

# **Michael Roizen, MD**

**Chief Wellness Officer; Chair, Wellness Institute at Cleveland Clinic**

Cleveland, OH, US

Reveals how to stay fit, the right way to diet, and how to control your genes, choose the right supplements and keep the brain healthy

---

Michael F. Roizen, MD, has founded or cofounded 12 companies, and four of the seven that have reached conclusions have been successfully sold. He is currently Chief Wellness Officer and Chair of the Wellness Institute at Cleveland Clinic. He 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 performed his residency in internal medicine at Harvard's Beth Israel Hospital and completed Public Health Service at the National Institutes of Health in the laboratory of Irv Kopin and Nobel Prize winner Julius Axelrod.

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 170 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.

After nine years on the faculty at the University of California, San Francisco, he chaired the top-10-rated Department of Anesthesia and Critical Care at the University of Chicago. He then became Dean of the School of Medicine and Vice President for Biomedical Sciences at SUNY Upstate. After serving as CEO of the Biotechnology Research Corporation of Central New York, he accepted a position as Chair of the Anesthesiology Institute at Cleveland Clinic, responsible for over 180 operatories, 124 critical care beds and 28 pain therapy intervention units. In 2007, Dr. Roizen was named Chief Wellness Officer at Cleveland Clinic, the first such position in a major healthcare institution in the United States. Dr. Roizen also serves as Joseph T. Gorman and Family Chairman of the Wellness Institute at Cleveland Clinic.

Dr. Roizen still practices internal medicine. The Wellness Institute that he chairs aims to elevate preventive care and wellness as a core brand of Cleveland Clinic and a core value they teach their patients, employees and communities.

---

Keynote, Moderator, Panelist, Author Appearance, Corporate Training

---

Health and Wellness, Health Care - Services, Health Care - Providers, Health Care - Facilities

---

The Cleveland Clinic Experience in Bending the Cost Curve: How Social Media Has Buttressed Other Technologies, Changing Health, Caregiver Stress, Top 12 Things You Can Do for Your Health, Economics of Prevention, Disease Reversal

---

Cleveland Clinic, The Dr. Oz Show, Williams College, University of California

---

## **Top 12 Things You Can Do For Your Health**

Dr. Roizen discusses the top 12 things you can do for your health as well as how to eat for health, how to control your genes, the right way to diet, your top choices for keeping brain function, how to choose the right supplements, what the minimum physical activity is for maximum health, how to manage stress and how disease can be reversed with certain lifestyle changes. He also discusses the Cleveland Clinic experience with wellness including the economics of disease prevention.

### **Cleveland Clinic Experience with Wellness**

Dr. Roizen shares how Cleveland Clinic went from a “sick care” organization to a true “healthcare” organization by implementing myriad wellness programs for patients and employees alike. He discusses the Cleveland Clinic experience with wellness including the economics of disease prevention and caregiver stress.

---

### **It's about YOU, but It's also about US**

Lake Nona Impact Forum

### **Smart Tots**

International Pediatric Anesthesia Society

### **Next Generation Employer Wellness Initiatives: The Cleveland Clinic Story**

Millennium Group Boston Forum

### **Real Age and You: The Cleveland Clinic Experience on Controlling Your Genes and What it Means for You**

Healthy Appalachia Conference

### **The Cleveland Clinic Experience in Bending the Cost Curve: How Social Media has Buttressed other Technologies**

National Academies of Practice Meeting

### **Your Healthy Child**

SuperKids

### **You Staying Young**

Access Circles Aspen Forum

### **Real Age and You: The Cleveland Clinic Experience on Controlling your Genes and What it Means for you**

United Way Women's Leadership Council Speaker Series 2012

### **Healthcare, job competitiveness and how Cleveland Clinic has bent the curve down**

Wharton College of Business

### **Small Steps Toward Change: Creating a Healthier You**

Food for Your Whole Life Symposium

### **Extending Your Warranty, A Happy Healthier YOU**

Mills Hospital

### **We Can't Stop Trying to Change Behaviors: Will it Work?**

Health Evolution Partners Conference

**What Weight Watchers Taught the Cleveland Clinic**  
Health Evolution Partners Conference

**Holistic Approach to Aging**  
GE Nursing HOPES Conference

**How "5 Normals" Can Help Pharmaceutical Firms Help Doctors To Help Their Patients**  
DTC National Conference

**Cleveland Clinic Wellness Experience: What to do for your Brain**  
Alcoa Executives

**So You Think You're Doing What it Takes to be Healthy?**  
Achieving Optimal Health Conference

**Smart Tots: Mitigating Anaesthesia Related Neurotoxicity in Tots**  
SSARC

**Real Age and YOU - How to Keep Yourself and Your Hospital Younger**  
SSARC

**New Ideas in Nutrition**  
Food for Your Whole Life

---

**Williams College**  
AB Chemistry, Economics

**University of California, San Francisco - School of Medicine**  
MD Internal Medicine, Anesthesiology

---

**Terry L. Brubaker**  
"Dr. Roizen's time with us was a home run!"

**Michael Broidy**  
"Thanks again for all your help and assistance in working out the participation of Dr. Roizen at our Best Practices Conference. He was tremendous."

**Dr. Mindy J. Stream**  
"Dr. Roizen was, of course, a fantastic speaker."

**Heather McDougall**  
"It was such a pleasure to have Dr. Roizen at this past McDougall Advanced Study Weekend. His presentation was both educational and entertaining. I know that the audience enjoyed him immensely."

**Lindsey Robison**

"Dr. Roizen's presentation... was the highlight of the event and the attendees raved about his session."

---

[Please click here to view the full profile.](#)

This profile was created by [Expertfile.](#)