

Unleash the Power of Nutrition for Improved Health

Vicki Nussbaum, Certified Nutritionist, Joins Westside Medical Associates

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America is suffering from a virulent epidemic: obesity! Today 33 percent of adults are obese -- more than double the percentage in the 1970's. The impact of this epidemic is evident in the rise in serious health consequences, most notably heart disease, strokes and Type 2 diabetes.

In an effort to combat this epidemic and help patients learn how to make better nutrition choices, cardiologists, Drs. Norman Lepor and Hooman Madyoon are pleased to welcome Vicki Nussbaum, C.N., B.S.E., to the Westside Medical Associates of Los Angeles practice.

Nussbaum, a certified nutritionist, takes a unique approach developing customized nutrition plans to match each individual's needs, tastes and lifestyles. Her counseling and services includes customized nutrition and menu plans, recipe and cooking guidelines and effective restaurant ordering strategies.

"If you do not have fun eating in a healthy way, you will not stick with the program," Nussbaum says. "Nutrition needs to be personalized. The key is to learn what works for each person. My goal is to help people make the better choices that will result in improved health."

"We are delighted to have Vicki Nussbaum available for us to play a key role in helping our patients make the kinds of lifestyle modifications that together with their prescribed medical therapy will enhance our ability to optimize their lipid and glycemic status," said Dr. Lepor. "As part of our broad, progressive approach to cardiac health using state of the art cardiac imaging to identify coronary plaque in unsuspecting patients, we recognize the importance of a sound nutritional program, and Vicki Nussbaum provides that to our patients. Her wide breadth of knowledge, combined with her excellent communication skills, persistence and fun personality has allowed her to succeed with patients, many of whom had previously unsuccessful nutrition counseling experiences. We invite other physicians to refer patients to Vicki for her customized, practical and, most significantly, effective solutions."

Nussbaum is also the staff nutritionist at Summit Centers Malibu, an addiction treatment center in community partnership with UCLA. In addition to presenting weekly nutrition education seminars on site, she meets individually with clients interested in personalized nutrition therapy. Ms. Nussbaum has also lectured physician groups on nutritional approaches to the overweight patient with hypertension and heart disease.

Nutrition is a second career for Nussbaum. After graduating from the University of Pennsylvania School of Engineering, she worked as a management consultant for Booz, Allen & Hamilton and as a strategic planner for American Express. During this period she personally experienced the power of nutrition when helping friends and family battle heart disease, obesity and cancer, and the profound impact of these experiences inspired her to embark on her nutrition career.

To learn how nutrition can improve your health, please call (310) 289-9955 to schedule an appointment today, or for more information visit us at <http://westsidemedimaging.com/nutrition.htm>.