

"Lifestyle 180: A Whole New You"

Elizabeth Ricanati, M.D.
Wednesday, December 9, 2009
Noon to 1 p.m.
NA5-08

This activity has been approved for *AMA PRA Category 1 Credit*™.

Abstract: At least one out of two Americans has a chronic disease. Lifestyle choices impact the majority of chronic diseases, and thus we know that by altering our lifestyle, we can alter both the prevalence of chronic disease, and the progression of the diseases themselves. A growing body of research has demonstrated the efficacy of lifestyle interventions in both decreasing the prevalence some disease states and in treating a variety of disease states. The Cleveland Clinic's Lifestyle 180 program has been developed with this burden of disease in mind. The goal of the program is to reduce the burden of disease and to decrease the costs associated with chronic disease. Preliminary outcomes from the program have demonstrated metabolic and biometric improvements in the participants.

Bio: Elizabeth H.W. Ricanati, M.D. A distinguished graduate of the Case Western Reserve University School of Medicine, she is a staff physician for the Department of Disease Reversal at the Cleveland Clinic's Wellness Institute, and the Medical Director for the Lifestyle 180 Program.



She has received certifications from the American Board of Internal Medicine, American College of Physicians and is a credentialed NAMS Menopause Clinician.

She has been the recipient of many prestigious awards, the author of numerous educational publications, a frequent invited guest contributor for both television and print media. Dr. Ricanati has given countless lectures and presentation of behalf of women's health initiatives, wellness and disease reversal.

Please join us for this event by attending the presentation or visiting the Employee Wellness Web site, cchs.net/wellness, to view the presentation live from your computer.