

Michael F. Roizen, M.D.

Michael F. Roizen, M.D., is cofounder of RealAge and chairman of the RealAge Scientific Advisory Board. 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 in the laboratory of Irv Kopin and Nobel Prize winner Julius Axelrod. He is certified by both the American Board of Internal Medicine and the American Board of Anesthesiology. He is 59 calendar years of age, but his RealAge is 41.2.



Dr. Roizen is past chairman of a Food and Drug Administration advisory committee and a former editor of six medical journals. He has published more than 155 peer-reviewed scientific papers, 100 textbook chapters, 30 editorials, and 4 medical books, including a medical best-seller. He has also received 12 U.S. patents and several foreign patents.

After 9 years on the faculty at the University of California, San Francisco, he started and served as medical director of the Chicago Program for Executive Health. He also 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 positions as chief wellness officer of the Cleveland Clinic and served as chair of the Division of Anesthesiology, Critical Care Medicine and Comprehensive Pain Management at the Cleveland Clinic.

His first general-audience book, *RealAge: Are You as Young as You Can Be?* (HarperCollins Publishers) became a New York Times #1 best-seller and was awarded the Best Wellness Book of 1999 by the Books for a Better Life Awards. His follow-up, *The RealAge Diet: Make Yourself Younger with What You Eat* (HarperCollins), written with Dr. John La Puma, also became a New York Times best-seller in April 2001. His most recent books are *YOU: The Smart Patient*, *YOU: The Owner's Manual*, and *YOU: On A Diet*, all written with Dr. Mehmet Oz and the latter two New York Times best-sellers.

Dr. Roizen has given over 1,200 lectures to professional medical groups and has been recognized with over 20 professional lectureships. Dr. Roizen still practices anesthesiology and internal medicine, using the RealAge metric to motivate his patients. He has been listed in the Best Doctors in America since 1989. His wife is a developmental pediatrician, also listed in the Best Doctors in America. The Roizens have two children: Jenny, a recent Williams graduate and PhD graduate student at California Institute of Technology, and Jeffrey, an MD/PhD student at Washington University.