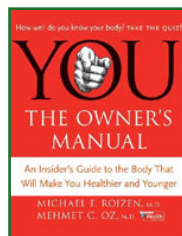
Born in Cleveland, Ohio, to Turkish parents in 1960, Dr. Oz went on to graduate from Harvard University 1982 with his undergraduate degree and earned a joint M.D. and MBA from the University of Pennsylvania School of Medicine and Wharton Business School in 1986.

Since then, he has authored more than 350 publications, including his books *Healing from the Heart*, *YOU: The Owner's Manual*, *An Insider's Guide to the Body That Will Make You Healthier and Younger*, *YOU: On a Diet*, *YOU: The Smart Patient*, and *YOU: The Owner's Manual*. He co-authored the books in his "You" series with his colleague, Dr. Michael Roizen.

Dr. Oz has memberships in many prestigious boards in the medical community, including

membership on the American Board of Thoracic Surgery, American Board of Surgery, American Association of Thoracic Surgeons, Society of Thoracic Surgeons, American College of Surgeons, International Society for Heart and Lung Transplantation, American College of Cardiology, American Society for Artificial Internal Organs, and the RealAge Scientific Advisory Board.

As his expertise is sought after across the country, Dr. Oz has made multiple appearances on *48 Hours*, *ABC Evening News*, *CBS Evening News*, CNN, *Dateline*, Discovery, *Good Morning America*, the *McNeil/Lehrer NewsHour*, *NBC Evening News*, *Turning Point*, the *Today Show*, PBS, and many more.



You may have also seen his recent appearance on *The Oprah Winfrey Show* as he discussed his "90-Day Live Longer, Feel Younger Plan" with his colleague, Dr. Roizen. The two claim that the plan can add

20 years to your life. The guidelines include losing weight, eating better, and working out. On the show, Dr. Oz told Oprah that he's concerned about our country's health, saying, "We're the fattest [country] and we have the highest incidence of suffering from obesity."

For more information on Dr. Oz and his healthcare tips, visit:

The Oprah Show

www.oprah.com/tows/pastshows/200605/tows_past_20060501.jhtml

RealAge

www.realage.com/doctorcenter/intro.aspx

Columbia University Department of Surgery
asp.cumc.columbia.edu/facdb/profile_list.asp?uni=mco2&DepAffil=Surgery

You can also get tips from Dr. Oz from your XM radio, as he hosts his own show weekly on the Oprah & Friends network.

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