Michael Roizen, M.D.

Chair, Cleveland Clinic Wellness Institute, and Chief Wellness Officer, The Cleveland Clinic

Dr. Roizen is chief wellness officer at the Cleveland Clinic and J Gorman and Family Chair of the Wellness Institute. (The Wellness programs have helped Cleveland Clinic employees lose more than 396,000 pounds, reduce blood pressures and smoking rates substantially, and increase engagement by 45%, as well as flatten the cost curve for Employee health.) 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 a tour of duty in the Public Health Service at the National Institutes of Health. He is certified by both the American Board of Internal Medicine and the American Board of Anesthesiology.

Dr. Michael Roizen has founded twelve companies, co-invented a drug approved by the FDA and has published a series of highly popular and #1 New York Times bestsellers: YOU: The Smart Patient, YOU: The Owner’s Manual, YOU: On A Diet, and YOU: Staying Young all co-authored with Dr. Mehmet Oz. Dr. Roizen co-founded RealAge Inc. and his first general-audience book, RealAge: Are You as Young as You Can Be? Became a New York Times #1 bestseller and was awarded the Best Wellness Book of 1999 by the Books for a Better Life Awards. Dr Roizen's RealAge and the YOU books have been translated into more than 44 languages and have resulted in 4 #1 NY Times Bestsellers (more than any other physician) and have been #1 in five other countries.

He chaired the United Way Fund Raising effort at the Cleveland Clinic in 2006, and has served on the boards of five non-profit foundations. He served as President of the Society of Cardiovascular Anesthesiologists in 1997-8, and has won over 75 trophies in class A squash competition. His wife is a developmental pediatrician also listed in the Best Doctors in America. The Roizens have two children: Jenny, a PhD graduate of the California Institute of Technology, soon completing a post-doc in organic chemistry at Stanford and starting a faculty career at Duke, and Jeffrey, an MD/PhD graduate of Washington University, and a fellow in pediatric Endocrinology at Children’s Hospital of Philadelphia.

Dr. Roizen has given over 1,500 lectures to professional medical groups and has been recognized with over 25 professional lectureships and has appeared more than 18 times each on The Oprah Winfrey Show, The TODAY Show, Good Morning America, Canada AM, the 700 Club, and the Dr Oz show. He and Dr Oz write a column syndicated to 134 newspapers worldwide. He hosts a 2 hour radio show (5-7p Saturday live, or archived anytime) on RadioMD.com. He and Dr Oz shared an Elle in 2008, a lifetime achievement award from Books.
for Better Health, and the Paul Rodgers award for best medical communicators by the National Library of Medicine.