



Dean Ornish, M.D.

Dean Ornish, M.D., is the founder, president, and director of the non-profit Preventive Medicine Research Institute in Sausalito, California. He is Clinical Professor of Medicine at the University of California, San Francisco. Dr. Ornish received his medical training from the Baylor College of Medicine, Harvard Medical School, and the Massachusetts General Hospital. He received a B.A. in Humanities *summa cum laude* from the University of Texas in Austin, where he gave the baccalaureate address.

For the past 27 years, Dr. Ornish has directed clinical research demonstrating, for the first time, that comprehensive lifestyle changes may begin to reverse even severe coronary heart disease, without drugs or surgery. He is the author of five best-selling books, including *New York Times*' bestsellers *Dr. Dean Ornish's Program for Reversing Heart Disease*, *Eat More, Weigh Less*, and *Love & Survival*. He recently directed the first randomized controlled trial demonstrating that comprehensive lifestyle changes may affect the progression of prostate cancer.

The research that he and his colleagues conducted has been published in the *Journal of the American Medical Association*, *The Lancet*, *Circulation*, *The New England Journal of Medicine*, the *American Journal of Cardiology*, and elsewhere. A one-hour documentary of their work was broadcast on *NOVA*, the PBS science series, and was featured on Bill Moyers' PBS series, *Healing & The Mind*. Their work has been featured in virtually all major media, including cover stories in *Newsweek*, *Time*, and *U.S. News & World Report*.

Dr. Ornish is a member of the boards of directors of the U.S. United Nations High Commission on Refugees, the Quincy Jones We Are the Future Foundation, and the Wheelchair Foundation. He was appointed to The White House Commission on Complementary and Alternative Medicine Policy and elected to the California Academy of Medicine.

He has received several awards, including the 1994 Outstanding Young Alumnus Award from the University of Texas, Austin, the Jan J. Kellermann Memorial Award for distinguished contribution in the field of cardiovascular disease prevention from the International Academy of Cardiology, the Golden Plate Award from the American Academy of Achievement, a Presidential Citation from the American Psychological Association, the Beckmann Medal from the German Society for Prevention and Rehabilitation of Cardiovascular Diseases, and a U.S. Army Surgeon General Medal. Dr. Ornish has been a physician consultant to The White House and to several bipartisan members of the U.S. Congress. He is listed in *Who's Who in Healthcare and Medicine*, *Who's Who in America*, and *Who's Who in the World*.

Dr. Ornish was recognized as "one of the most interesting people of 1996" by *People* magazine, featured in the "TIME 100" issue on alternative medicine, and chosen by *LIFE* magazine as "one of the 50 most influential members of his generation."

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