



# Weill Cornell Medicine-Qatar

## Institute for Population Health



# Population Health and Well-being Series

Lifestyle Medicine: A Breath of Fresh Air in Healthcare



**Live Webinar**

**Monday, Jan 22, 2024**

**4:00 to 5:00 PM (Qatar Time)**



## Speaker

**Dr. Ravinder Mamtani**

*MD, MSc, FACPM, FACP, FACP, FACP, FACP*  
*Professor of Population Health Sciences*  
*Professor of Medicine (Center for Global Health)*  
*Vice Dean for Population Health and Lifestyle Medicine*

Ravinder Mamtani, MD is a Professor of Population Health Sciences, Professor of Medicine (Center for Global Health) and Vice Dean for Population Health and Lifestyle Medicine at Weill Cornell Medicine-Qatar (WCM-Q). He is also a Professor of Community and Family Medicine (adjunct) at New York Medical College, Valhalla, New York.

Prior to joining WCM-Q, he was a Professor of Clinical Community and Preventive Medicine and Associate Professor of Clinical Medicine at New York Medical College, and a physician in occupational medicine and complementary medicine at Westchester Medical Center in Valhalla, New York. He has many years of clinical experience utilizing lifestyle medicine to treat chronic diseases such as chronic pain, arthritis, mental health conditions, gastrointestinal problems, obesity, dyslipidemia and diabetes. He has published in peer-reviewed journals and written a monthly column for a local newspaper in New York on contemporary health issues.

Dr. Mamtani serves or has served on many government, hospital and medical school committees in the US and Qatar. He is a diplomate of the American Board of Preventive Medicine in the specialties of Preventive Medicine and Occupational Medicine, and is US board certified in Lifestyle Medicine and Integrative Medicine.