

Medical Advisor: Brain Health



Michael Roizen, M.D.

As medical advisor to the *Beautiful Minds: Finding Your Lifelong Potential* campaign and *America's Brain Health Index*, Dr. Michael Roizen helped shape the concept of the four dimensions of brain health that can aid in the retention of memory — diet and nutrition, physical health, mental health and social well-being. He has also helped to design metrics and shape the direction of the state-by-state ranking of the nation's brain health.

Dr. Roizen is a Phi Beta Kappa graduate of Williams College and Alpha Omega Alpha graduate of the University of California, San Francisco, School of Medicine. He is certified by both the American Boards of Internal Medicine and of Anesthesiology.

As cofounder of RealAge Inc., and still chair of its Scientific Advisory Board, Dr. Roizen is the force behind RealAge, a patented measurement standard for health care that compares biological versus calendar age, based upon 151 factors that influence your rate of aging. He uses the RealAge metric to motivate patients with tobacco, heart, diabetic, obesity and arthritic problems to make simple but persistent lifestyle changes so that they may live, feel, look and “be” years younger.

Dr. Roizen is a Past Chair of a Food and Drug Administration advisory committee and a former editor for six medical journals. He has published more than 175 peer-reviewed scientific papers, 100 textbook chapters, 30 editorials and four medical books (one, a medical best-seller), and received 13 U.S. and many foreign patents.

He has authored and coauthored four No. 1 New York Times Best-sellers, and eight New York Times Best-sellers. His writings include *YOU: Having a Baby: The Owner's Manual to a Happy and Healthy Pregnancy* and the No. 1 Best-seller *RealAge: Are You as Young as You Can Be?* Others include *The RealAge Diet: Make Yourself Younger with What You Eat and Cooking the RealAge Way* with Dr. John La Puma; *The RealAge Workout* with Tracy Hafens, and *The RealAge Makeover*. He also teamed up with Dr. Mehmet Oz on *YOU: The Owner's Manual*, *YOU: The Smart Patient*, *YOU: On a Diet*, *The Owner's Manual for Waist Management*, *YOU: Staying Young*, *The Owner's Manual for Extending Your Warranty* and *YOU: Being Beautiful*, the Owner's Manual to Inner and Outer Beauty.

Dr. Roizen has been a regular guest as “The Enforcer” on The Dr. Oz Show, and on The Oprah Winfrey Show, The Today Show, 20/20, CBN, CNN, CBS, Good Morning America and has hosted five PBS fundraising specials. He has been featured in *Fortune*, *O Magazine*, *Glamour*, *Cosmopolitan*, *Good Housekeeping*, *Prevention*, *Biography* and *Ladies' Home Journal*. He is also a member of the *Ladies' Home Journal* medical advisory board, a group of health experts who are able to explain complex medical topics in an easy-to-understand way.

To speak with Dr. Michael Roizen, please contact Brent Renneke at brent.renneke@clynch.com.