

# Chatelaine's Health Advisory Board

You want to know about every breakthrough (and why it's important), whether that report you heard on the news is something you need to worry about – plus all the little things you could be doing for your body every day. Our new team of leading medical experts has the right answers to help you live your healthiest life.

## On Call for You!

### DIET, DRUGS & NUTRITION

Gwen Chapman RD, PhD



A professor of food, nutrition and health at the University of British Columbia in Vancouver, Chapman also does daily research in family food practices.

Katie McCulloch BSc, RD



A Dietitians of Canada member, McCulloch focuses primarily on nutrition-based solutions for heart health, allergies, weight loss, diabetes, gastrointestinal issues and pre/postnatal care.

Daphna Steinberg RD



A clinical dietitian at Sunnybrook Health Sciences Centre in Toronto, Steinberg has worked in a variety of areas, including long-term care, private practice and the ICU setting.

Farid Wassef RPh, CCN



Voted Canadian Pharmacist of the Year, Wassef is a clinical nutritionist who has written bestsellers including *Breaking the Age Barrier: Strategies for Optimal Health, Energy and Longevity*.

### EXERCISE & FITNESS

Tony Greco PT



A respected fitness expert and founder of Ottawa's Lean & Fit and Yoga Learn, Greco is also host of the Grecoise morning radio show on Team 1200 FM radio.

Sarah Robichaud CFP



A personal trainer and founder of the charity Dancing with Parkinson's, Robichaud has written many books, including *Getting Fit without Hitting the Gym*.

### SKIN & ANTI-AGING

Paul Cohen MD, FRCP, DABD



A Fellow of the Royal College of Physicians and Surgeons of Canada and a diplomate of the American Board of Dermatology, Cohen is active with associations like the Canadian Dermatological Association and the Toronto Dermatological Society.

Lisa Kellett MD, FRCP, DABD



Driven by a mandate to deliver cosmetic enhancement minus surgery, Kellett is a member of the Canadian Dermatology Association, the Canadian Laser Aesthetic Surgery Society and the Toronto Dermatological Society.

Nowell Solish MD, FRCP



A leading cosmetic-dermatology expert, Nowell is director of dermatologic surgery at the University of Toronto. He is also co-director of the non-melanoma skin-cancer clinic at Women's College Hospital in Toronto.

### TEETH, GUMS & MOUTH

Rick Glassman DDS



A-list Hollywood dentist Glassman is considered by his colleagues and patients to be one of North America's top cosmetic dental specialists. He practises with a conscientious attitude and a commitment to overall health.

### HAPPY HEART

Manuel Arango MA, MHA



A health-policy expert dedicated to cardiovascular well-being and chronic-disease prevention, Arango is the director of health policy at the Heart and Stroke Foundation of Canada.

### SEX & BABIES

Marilyn Emery MSC



As president and CEO of Women's College Hospital, Emery is the guiding force behind its evolution into Canada's pre-eminent academic ambulatory hospital dedicated to women's health.

Scott Farrell MD



A professor in the Department of Obstetrics and Gynaecology at Halifax's Dalhousie University, Farrell is also the chief of gynaecology at the IWK Health Centre in that city. He's written over 50 medical-journal articles.

Dara Maker MD, MSc, CCFP



Medical co-director of the Bay Centre for Birth Control in Toronto and a lecturer at the University of Toronto, Maker deals with sexual health on a daily basis. She also sits on Women's College Hospital's Research Ethics Board.

### MIND, BODY & SOUL

Susan Biali MD, BSc



An award-winning doctor, wellness expert, life coach, author and flamenco dancer, Biali is the author of the bestselling book *Live a Life You Love: 7 Steps to a Healthier, Happier, More Passionate You*.

### NATURAL HEALING

Xiaolan Zhao CMD



A respected doctor of traditional Chinese medicine, Zhao specializes in women's care and owns Xiaolan Health Centre in Toronto. She's also the author of *Reflections of the Moon on Water*.

### HEAD-TO-TOE

Elaine Chin MD, MBA



Co-founder of Scienta Health Group in Toronto, Chin oversees all medical operations of this innovative preventive clinic.

David Satok BSc, MD, CCFP, FCFP



As the director of corporate health services for Rogers Communications, Satok leads one of the country's largest and most innovative occupational-health offerings.

Miriam Stewart  
PhD, FRSC, PCHS



A professor in the Faculty of Nursing at the University of Alberta and a health senior investigator, Stewart's leadership in health promotion is renowned. She's also written five books and over 200 journal articles and reports.

### PARENTS & KIDS

Jeremy Friedman  
MB, ChB, FRCP, FAAP



An assistant professor at the University of Toronto and chief of pediatric medicine at the Hospital for Sick Children, Friedman is also a bestselling author.

Jennifer Kolari MSW, BSW



Kolari, the author of *Connected Parenting: How to Raise a Great Kid*, is a leading child and family therapist and the founder of Connected Parenting.

Alyson Schafer BSc, MA



A psychotherapist, Schafer is the bestselling author of three books. She also hosts *The Parenting Show* on Rogers Television.