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By Caroline Apovian M.D.


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Editorial Review

About the Author

Dr. Caroline Apovian has spent her entire professional career working in the field of weight management and obesity and brings exceptional credentials to this title. She is director of the Nutrition and Weight Loss Management Center and co-director of Nutrition and Metabolic Support Service at Boston University Medical Center. She also serves as Director of Clinical Research at the Obesity Research Center of Boston University Medical Center and is an Associate Professor of Medicine and Pediatrics at Boston University School of Medicine. She previously served as Medical Director of the Program for Weight Management, Division of Metabolic Support Service, at Brigham and Women's Hospital/Harvard Medical School, and was Director of Weight Management and Nutritional Medicine at Spence Centers for Women's Health. Dr. Apovian regularly appears on Discovery Health CME, and serves as a nutrition consultant to NASA at the Lyndon B. Johnson Space Center in Houston, Texas.

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