

CUSTOM CONTENT

JANUARY 29, 2024

LEADERS OF INFLUENCE: TOP LA DOCTORS



LOS ANGELES IS HOME TO MANY OF THE NATION'S BEST HEALTHCARE PRACTITIONERS AND CENTERS OF EXCELLENCE and this is our annual opportunity to shine a light on some of the finest.

For our Top Doctors profiles this year, we analyzed each of the many nominations received and pulled a few particularly outstanding medical professionals each from a broad array of disciplines of focus: Bariatric Surgery; Cardiology; Colon & Rectal; Dermatology; Ear, Nose & Throat; Emergency Medicine; Family Medicine; Gastroenterology; Internal Medicine; Neurology; Obstetrics & Gynecology; Oncology; Ophthalmology; Orthopedics; Pediatrics; Plastic/Reconstructive; Pulmonology; and Urology. Doctors were selected based on their good standing, reputation, thought leadership and success here in Los Angeles.

Methodology: The professionals featured in these pages did not pay to be included. Their profiles were drawn from nomination materials submitted to the Los Angeles Business Journal. Those selected for inclusion were reviewed by the editorial department. The professionals were chosen based on a demonstration of impact made on the profession and on the Los Angeles community.

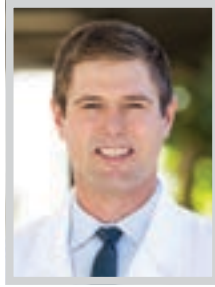
LOI: TOP LA DOCTORS



JUSTIN BRAVERMAN
BARIATRIC SURGERY

Medical Director, Bariatric Surgery
PIH Health

Justin Braverman, MD is bariatric surgeon and the medical director of bariatric surgery at PIH Health. He has been with the organization since 2012. Dr. Braverman is responsible for developing the bariatric program at PIH Health, and was instrumental in the program obtaining the American College of Surgeons (ACS) Center of Excellence designation for PIH Health Whittier Hospital. Under Dr. Braverman's leadership, the bariatric program continues to grow, seeing more than 300 cases annually. Most recently, the program received the ACS Surgical Quality Partner Award for outstanding quality. Dr. Braverman was the first surgeon in the United States to perform the ReShape intra-gastric balloon procedure.



NOAH SWANN
BARIATRIC SURGERY

Bariatric Surgery; Minimally Invasive Surgery
Adventist Health Glendale

Noah Swann, MD, is a rising star in the field of bariatric surgery. Dr. Swann is a fellowship-trained bariatric, minimally invasive and robotic surgeon with expertise in primary and revisional bariatric surgery. Dr. Swann graduated from the University of Chicago and earned his medical degree at the University of Southern California. After finishing his surgical residency at Huntington Hospital, he completed a bariatric and minimally invasive surgical fellowship at Loma Linda University Medical Center. He has published multiple peer-reviewed articles and presented at national conferences.



EDRIS ALDERWISH
CARDIOLOGY

Cardiology and Interventional Cardiology
Adventist Health Glendale

Edris Alderwish, MD, is a cardiologist with subspecialty training in interventional cardiology at one of the finest cardiovascular programs in the nation. He also has extensive experience in advanced cardiovascular imaging, high-risk percutaneous coronary interventions, mechanical circulatory support and pulmonary interventions. Dr. Alderwish is highly versed in advanced cardiovascular imaging, including coronary CT angiography and cardiac MRI. He was at the forefront of implementing the first cardiac MRI with 4D imaging in New York City and was also part of the first physician teams in the US to implement fractional flow reserve CT.



HARRY BALIAN
CARDIOLOGY

Interventional Cardiology
Adventist Health Glendale
Structural Heart Disease Program

Harry Balian, MD, FACC, FSCAI, is the chairman of the cardiology department and directs the Structural Heart Program at Adventist Health Glendale. He specializes in treating heart disease, coronary artery percutaneous interventions and pacemaker insertions. He also performs peripheral vascular interventions, including carotid stents, endovascular abdominal aortic aneurysm stents, renal stents and lower extremity angioplasties. Dr. Balian helped start Adventist Health Glendale's TAVR (percutaneous aortic valve replacement) program in 2016. In December 2023, he performed the hospital's 500th TAVR procedure, marking a huge milestone for one of the finest cardiology programs in the nation.



SUNNY BHATIA
CARDIOLOGY

CEO, Region I; Corporate Chief Medical Officer
Prime Healthcare

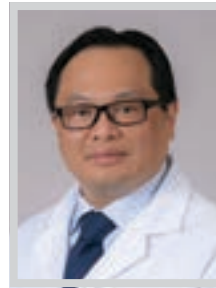
Dr. Sunny Bhatia, MD, MMM, FACHE, FACC, FSCAI, CEO of Prime Healthcare Region I and corporate chief medical officer, is an interventional cardiologist who is quadruple board certified in internal medicine, cardiovascular disease, nuclear cardiology and interventional cardiology. He is a fellow of the American College of Healthcare Executives, American College of Cardiology, and the Society for Cardiac Angiography and Interventions. Under Dr. Bhatia's leadership, Prime Healthcare's hospitals and particularly its Region I hospitals have earned unprecedented accolades for quality, patient safety and performance from nationally recognized healthcare rating agencies. Dr. Bhatia ensures that Prime's hospitals and physicians are aligned in their goals of providing safe and high-quality care at lower cost.



RAVI DAVE
CARDIOLOGY

Director of Interventional Cardiology
UCLA Health

Ravi Dave, MD is professor of medicine at UCLA and the director of interventional cardiology at UCLA Health. He is the program director of the Interventional Cardiology Fellowship Program. He is also serving as the director of the Cardiac Catheterization laboratories at Santa Monica UCLA Medical Center and director of the Community Cardiology Practices. Dr. Dave's clinical interests include percutaneous coronary interventions using all devices, treatment of chronic total occlusions of coronary vessels, performing complete revascularization in high-risk indicated patients, Mitraclip procedure and percutaneous treatment for peripheral artery disease. Dr. Dave has been in practice at UCLA for over 20.



IVAN C. HO
CARDIOLOGY

Clinical Professor of Medicine; Director of Clinical Electrophysiology and Director of Clinical Cardiac Electrophysiology Fellowship, Keck Medicine of USC
Keck Medicine of USC

Ivan Ho, MD, FACC, FHRS has developed a large referral practice in Los Angeles, with a local reputation in the Chinese community as the "go to" EP physician in the greater San Gabriel Valley. He also had direct involvement in training of more than 25 EP fellows over the last 15 years, many of whom have gone on to have very successful careers both in the academic world and in the community. Dr. Ho was responsible for restarting and organizing the EP fellowship at USC and developing the EP program at Keck Medicine of USC into a comprehensive one with growing volume, and extending services to other USC hospitals.



ILAN KEDAN
CARDIOLOGY

Professor, Department of Cardiology; Clinical Educator
Cedars-Sinai Medical Center,
Smidt Heart Institute

Ilan Kedan, MD joined Cedars-Sinai in 2006 as the first cardiologist for the Cedars Sinai Medical Group. He has been a clinical cardiologist at Cedars-Sinai for the last 17 years, holding a title of professor of medicine and also serving as the cardiology division chief of the Cedars Sinai Medical Group from 2016-2018. He is also a professor of cardiology in the Smidt Heart Institute. Throughout his career at Cedars Sinai, Dr. Kedan's cornerstone has been the consistent delivery of high quality care for patients in the community. His time at Cedars Sinai has afforded him the opportunity to serve more than 20,000 patients.



PIH Health Congratulates Our Top Doctors

Justin Braverman MD – Bariatric Surgery

Elisabeth Brown MD – Family Medicine

Nina Hooshvar MD – Obstetrics & Gynecology

Katherine Kim MD – Gastroenterology

Jason Lai MD – Urology

Amber Lin MD – Family Medicine

Jamal Saleh MD – Dermatology

Nishit Shah MD – Colorectal Surgery

Gerald Yoon MD – Urology

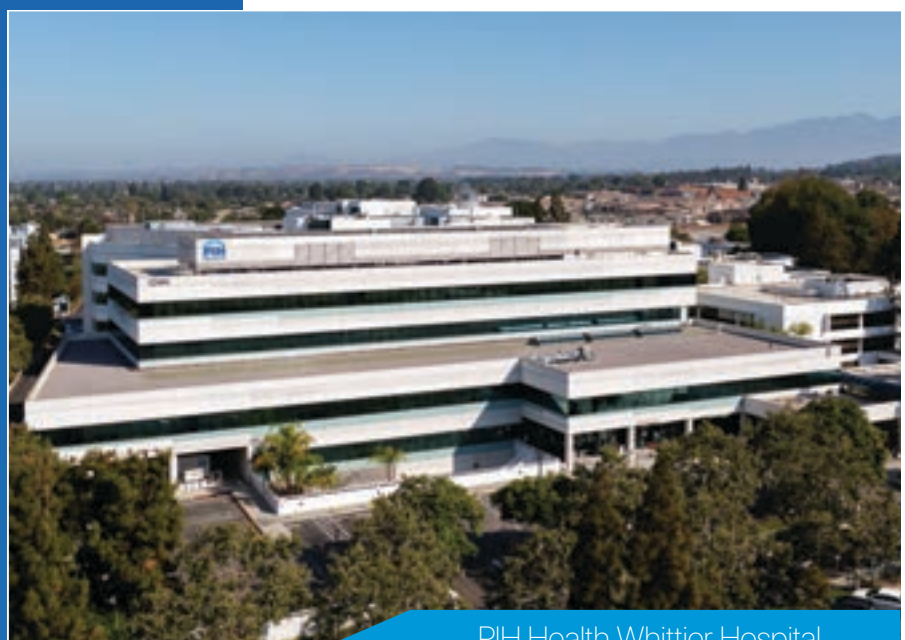
Katrine Zhiroff MD – Cardiology



PIH Health Good Samaritan Hospital



PIH Health Downey Hospital



PIH Health Whittier Hospital



PIHHealth.org

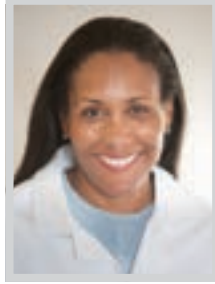
LOI: TOP LA DOCTORS



PARHUM NAMDARAN
CARDIOLOGY

Cardiology, Interventional Cardiology
Adventist Health Glendale
Heart and Vascular Institute

Parhum Namdaran, MD, is a board-certified interventional, structural and endovascular cardiologist at The Heart and Vascular Institute at Adventist Health Glendale. He specializes in comprehensive cardiac assessment and management, from primary prevention strategies to cardiac interventions. Dr. Namdaran received his medical degree from the University of Washington School of Medicine. He interned at Stanford, followed by fellowship training at Scripps Green Hospital and the University of Utah Medical Center. Dr. Namdaran’s patient care philosophy is rooted in empathy, compassion and a deep respect for every individual’s unique journey to health. He believes in actively listening to patients, valuing their input and involving them in decisions about their care.



KAROL WATSON
CARDIOLOGY

Director of the UCLA Women’s Cardiovascular Health Center, UCLA-Barbra Streisand Women’s Heart Health Program; Co-Director, UCLA Program in Preventive Cardiology; Director, UCLA Fellowship Program in Cardiovascular Diseases
UCLA Health

Karol Watson, MD, PhD is an attending cardiologist and a professor of medicine/cardiology at the David Geffen School of Medicine at UCLA. She is director of the UCLA Women’s Cardiovascular Health Center, the UCLA-Barbra Streisand Women’s Heart Health Program, co-director of the UCLA Program in Preventive Cardiology, and director of the UCLA Fellowship Program in Cardiovascular Diseases. Dr. Watson is a principal investigator for several large National Institutes of Health research studies including the Diabetes Prevention Program Outcomes Study and the Multi-Ethnic Study of Atherosclerosis.



KATRINE ZHIROFF
CARDIOLOGY

Cardiovascular Disease, Internal Medicine
and Interventional Cardiology
PIH Health

Katrine Zhiroff, MD, MBA is a board-certified interventional cardiologist specializing in heart disease in women, coronary artery disease, coronary artery angioplasty and stenting, peripheral vascular disease, and heart failure. Dr. Zhiroff has been practicing medicine for over 10 years and values the importance of understanding patients’ challenges to provide them with the best treatment. Dr. Zhiroff serves as department chair of Cardiovascular Services at PIH Health. In this role, she has developed strategies for expansion of complex coronary intervention and structural heart disease services in the region. She also established a vascular referral program and helped optimize resource utilization for cardiovascular services.



NISHIT SHAH
COLON & RECTAL

Chairman, Department of Surgery
PIH Health

Nishit Shah, MD is a board-certified colon and rectal surgeon at PIH Health with over 33 years of experience. He currently serves as the chairman of the Department of Surgery at PIH Health. Prior to joining the organization in 2021, Dr. Shah was the program director of the colorectal fellowship training program at Brown University for more than 11 years. Dr. Shah has more than 20 years of experience in all aspects of colon and rectal surgery, with expertise in minimally invasive surgery for colorectal cancer, inflammatory bowel disease and diverticulitis. Dr. Shah strives to provide the most advanced level of care for patients.



JAMAL SALEH
DERMATOLOGY

Dermatology
PIH Health

Jamal Saleh, MD is a board-certified dermatologist who has been with PIH Health since 2021. He sees patients of all ages and with any skin concerns. He has a particular interest in skin cancer and autoimmune skin diseases. Dr. Saleh brings his thoroughness and skills to this visual, detail-oriented area of medicine, and uses his strong diagnostic abilities and expert knowledge of this specialty to provide excellent care to patients. Dr. Saleh is highly regarded by his peers and colleagues and has received the 2023 Castle Connolly “Top Doctor” award, a recognition program based on peer nomination.



JONI K. DOHERTY
EAR, NOSE & THROAT

Associate Professor of Otolaryngology;
Division Chief of Otolaryngology & Neurotology
Keck Medicine of USC

In 2010, Joni Doherty, MD, PhD, FACS transitioned from laboratory to clinical research on the familial disorder called Neurofibromatosis 2 (NF2). This disorder causes tumors on the critical nerves in the brain, including those for balance and hearing; therefore, patients suffer inevitable deafness of both ears and chronic imbalance. There is no cure and patients usually die of the disease in the third or fourth decade of life. Working with Dr. Marco Giovannini, MD, PhD, Dr. Doherty tried the first FDA-regulated clinical drug trial in 2012 using the drug everolimus (RAD001) to treat NF2 patients. They found that the drug significantly slowed tumor growth in most NF2 patients with growing tumors.



ANDREW HERZIK
EMERGENCY MEDICINE

Clinical Assistant Professor, Emergency Medicine
Keck Medicine of USC

During residency Andrew Herzik, MD was selected as chief resident in his final year at LAC+USC Medical Center. Since completing residency, Dr. Herzik has worked tirelessly to serve the community of Los Angeles by providing compassionate care to every patient he sees. In the emergency department, his patients are often in their greatest time of need, and he considers it a great privilege to be entrusted with their health and wellbeing. He has focused his professional career on developing himself as a provider so he can provide the most compassionate and effective care to each individual patient that he sees.



ELISABETH BROWN
FAMILY MEDICINE

Family Medicine
PIH Health

Elisabeth Brown, MD is a family medicine physician at PIH Health. She has been with the organization since 1999, beginning as a resident and later establishing her practice at PIH Health. Dr. Brown is highly regarded by her peers and patients alike for her compassion, thoroughness and overall excellence as a primary care provider—always putting her patients first. Dr. Brown is passionate about family medicine, and enjoys seeing patients at different stages of life as well as the opportunity to care for multiple generation families. She considers it a privilege to guide her patients’ health-care and also participate in their stories.





UCLA Health congratulates

Los Angeles Business Journal TOP DOCTORS RECIPIENTS

as well as all of our physicians for being leaders in care delivery.

Nicholas Bernthal, MD
Orthopedic Surgery

Ravi Dave, MD
Interventional Cardiology

Kristofer Jones, MD
Orthopedic Surgery

Amar Kishan, MD
Radiation Oncology

Alice Kuo, MD
Internal Medicine and Pediatrics

Linda Liau, MD, PhD, MBA
Neurosurgery

Mark Litwin, MD
Urology

Carol Mangione, MD
Internal Medicine

Karol Watson, MD, PhD
Cardiology

Amy Weimer, MD
Internal Medicine and Pediatrics

WHERE DISCOVERY LEADS TO WORLD-CLASS HEALTH CARE

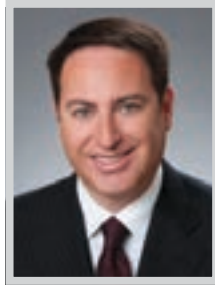
LOI: TOP LA DOCTORS



AMBER LIN
FAMILY MEDICINE

Director, PIH Health Whittier
Family Medicine Residency
PIH Health

Amber Lin, MD is a family medicine physician and director of PIH Health Whittier Family Medicine Residency. She joined PIH Health after her residency and has been with the organization for over eight years providing exceptional patient-focused care. Dr. Lin has an interest in tropical medicine and global health and has served as director of the tropical medicine track for PIH Health Whittier Family Medicine Residency since June 2018. In February 2020, just two and a half years after completing her residency, Dr. Lin became associate program director of PIH Health Whittier Family Medicine Residency, and in 2022, she became residency program director.



MARC EDELSTEIN
GASTROENTEROLOGY

Physician
Cedars-Sinai

Marc Edelstein, MD is a highly acclaimed gastroenterologist and is recognized as an expert in the diagnosis and treatment of digestive disorders and the performance of endoscopic procedures. He founded Beverly Hills Gastroenterology in 2003 to meet his goal of providing the best possible adult and pediatric GI care in one cutting-edge practice. Dr. Edelstein is a diplomate of the American Boards of Internal Medicine and Gastroenterology. In addition to numerous other professional honors and distinctions, he has been elected a fellow of the American College of Physicians and the American College of Gastroenterology.



KATHERINE KIM
GASTROENTEROLOGY

Gastroenterology and Internal Medicine
PIH Health

Katherine Kim, MD is a board-certified specialist in gastroenterology and internal medicine. She first became interested in gastroenterology while conducting pancreatic cancer research at Johns Hopkins prior to medical school. A native of Southern California, Dr. Kim graduated from the University of California Irvine College of Medicine. She completed her fellowship training at Cedars-Sinai Medical Center in Los Angeles. During her fellowship, Dr. Kim had the opportunity to train with world-renowned experts in inflammatory bowel disease, irritable bowel syndrome, pancreaticobiliary diseases and hepatology. This experience developed Dr. Kim's interest in quality improvement and she has published extensively in leading gastroenterology journals.



RAMAN MUTHUSAMY
GASTROENTEROLOGY

Medical Director, Endoscopy
UCLA Health

Dr. Muthusamy, MD, MAS is an internationally recognized leader in advanced endoscopic procedures. His clinical research interests focus on the evaluation of existing and new endoscopic technologies for the diagnosis and treatment of digestive disorders. They include endoscopic ablative techniques for Barrett's esophagus with dysplasia and early esophageal adenocarcinoma, clinical applications of endoscopic ultrasound (EUS) with a particular focus on EUS-guided tissue acquisition, endoscopic retrograde cholangiopancreatography with a particular interest in cholangioscopy, stent placement and device reprocessing, and endoscopic mucosal resection. Dr. Muthusamy also has participated in numerous studies involving the development of quality metrics in endoscopy and methods to improve the efficiency of and safety of endoscopy care.



SARAH SHEIBANI
GASTROENTEROLOGY

Assistant Professor of Clinical Medicine;
Director, Inflammatory Bowel Disease Program;
Associate Program Director, GI Fellowship
Keck Medicine of USC

Delivering compassionate high-quality care to every patient has been the central, self-defining part of Sarah Sheibani, MD's identity as a physician. For the last decade she spent as a faculty at USC, she has cared for patients at the LA General Hospital and Keck Medical Center of USC. She has developed a style that accounts for the unique needs of each patient in the context of their medical, social and cultural circumstances. She also helped build the USC inflammatory bowel disease (IBD) program from its inception and currently serves as the director of the IBD Program at Keck Medical Center.



JAMES H. TABIBIAN
GASTROENTEROLOGY

Interventional Gastroenterology
Adventist Health Glendale

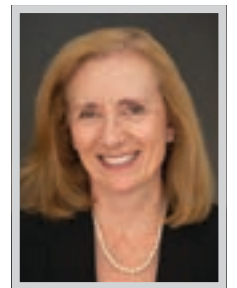
James Tabibian, MD, PhD FACP, FASGE, leads the Interventional Gastroenterology Program at Adventist Health Glendale. Dr. Tabibian's focus is on delivering high-quality endoscopic procedures, from screening colonoscopy to advanced procedures such as endoscopic retrograde cholangiopancreatography, endoscopic mucosal resection, endoscopic ultrasound and luminal stenting. Dr. Tabibian has been an associate professor at the Geffen School of Medicine at UCLA. His clinical and research interests are in advanced and therapeutic gastrointestinal endoscopy and training the next generation of technically- and culturally competent gastroenterologists. He received his medical degree at UCLA. He completed residency training in the Osler Medical Housestaff Training Program at Johns Hopkins.



SANJAY KHEDIA
INTERNAL MEDICINE

Internal Medicine Physician & Bioidentical Hormone
Replacement Therapist
Emanate Health

Sanjay Khedia MD's patient care philosophy is an extension of our values of respect, excellence, compassion, integrity and stewardship, and he has been integral in elevating the health of the community for over 20 years. Dr. Khedia has an empathetic approach to patient care. Before recommending any treatment plans, he prioritizes listening to his patients to understand their concerns, health goals and lifestyle, and then applies his extensive experience and expertise to address his patients' needs. Dr. Khedia believes in developing a collaborative partnership with his patients to earn their trust, which helps to effectively maintain and improve their long-term health.



CAROL MANGIONE
INTERNAL MEDICINE

Chief, General Internal Medicine
UCLA Health

Carol M. Mangione, MD, MSPH, is the chief of the Division of General Internal Medicine and Health Services Research and the Barbara A. Levey, MD, and Gerald S. Levey, MD endowed chair in medicine at the David Geffen School of Medicine at UCLA and Department of Medicine executive vice chair for health equity and health services research. Dr. Mangione is also a practicing primary care physician in the UCLA Faculty Practice Group. Dr. Mangione's areas of expertise include diabetes, diabetes prevention, health disparities, aging, public health, health insurance benefit design and public health policy.



Healthy you. Happy you.

Building healthy communities.

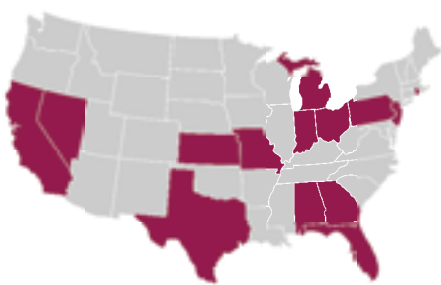
Prime Healthcare is committed to the **600+** communities we serve, enabling families to live their healthiest lives. Our commitment is evident in the more than **500 national clinical excellence, patient safety and social responsibility** awards we have earned over the last two years - **ensuring health equity for all.**

TRUVEN HEALTH ANALYTICS

**15 TOP
HEALTH SYSTEMS**



Prime Healthcare by the Numbers



- 44** Hospitals
- 14** States with hospitals
- 14** Foundation hospitals

Staff and affiliated physicians	45,000
Patient visits annually	2.6M+
Licensed beds	8,367
Charitable contributions since 2010	\$12B
Capital improvements since 2005	\$2B

Congratulations to Prime Healthcare's "Top Doctors" of 2024. Your dedication and commitment inspire us all.



Sunny Bhatia, MD, MMM, FACHE, FACC, FSCAI
President & Chief Medical Officer
Prime Healthcare



Kavitha Bhatia, MD, MMM, FAAP, FACHE
President & Chair
Prime Healthcare Foundation
Chief Medical Officer, Strategy
Prime Healthcare



Paryus Patel, MD
Chief Medical Officer
Prime Healthcare
Chief Medical Officer
Centinela Hospital Medical Center



Prime Healthcare

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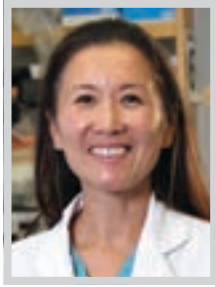
LOI: TOP LA DOCTORS



MAY KIM-TENSER
NEUROLOGY

Division Chief, Neurocritical Care/Stroke; Associate Chair, Neurology, Keck Hospital of USC; Medical Director, Neurosciences ICU at Keck Hospital of USC; Medical Director, Neurocritical Care Consult Service at USC Arcadia Hospital
Keck Medicine of USC

May Kim-Tenser, MD, MHA, FAHA created a financial business model to separate the Neurology service line at Keck Hospital to a Neurocritical Care ICU service and a Neurology floors/consult service in 2020. She is driven, highly motivated and always seeking ways to improve workflow, the quality of care her team provides to patients, and to grow programs strategically looking into the future. She became the division chief for neurocritical care/stroke in January of 2023 and helped create a physician compensation incentivization model for the division which is being piloted at this time. She is growing the Neurocritical Care program at Arcadia Hospital which USC recently acquired.



LINDA LIAU
NEUROLOGY

Chair, Department of Neurosurgery
UCLA Health

Linda M. Liao, MD, PhD, MBA is a neurosurgeon and professor of neurosurgery at the David Geffen School of Medicine at UCLA. She received her MD degree from Stanford and a PhD degree in Molecular Neuroscience from UCLA. After completing her residency and fellowship training in neurosurgery at UCLA, she joined the faculty at the UCLA School of Medicine. She is currently a full professor and board-certified neurosurgeon with both an active research laboratory and a busy clinical practice in the field of brain tumors and neurosurgical oncology. Dr. Liao's clinical expertise is in intra-operative functional brain mapping and use of intra-operative imaging for resection of brain tumors.



RAFFI CHALIAN
OBSTETRICS & GYNECOLOGY

Gynecology & Oncology
Adventist Health Glendale

Raffi Chalian, MD, FACOG, is a highly regarded and trusted OB/GYN with an extensive background in women's health. Dr. Chalian has practiced gynecology since 2006 and gynecology oncology since 2012. He specializes in complex gynecologic surgical cases, pre-cancerous illnesses of the uterus, cervix and more. He also treats all gynecological cancers, which include cancers of the uterus, cervix, ovaries, and more. Dr. Chalian is double-board certified in gynecology and gynecologic oncology. He aims to provide compassionate, state-of-the-art care while maintaining patients' autonomy. Fluent in English, Armenian and Greek, he enjoys conversing with patients who would otherwise struggle with language barriers.



NINA HOOSHVAR
OBSTETRICS & GYNECOLOGY

Obstetrics & Gynecology
PIH Health

Nina Hooshvar, MD is a board certified obstetrician and gynecologist and has been with PIH Health since 2019. Dr. Hooshvar loves working with women as their partner in health. She finds it gratifying to be able to listen to female patients, advocate for them and be present for them during the biggest days of their lives — when they deliver babies — as well as in times when they require critical care. She sees patients across a span of ages, including those who are in adolescence and those in their older years, addressing their spectrum of needs and bringing her compassion and enthusiasm for helping others to every visit and interaction.



KIMESHIA C. THOMAS
OBSTETRICS & GYNECOLOGY

Assistant Professor, Clinical Obstetrics & Gynecology
Keck Medicine of USC

Kimeshia C. Thomas, MD prides herself on providing individuals with patient-centered care, which she aims to offer in and out of pregnancy. She strives to be approachable for patients. She wants them to feel like they are talking to their friend and laugh even during their appointment. Additionally, after they meet with her she wants them to walk away feeling heard and an active participant in their care. In one word, she wants them to feel empowered. Whether this means having a complicated conversation about hormone therapy, to playing music during a difficult procedure, or helping them craft a birth plan that addresses their concerns during delivery.



ALDENE ZENO
OBSTETRICS & GYNECOLOGY

Urogynecology and Gynecology
Adventist Health Glendale

Aldene Zeno, MD, is a fellowship-trained surgeon in urogynecology, offering a wide range of OBGYN services. Dr. Zeno specializes in treating urinary incontinence, fallen bladder, uterus, pelvic pain, bladder pain, menopause, hormones, failed prior treatments, medical aesthetics for vaginal and vulval health, and many more women's health issues. She is highly adept at performing minimally invasive surgeries, including robotically assisted and traditional laparoscopy. As a published author, avid researcher and certified fitness trainer, Dr. Zeno is uniquely positioned to offer treatments and surgeries that complement healthy lifestyles. She has also dedicated considerable time and resources to supporting international surgical missions in Guatemala, the Philippines and Uganda.



STANLEY HAMILTON
ONCOLOGY

Professor and Chair, Department of Pathology; Interim Chief, Division of Anatomic Pathology
City of Hope

Stanley Hamilton, MD has dedicated his career to cancer research. He added an extra year of residency training to enable a fellowship at St. Mark's Hospital in London, focusing on colorectal cancer and its associated inflammatory bowel diseases and inherited syndromes. As a pathologist, Dr. Hamilton was especially interested in translation of laboratory findings into the care of patients. He participated in the initial studies that identified mutated DNA in blood and other body fluid, and led studies in his laboratory of genetic alterations as potential biomarkers for prognosis and therapy as some of the first attempts at what is now termed precision medicine.



DENNIS HOLMES
ONCOLOGY

Medical Director
Adventist Health Glendale The Sam and Grace Carvajal Comprehensive Breast Center

As medical director of The Sam and Grace Carvajal Comprehensive Breast Center at Adventist Health Glendale, Dennis Holmes, MD, leads an expert team of surgeons, oncologists, radiologists and others delivering cutting-edge breast cancer care. Dr. Holmes' patients benefit from innovative treatments, including targeted intraoperative partial breast radiotherapy and cryoablation. His policy of seeing newly diagnosed cancer patients within two business days raises the bar for local and national breast cancer care standards. Dr. Holmes established a centralized, one-of-a-kind Medical Breast Program consisting of a High-Risk Clinic for patients who have an elevated risk of breast cancer due to family history, atypical breast biopsy results, or genetic mutations.



LIMITLESS POSSIBILITIES

No matter what dreams you may have on the horizon, our expert health care team is here to partner with you to realize your potential. That's what happens when deep expertise combines with truly personalized care. **Together we are limitless.**



LOI: TOP LA DOCTORS



VERONICA JONES
ONCOLOGY

Chief and Assistant Professor, Division of Breast Surgery, Department of Surgery; Assistant Professor, Division of Health Equities, Department of Population Sciences City of Hope

Veronica Jones, MD earned her undergraduate degree with honors from Stanford University before receiving her medical degree with honors from Meharry Medical College in Nashville. This was followed by general surgery internship and residency at Baylor University Medical Center, where she was voted Chief Resident of the Year in 2013. Dr. Jones then completed a breast surgical oncology fellowship at Emory University, before joining the faculty there. City of Hope recruited Dr. Jones from Emory University in 2015. Since then her trajectory has been stellar. She has provided superb clinical and surgical care of City of Hope patients. This past year, she was awarded the Patient Excellence Award.



NAVEED KHAN
ONCOLOGY

Hematologist / Oncologist Emanate Health

Naveed A. Khan, MD is a hematologist/oncologist at the Emanate Health Cancer Center and on its medical staffs (Emanate Health Medical Center and Emanate Health Foothill Presbyterian Hospital medical staffs). Dr. Khan has worked in our community for several years and has gained a robust understanding those he serves. Dr. Khan truly takes the time to listen to his patients and help them understand their condition. He works with patients and their families to make treatment decisions together. He is committed to helping his patients throughout their cancer journey. He believes it is important to establish relationships with patients and their families so he can be an effective guide.



AMAR KISHAN
ONCOLOGY

Vice Chair, Clinical and Translational Research; Chief, Genitourinary Oncology Service in Radiation Oncology, UCLA Health Jonsson Comprehensive Cancer Center UCLA Health

Amar U. Kishan, MD earned his medical degree from Harvard Medical School, where he graduated magna cum laude from the joint Harvard-MIT Health Sciences and Technology Program. During medical school, he was awarded a Howard Hughes Medical Institute Fellowship to study tumor metabolism in the laboratory. He subsequently completed his internship training at Scripps Mercy Hospital in San Diego, where he was recognized as the H.H. Jones Intern of the Year. He completed his residency training in radiation oncology at UCLA. Dr. Kishan specializes in the utilization of radiation to treat genitourinary malignancies (particularly cancers of the prostate and bladder). He has published over 200 manuscripts.



LALEH G. MELSTROM
ONCOLOGY

Chief, Division of Surgical Oncology, Department of Surgery; Associate Professor of Surgery and Immuno-Oncology City of Hope

A talented surgeon and award-winning instructor and researcher, Laleh G. Melstrom, MD, MS, joined City of Hope, attracted by the opportunity to help develop breakthrough cures and treatments. Educated at Johns Hopkins University, Dr. Melstrom received her medical degree at Cornell Medical College in New York City, continuing her training at Northwestern Memorial Hospital in Chicago and New York's Memorial Sloan-Kettering Cancer Center. She held professorships at both Cornell and Robert Wood Johnson Medical School, before arriving in California. Dr. Melstrom is certified in robotic surgery and specializes in the treatment of cancers of the liver, pancreas, melanoma and sarcoma.



CASEY O'CONNELL
ONCOLOGY

Associate Professor of Clinical Medicine; Lawrence and Janice Kelly Chair, Jane Anne Nohl Division of Hematology, USC-Keck School of Medicine USC Keck School of Medicine

As an academic hematologist, Dr. Casey O'Connell, MD is committed to the tripartite mission of the Keck School of Medicine: research, excellence in patient care, and teaching. Her areas of clinical research interest include myelodysplastic syndrome, myeloproliferative neoplasms and cancer-associated thrombosis. Over the last decade Dr. O'Connell has run numerous investigator-initiated, consortium-led and industry-sponsored clinical trials all seeking to increase treatment options for patients with these blood diseases. These efforts have led to over 40 full publications in peer-reviewed journals. In 2022 she published the final results of a multicenter study that has set the stage for a new understanding of the role of mutated T lymphocytes in MDS.



TYCEL PHILLIPS
ONCOLOGY

Associate Professor, Division of Lymphoma, Department of Hematology & Hematopoietic Cell Transplantation City of Hope

Cancer care is a sort of personal mission for Tycel Phillips, MD. As a teen, he saw how pancreatic cancer affected his grandmother and decided to follow her example of service and make his career helping others. As a medical resident, he lost his mother to breast cancer. Her experience with chemotherapy inspired him to pursue research into treatments that are less toxic. His approach to patients is to listen first to understand their needs and develop the most beneficial treatment plan. Leading clinical trials into new targeted therapies is a vital part of Dr. Phillips' work. He has published over 40 peer-reviewed studies.



SHANMUGA SUBBIAH
ONCOLOGY

Medical Director, Emanate Health Cancer Center Emanate Health

Shanmuga Subbiah, MD is the medical director of the Emanate Health Cancer Center and a hematologist/oncologist on the Emanate Health Medical Center and Emanate Health Foothill Presbyterian Hospital medical staffs. He is knowledgeable not only about hematology/oncology, but also about the communities that he has served for many years. As such, Dr. Subbiah is highly respected by both his peers in the health care industry as well as his patients. He has dedicated his career to serving the members of at the community level and ensuring that they have access to the best cancer care in their own neighborhoods.



LISA DANG
OPHTHALMOLOGY

Ophthalmology Cedars-Sinai Beverly Hills Vision Center

Beyond her impressive academic trajectory, Lisa Dang, MD's commitment to holistic patient care and patient advocacy shines through. She serves as a comprehensive ophthalmologist and oculoplastic consultant at Cedars-Sinai Vision Center and not only excels clinically but passionately champions for inclusive health-care. Driven by her dedication to breaking barriers, she strives to make premium vision-correcting services and technology accessible to a diverse patient base, ensuring quality care knows no financial bounds. She has innovatively crafted an algorithm empowering patients to reach their optimal visual potential without unnecessary extras, ensuring a more affordable cost for premium eye care services.



CONGRATULATIONS

to our Adventist Health Glendale 2024 Top Doctors!
Thank you for your commitment to delivering world-class care to our community.



Edris Alderwish, MD
Cardiology and Interventional
Cardiology



Peter Ashjian, MD
Plastic Surgery



Harry Balian, MD
Interventional Cardiology



Raffi Chalian, MD
Gynecology and Oncology



Pouriya Ghayoumi, MD
Orthopedic Spine Surgery



Dennis Holmes, MD
Medical Director, The Sam and
Grace Carvajal Comprehensive
Breast Center



Parhum Namdaran, MD
Cardiology and Interventional
Cardiology



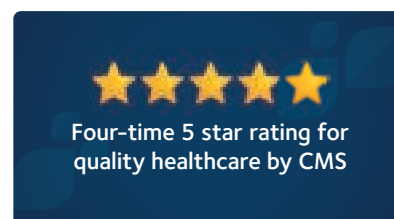
Noah Swann, MD
Bariatric Surgery and Minimally
Invasive Surgery



James H. Tabibian, MD
Interventional Gastroenterology



Aldene Zeno, MD
Urogynecology and Gynecology



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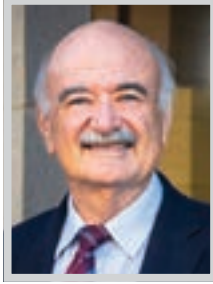
LOI: TOP LA DOCTORS



SRINIVAS SADDA
OPHTHALMOLOGY

Director, Artificial Intelligence & Imaging Research, Doheny Eye Institute; Professor of Ophthalmology, UCLA David Geffen School of Medicine
Doheny Eye Institute

Srinivas R. Sadda, MD, is the director of artificial intelligence and imaging research at the Doheny Eye Institute, and professor of ophthalmology at the UCLA Geffen School of Medicine. He is the immediate past president of the Doheny Eye Institute. Dr. Sadda's major research interests include retinal image analysis, advanced retinal imaging technologies, and clinical trial endpoint design. He has more than 700 peer-reviewed publications and 20 book chapters and has given over 450 presentations worldwide. Dr. Sadda's research has been continuously funded by the National Institutes of Health for several years, including a current R01 grant from the National Eye Institute.



ALFREDO A. SADUN
OPHTHALMOLOGY

Flora L. Thornton Endowed Chair, Doheny Eye Centers, UCLA; Chief of Ophthalmology, Doheny Eye; Vice-Chair of Ophthalmology, UCLA
Doheny Eye Institute

Alfredo A. Sadun, MD, PhD, is a world-renowned expert in ophthalmology. He has made significant contributions by using both his MD and PhD training. Dr. Sadun's research has centered on the clinical, psychophysical and laboratory studies of diseases of the optic nerve. He has led pioneering efforts to help create the new science of mitochondrial ophthalmology, changing the way many optic neuropathies are now treated. In the 1980s, Dr. Sadun was the first to describe the nine anatomical pathways between the eye and the brain in humans including the retinal projection to the hypothalamus for the visual entrainment of the circadian rhythm.



NICHOLAS BERNTHAL
ORTHOPEDICS

Chair and Executive Medical Director, Department of Orthopaedic Surgery
UCLA Health

With clinical interests in bone and soft tissue tumors and his NIH-funded laboratory is pioneering new implant coatings to prevent surgical infections, in 2021 Nicholas Bernthal, MD was appointed as interim Orthopaedic Department chair at UCLA Health. While holding that position, Dr. Bernthal and his colleagues conceptualized, raised funds for, built and opened UCLA Health's Downtown Los Angeles Orthopaedic Surgery Center. The state-of-the-art facility is a combination teaching site and community hub offering patients living east and south of Westwood access to world-class orthopaedic care. In November 2023, Dr. Bernthal was officially named chair and executive medical director of the Department of Orthopaedic Surgery.



POURIYA GHAYOUMI
ORTHOPEDICS

Orthopedic Spine Surgery
Adventist Health Glendale

Pouriya Ghayoumi, MD, is a fellowship-trained orthopedic spine surgeon specializing in complex, minimally invasive spine surgery. Dr. Ghayoumi expertly treats cervical and thoracolumbar spine disorders, including degenerative, infection, trauma and tumor cases. Throughout his extensive surgical training, he learned the importance of a multidisciplinary approach to treating spinal pathology. He strongly believes in utilizing surgical and non-surgical modalities when tailoring treatment plans to meet individual patient needs. Dr. Ghayoumi received his medical degree with distinction from the University of California, San Francisco (UCSF) and completed a residency in orthopedic surgery at USC, followed by a dedicated spine surgery fellowship at the Swedish Neuroscience Institute of Seattle.



KRISTOFER JONES
ORTHOPEDICS

Orthopaedic Surgeon
UCLA Health

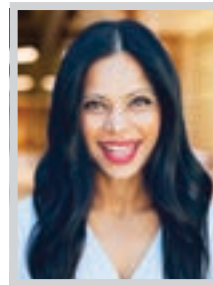
Kristofer J. Jones, MD is a board certified, fellowship-trained orthopaedic surgeon who specializes in sports-related musculoskeletal injuries of the knee, shoulder and elbow. His clinical expertise includes advanced minimally invasive arthroscopic procedures and complex reconstruction of these joints. He has specialized training in the field of biologic joint preservation procedures, including modern cartilage restoration and transplantation techniques. As such, he is a select participant in a number of nationwide clinical research trials investigating novel surgical treatments for cartilage injuries. As a former intercollegiate athlete, Dr. Jones understands the unique demands and concerns faced by athletes at all levels of participation.



ALEXANDER E. WEBER
ORTHOPEDICS

Assistant Professor, Department of Orthopaedic Surgery
Keck Medicine of USC

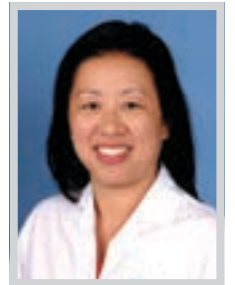
In addition to a very successful clinical practice, Alexander E. Weber, MD is very proud of the successful and productive sports medicine research program he and his colleagues have built at USC that has continued to push the cutting edge of sports medicine. He and the team in the USC Epstein Family Center for Sports Medicine are working daily to enhance the care of patients with sports medicine injuries with both clinical and translational research. As a team physician for USC football and basketball as well as the Los Angeles Kings, Dr. Weber is responsible for the well-being and health of high-level athletes.



KAVITHA BHATIA
PEDIATRICS

President and Chair, Prime Healthcare Foundation;
Chief Medical Officer, Strategy
Prime Healthcare

Dr. Kavitha Bhatia, MD, MMM, FAAP, FACHE serves as the CMO of strategy and is a member of Prime Healthcare's senior executive team. Dr. Bhatia leads the development and implementation of strategic initiatives that advance the mission and long-term success of Prime Healthcare. Dr. Bhatia works with corporate and hospital leaders to align goals, prioritize system-wide value creation and implement strategic initiatives to ensure Prime's continued operational, financial and clinical success. Dr. Bhatia develops strategies to create unique value and evolve Prime Healthcare's business model into a model for long-term success, supporting growth, operational and clinical excellence.



ALICE KUO
PEDIATRICS

Chief of Medicine-Pediatrics, UCLA
UCLA Health

Alice Kuo, MD is professor of internal medicine and pediatrics at the David Geffen School of Medicine at UCLA and of health policy and management in the Fielding UCLA School of Public Health while also serving as chief of medicine-pediatrics at UCLA. Her research interests include access to and delivery of developmental services, cognitive and language development in young minority children, and services for children and adults with autism and other neurodevelopmental disabilities. Clinically, Dr. Kuo sees primary care patients at the Medicine-Pediatrics Comprehensive Care Center in Santa Monica, the first ambulatory practice at UCLA with extended hours in the evenings and on weekends and holidays.





Where **{ top doctors }** come from



Shanmuga Subbiah, MD



Naveed Khan, MD



Sanjay Khedia, MD

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LOI: TOP LA DOCTORS


AMY WEIMER
 PEDIATRICS

Co-Director; Medical Director of the
 Gender Health Program
 UCLA Health

Throughout her career, Amy Weimer, MD has developed a commitment to caring for the transgender and gender-diverse community, and in 2016 she co-founded the UCLA Gender Health Program, wherein she provides primary care and hormone management for patients of all ages. The UCLA Gender Health Program strives to offer comprehensive medical and surgical care to the transgender and gender diverse community in Los Angeles and across the country by bringing together experts from medical and surgical disciplines to deliver a broad array of services to patients. Dr. Weimer is active in education to a wide variety of audiences and participates in research to improve the health of gender-diverse people.


PETER ASHJIAN
 PLASTIC/RECONSTRUCTIVE

Plastic Surgery
 Adventist Health Glendale

Peter Ashjian, MD, is a board-certified plastic surgeon specializing in natural-looking reconstructive surgery results. He recognizes and respects each patient's unique aesthetic opportunities and challenges. He views his role as a partner with each patient, working together to create outcomes that are as beautiful as they are natural-looking. Dr. Ashjian received his medical degree from the NYU School of Medicine, where he also completed his residency, working at renowned hospitals such as Bellevue Hospital; Manhattan Eye, Ear, and Throat Hospital; and the Memorial Sloan Kettering Hospital. After completing his plastic surgery residency, Dr. Ashjian completed a fellowship in advanced microvascular surgery at UCLA Medical Center.


SIVAGINI GANESH
 PULMONOLOGY

Medical Director, Lung Transplant Program,
 Keck School of Medicine of USC;
 Director, Pulmonary Hypertension Program,
 Keck School of Medicine of USC
 Keck Medicine of USC

Sivagini Ganesh MD's vision as a teacher is to provide fellows with a high-quality education that prepares them for the future. Dr. Ganesh believes that every student has the potential to succeed and contribute to the society. She also believes that education is more than just acquiring knowledge and skills. It is also developing values, attitudes and habits that foster lifelong learning, critical thinking and global citizenship. She has in fact been awarded Teacher of the Year four times. She is also involved in multiple state of the art research studies involving pulmonary hypertension and lung transplant patients which brings excellent outcomes to both of these programs.


YURI MATUSOV
 PULMONOLOGY

Assistant Professor of Medicine
 Cedars-Sinai Medical Center

Yuri Matusov, MD is a rising researcher and clinician in pulmonary and critical care medicine. As an intensive care doctor during the pandemic, he treated hundreds of critically ill patients while conducting and publishing multiple research studies to advance the treatment of the disease. He has since continued his work as a physician, researcher and educator in pulmonary medicine. As a physician, he helps to lead the pulmonary hypertension program and the adult cystic fibrosis program at Cedars-Sinai, caring for patients with rare, chronically life-threatening illnesses, while continuing to work in the Intensive Care Units at Cedars-Sinai and its affiliate, the Cedars-Sinai Marina del Rey Hospital.


DAVID R. NELSON
 PULMONOLOGY

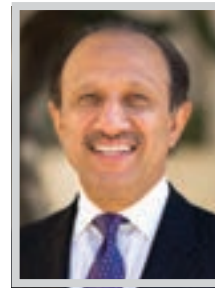
Medical Director
 Barlow Respiratory Hospital

David R. Nelson, MD has served Barlow Respiratory Hospital since 1991. A board-certified pulmonologist, he provides clinical management oversight for critically ill patients and the staff caring for them. Dr. Nelson's expertise in critical care and pulmonary medicine includes the diagnosis and treatment of lung diseases of many types and severity. Dr. Nelson practices full-time at Barlow's Main Campus in Los Angeles and also oversees care given at Barlow's satellite facilities at PIH Health Hospital, Whittier and Valley Presbyterian Hospital in Van Nuys. He is also Associate Professor of Clinical Medicine at the David Geffen School of Medicine at UCLA.


PARYUS PATEL
 PULMONOLOGY

Corporate Chief Medical Officer
 Prime Healthcare

Paryus Patel, MD, is the chief medical officer for Prime Healthcare's Region III, IV, V and VI and corporate chief medical officer for Prime Healthcare. Prime Healthcare's Region III-VI, which includes 18 acute care community hospitals located in Alabama, Georgia, Texas, Kansas, Missouri, Michigan, Florida, Indiana and Ohio. Dr. Patel is a member of Prime Healthcare's senior executive team. In addition to serving as chief medical officer for Prime Healthcare, Dr. Patel is currently chief medical officer for Centinela Hospital Medical Center. Dr. Patel also serves as a member of the Board of both Prime Healthcare and the Prime Healthcare Foundation.


INDERBIR S. GILL
 UROLOGY

Chairman, Catherine & Joseph Aresty Department
 of Urology; Executive Director, USC Institute of
 Urology; Distinguished Professor of Urology; Shirley
 & Donald Skinner Chair in Urologic Cancer Surgery,
 Keck School of Medicine
 Keck Medicine of USC

During Inderbir S. Gill MD's 13 years in Los Angeles since 2009, USC Urology has grown in scientific stature, clinical volumes, financial productivity & philanthropy. As a result, USC Urology has progressed in U.S. News & World Report national rankings from being outside the 'Top 50' until 2011, to #4 in 2019, and has ranked in the 'Top 10' for five years in a row (2018-2022). In NIH Blue Ridge national rankings, USC Urology elevated from #26 in 2017 to #2 nationally (2022, 2023). Dr. Gill has published approximately 870 scientific papers with 41,000 citations.


JASON LAI
 UROLOGY

Urology
 PIH Health

Jason Lai, MD, FACS is a board-certified urologist at PIH Health with almost 20 years of experience. Dr. Lai's practice encompasses all aspects of the genitourinary system, including prostate enlargement, also known as benign prostate hyperplasia (BPH); genitourinary cancers such as prostate, kidney, bladder and testicular cancer; voiding dysfunction; kidney stone disease; urinary incontinence and infections; and sexual dysfunction. He has experience in performing minimally invasive surgery using the daVinci robot, no-scalpel vasectomy, laser surgery, Urolift procedure for BPH, cryotherapy and percutaneous kidney surgery. Dr. Lai also performs implant surgery, including penile prosthesis, sling and artificial urinary sphincter operations.





MARK LITWIN
UROLOGY

Chair, Department of Urology
UCLA Health

Mark S. Litwin, MD is professor and chair of the Department of Urology at UCLA. He trained at Harvard and specializes in testicular, bladder, prostate and kidney cancer. Dr. Litwin's research focuses on improving quality of care, quality of life and equitable access to care in urologic oncology. He created and directs IMPACT, a state-funded program that provides free medical care statewide for low-income, uninsured men with prostate cancer. He also leads several national and international research projects in prostate cancer, funded by the American Cancer Society, US Department of Defense, and Movember Foundation. He directs an NIH-funded fellowship training program in outcomes research in urologic oncology.



GERALD YOON
UROLOGY

Urology
PIH Health

Gerald Yoon, MD is a board certified urologist with fellowship training in endoscopic/laparoscopic techniques for the management of urologic conditions. In his practice, Dr. Yoon evaluates and treats the full breadth of urologic conditions, including cancer, kidney stones, urinary control problems and sexual health. He is also trained and experienced in robotic-assisted laparoscopy which is increasingly more commonly utilized in cancer and anatomical diseases related to the urinary system and male sexual organs. To date, Dr. Yoon has been involved with more than 100 robotic surgeries of this nature. Dr. Yoon performed the first robotic urology procedure at PIH Health Whittier Hospital using the latest Da Vinci Surgical System.



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Community-Led Research Program to Advance Health Equity

The National Institutes of Health is funding a first-of-its-kind community-led research program to study ways to address the underlying structural factors within communities that affect health, such as access to safe spaces, healthy food, employment opportunities, transportation, and quality health care. Through the NIH Common Fund Community Partnerships to Advance Science for Society (ComPASS) program, NIH made 26 awards to community organizations and a coordinating center, totaling approximately \$171 million over five years, pending the availability of funds. Through these awards, ComPASS will enable research into sustainable solutions that promote health equity to create lasting change in communities across the nation.

NIH is directly funding research projects led by community organizations. Leaders from the organizations will work in collaboration with their research partners at academic institutions and other organizations in all phases of the research process. ComPASS projects study social determinants of health — the social, physical, and economic conditions where people are born, grow, live, work, age, and play — that contribute to health inequities.

“The ComPASS research model harnesses diverse perspectives and expertise to examine systemic factors that impact the health of individuals, communities, and populations,” said

NIH acting director Lawrence Tabak, DDS, PhD. “We are excited to see how results from these awards exemplify the transformative power of community-driven research.”

The projects will examine underlying conditions and environments that influence health outcomes by enabling the development, implementation, and assessment of structural interventions. Structural interventions are meant to alter social determinants of health by changing factors that create differences in opportunities to achieve optimal health.

Each award will foster the design of strategies to improve health outcomes through innovative structural interventions to address community concerns, such as economic development, social and community context, neighborhood characteristics, health care access and quality, and nutrition and food environment. Community organizations and their research partners will work together to develop a structural intervention, launch it within their communities, and then assess whether the intervention improves health outcomes. Several examples of ComPASS-supported research projects, which focus on populations that experience health disparities, include:

Supporting access to healthy food in underserved rural communities through the delivery of food boxes to local stores and individuals, and facilitating local food harvesting, pro-

‘The ComPASS research model harnesses diverse perspectives and expertise to examine systemic factors that impact the health of individuals, communities, and populations.’

cessing, and distribution in the community. The project will measure whether these interventions reduce hunger, improve diet quality, promote healthy weight, and protect people against chronic diseases such as diabetes and cardiovascular disease.

Assessing whether early childcare strategies improve mental health for children and their parents and guardians. This project will develop and examine community strategies that increase access to public early childcare, education, and programming to support young children and families in areas with limited access to childcare.

Enhancing access to health care through individualized travel information and resources

along with a transportation stipend for health care and related trips. The project will assess whether improved transportation access can reduce emergency department readmissions and secondary infections, decrease hospital costs, and improve disease management.

Improving access to quality health care for older adults from sexual and gender minority populations by creating culturally appropriate and inclusive protocols in the local health system. The project will measure how these changes in the local health system affect overall physical and mental health.

Assessing whether enhancing telehealth models in rural communities can improve preventative screening and disease management for cancer, depression, diabetes, high blood pressure, and other chronic diseases among agricultural workers. The project will improve telehealth by transforming the workers’ access to affordable, reliable high-speed broadband internet.

NIH will gain valuable experience and insight into how to support successful future community-led health research. Each project will also contribute valuable data to a growing body of knowledge about social determinants of health and structural inequities.

More information is available at the Common Fund website: commonfund.nih.gov.

Ten Health Recommendations for 2024

The American Medical Association (AMA) is offering 10 recommendations to help Americans make the most impactful, long-lasting improvements to their health in 2024 and beyond.

“It is quite common after the holidays to think about all you’ve eaten or your reduced physical activity and get discouraged,” said AMA president Jesse M. Ehrenfeld, MD, MPH. “But the good news is you don’t have to make major health changes in one fell swoop. You can make small, positive health choices right now that can have long-lasting effects.”

The AMA’s 10 recommendations for a healthier 2024 include the following:

1. Be more physically active — exercise is essential for your physical and mental health. Adults should get at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

2. Reduce your intake of sugar-sweetened beverages and processed foods, especially those with added sodium and sugar — drink more water and replace processed foods with nutritious, whole foods including fruits, vegetables, whole grains, nuts and seeds, low-fat dairy products, and lean meats and poultry. Drinking sugary beverages, even 100% fruit juices, is associated with a higher all-cause mortality risk, according to a study published in JAMA Network Open.

3. Make sure your family is up-to-date on their vaccines during respiratory virus season — including the annual flu vaccine and the updated COVID-19 vaccine for everyone six months and older. Vaccines are also available to protect older adults from severe RSV. New tools to protect infants during RSV season include maternal vaccination and monoclonal antibody

immunization. If you have questions, speak with your physician and review trusted resources, including getvaccineanswers.org. It is also important to follow evidence-based public health measures, such as covering coughs and sneezes, frequently washing your hands, improving air quality, wearing masks and staying home if you are sick, to help reduce the spread of respiratory viruses.

4. Get screened — estimates based on statistical models show that since April 2020, millions of screenings for breast, colorectal, and prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check with your physician to find out if you’re due for preventive care, tests or screenings, and make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

5. Know your blood pressure numbers — visit ManageYourBP.org to better understand your numbers and take necessary steps to get high blood pressure—also known as hypertension—under control. Doing so will reduce your risk of heart attack or stroke.

6. Learn your risk for type 2 diabetes — take a simple online 2-minute self-screening



test at DoIHavePrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes, which is a risk factor for severe COVID-19 outcomes, including hospitalization or death.

7. If consuming alcohol, do so in moderation as defined by the US Dietary Guidelines for Americans — up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Talk with your doctor about tobacco and e-cigarette use (or vaping) and how to quit — your doctor can offer resources and guidance for quitting tobacco and nicotine. Declare your home and car smoke-free to eliminate secondhand smoke exposure.

9. Follow your physician’s instructions if prescribed pain medication or antibiotics — if

you are taking prescription opioids or other medications, always store them safely to prevent diversion or misuse, and properly dispose of any leftover medication. If a health care professional determines that you need antibiotics, take them exactly as prescribed. Not taking the full course can lead to antibiotic resistance—a serious public health problem—and will not make you feel better if you have a virus, such as a cold or flu.

10. Manage stress — good mental health is part of good overall health. Get sufficient sleep (at least 7.5 hours per night), exercise and ask for help from a mental health professional when you need it.

More health resources and tips can be found by visiting ama-assn.org.