

## Nicholas H.E. Mezitis, MD, PhD, Endocrinologist with OhioHealth Physician Group Heritage College

Get to know Endocrinologist Dr. Nicholas H.E. Mezitis, who serves the population of Ohio.



**New York, Feb 19, 2019 ([Issuewire.com](http://Issuewire.com))** - Dr. Mezitis is a graduate of Athens College preparatory school in Athens, Greece. He studied medicine at the National Kapodistrian University in Athens, Greece and at the Ruprecht Karl University In Heidelberg, Germany where he received his Ph.D. in Neuropharmacology 'Magna Cum Laude' and his medical degree. After fulfilling internship requirements to qualify as a physician in Germany, he served a residency in Anatomic and Clinical Pathology at

George Washington University Hospital in Washington, D.C. and a residency in Internal Medicine at the Thomas Jefferson University Hospital in Philadelphia. Furthering his postgraduate training, he first completed a fellowship in Diabetes and Endocrinology at the Joslin Clinic/ Harvard University and the New England Deaconess Hospital in Boston and then served as a Clinical Fellow and a Bleibtreu Research Fellow in Diabetes, Endocrinology and Nutrition at St. Luke's/ Roosevelt Hospital Center, an affiliate of Columbia University College of Physicians and Surgeons in New York, with clinical rotation in parenteral nutrition at Memorial Sloan-Kettering Cancer Center.

Dr. Meztis served as Chief of the Clinical Pharmacology Program, member of the Institutional Review Board for Research and Senior Attending Physician at St. Luke's/Roosevelt Hospital Center and maintained his private consultation practice in Manhattan for many years. He is now Clinical Associate Professor of Specialty Medicine at Ohio University and Clinical Director of the Diabetes - Endocrine Care and Education Center of University Medical Associates, now OhioHealth Physician Group Heritage College in Athens, Ohio.

Dr. Meztis specializes in Endocrinology and Nutrition with a particular interest in diabetes mellitus, obesity, osteoporosis, and thyroid illness. He consults on both children and adults.

Dr. Meztis is affiliated with Marietta Memorial Hospital Physician Group. He is a member of the American College of Physicians, the Endocrine Society, the American Diabetes Association, the Royal Society of Medicine, and the European Association for the Study of Diabetes. He has authored many articles and book chapters in his specialty. His book 'Blueprint for Healthy Eating: Your Diet Guide for the New Millennium' (Lulu Press 2017) provides valuable information for the public with emphasis on balance, moderation and proper timing in meal planning.

Dr. Meztis is President of Meztis Education Research LLC. He served two terms as President of the Hellenic Medical Society of New York, President of the Annunciation Greek Orthodox Church in Manhattan and was a founding member of the Hellenic Relief Foundation.

Dr. Meztis attributes his professional success to his ability to simplify complex issues and relate to his patients, participating in their joy over improvement in their health and sense of well being. When not working, he enjoys time with his family and the company of good friends.

#### NOTE:

Endocrinology is a branch of medicine dealing with the endocrine system and its specific secretions known as hormones. The endocrine system consists of glands, in different parts of the body, that secrete their hormones directly into the blood. Hormones are chemical messengers with many different functions and modes of action depending on the target organ. They regulate growth and development and all body functions. Disturbances in their production destabilize vital rhythms and cause disease.

#### **Learn More about Dr. Nicholas H.E. Meztis:**

Through his findatopdoc profile, <https://www.findatopdoc.com/> His profile with Northeast Medical Group, <https://www.northeastmedicalgroup.org/physicians/joanne-passalacqua.aspx>, she can be contacted at (570) 403-5080 and is located in Mountain Top, Pennsylvania.

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