



Jyoti Manekar, MD - Board Certified in Family and Obesity Medicine

Dr. Manekar is an Emory graduate and has over 15 years of experience in taking care of patients.

She has practiced as a Primary care physician and her passion to treat the cause of a disease kindled her interest in treating obesity. She then went on to doing fellowship and extensive training with the Obesity Medicine Association and is a diplomate of American Board of Obesity Medicine (ABOM). She

works with NGPG at Flowery Branch. She has been treating overweight and obesity, which are root causes of multiple chronic medical conditions such as high blood pressure, diabetes, high cholesterol, reflux, sleep apnea, heart disease, stroke, arthritis, cancers, gynecological problems and many more with latest evidence based medicine.

Dr. Manekar has been successful with her treatment strategies and is well liked by all her patients.

She promotes prevention of obesity and advocates for those who suffer from obesity. Dr. Manekar is married and has two daughters 13 and 17 years old. She proudly says that her whole family is Toastmasters members. She strongly believes knowledge is of no use if you cannot communicate well.

Topics 1: Diabetes, Metabolic Syndrome, High Blood pressure, Reflux (GERD), Sleep Apnea

Summary: What ? How does it effect you? What can you do to prevent, treat and manage it?

Topics 2: Obesity and Weight Management

Summary: Complications related to weight, prevention and treatment

Topics 3: Importance of Healthy Lifestyle-diet and exercise

Summary: Clinical examples with prevention strategies

Topics 4: Stress – Anxiety, depression, fatigue, poor sleep

Summary: Clinical examples with treatment strategies. Recognizing worsening of symptoms. Educating folks about available resources.

Preferred Geographical Areas: Thursday afternoons, any evenings, weekends.

Preferably close to Johns Creek, GA 30024