

Speaker Bio –

NAME: Dr. Nick Yphantides MD, MPH

TITLE: National Director of Health and Wellness

DATE/TIME: Wednesday, June 17, 2009 10:30-11:45 AM

PROFESSIONAL TITLE: Dr. Nick

PRESENTING SPONSOR: [Aetna](#)

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WORK HISTORY:

Dr. Nick Yphantides MD, MPH is an advocate for those in his community who need it the most. For nine years, Dr. Nick served as medical director of the largest network of Community Clinics in San Diego and is proud of the fact that he has never seen a patient with private insurance in his life.

Eight years ago, Dr. Nick temporarily retired from job commitments to address his own personal health needs. Over the course of a year he drove 38,000 miles, visiting every state in America, and in the process achieved an enduring transformation of his personal health.

His life story has been featured in People Magazine, Reader's Digest, Washington Post, New York Times and on CNN, Fox News, Focus on the Family and even in the National Enquirer!

He is currently advocating with the many others in the community who also have a struggle with their personal health and fitness. He serves as an executive medical

consultant to the San Diego County Health and Human Services Agency. He also serves as Co-Chair of San Diego County's Childhood Obesity Initiative.

Dr. Nick is a cancer survivor, has been to as many countries as he is old and is always willing to lend a helping hand where it is needed the most. His wife Despina and his daughters Veronique and Zoe are the joys of his life. They make their home in Escondido, California.

BRIEF DESCRIPTION OF WHAT WILL BE PRESENTED:

FROM HYPOCRISY TO HEALTH

Dr. Nick's amazing journey and his lessons learned for Risk Managers

For eight years, Nick Yphantides, MD, MPH, served as medical director of the largest network of Community Clinics in San Diego. Ultimately he took his advocacy into politics serving as the publicly elected Chairman of the Board for the largest Public Hospital District in California. Dr. Nick was known in San Diego as a big man with a big heart. Topping out at 467 pounds, he was a thirty-something, larger-than-life advocate for the poor who seemed like a jolly fat man.

Despite his community popularity and accomplished career, Dr. Nick was "board certified" in medical hypocrisy...he was perhaps the fattest doctor in America! Nearly eight years ago when a battle with cancer inspired him to focus on his own health, Dr. Nick embarked on an amazing journey. His personal adventure achieved an enduring transformation of his health by losing 270 pounds without surgery! He accomplished this amazing feat by truly changing his behavior and lifestyle. He is now passionate about giving hope, inspiration and encouragement to individuals and institutions in need of making positive changes.

As health and wellness programs mature there is a need to comprehensively evaluate their effectiveness and impact in terms of reducing and/or stabilizing health care costs. Besides sharing his story and personal lessons learned, Dr. Nick will offer practical insights and strategies for accomplishing these goals.

Dr. Nick has been featured by: CNN, CNN Headline News, New York Times, Discovery, Washington Post, Discovery Health, People Magazine, Reader's Digest, FOX News, Focus on the Family, and National Public Radio (NPR). Dr. Nick is the National Director of Health and Wellness for Axene Health Partners.