

Health and YOU Community Wellness Series

Diet: What You Need To Know?

This session will discuss what a healthy diet means, and emerging views on popular topics such as vegetarianism, low carb diets, weight management, supplements and specific nutrients.

Sep 13, 2021
5:00PM – 5:45PM



Speaker

Dr. Ravinder Mamtani

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

Prior to joining WCM-Q in 2007, Dr. Mamtani was a Professor of Clinical Community and Preventive Medicine and Associate Professor of Clinical Medicine at New York Medical College, and a physician in Complementary and Preventive Medicine and Occupational Medicine at Westchester Medical Center in Valhalla, New York. He has many years of clinical experience utilizing lifestyle and preventive medicine to treat chronic diseases such as obesity, dyslipidemia, chronic pain, arthritis, mental health conditions and gastrointestinal problems. He has been published in peer reviewed journals and written a monthly column for a local newspaper in New York on contemporary health issues.

Dr. Mamtani currently serves and has previously 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.