

Paul Lemanski, MD, FACP, an Internist and Lifestyle Medicine Physician in Private Practice

Get to know Internist Dr. Paul Lemanski, who serves patients in Albany, New York.



New York City, New York Jun 27, 2022 ([Issuewire.com](https://www.Issuewire.com)) - A seasoned internist and lifestyle

medicine physician, Dr. Lemanski works with patients at his private practice in Albany, New York. His goal is to use lifestyle improvement to achieve the best health outcome and a non-medicated life, whenever possible.

Back in the early days of his academic career, he graduated from Columbia University with a Bachelor of Arts degree in Biology. He earned his medical degree from New York Medical College, and then completed an internship and residency in internal medicine at St. Vincent's Hospital and Medical Center.

Distinguished as a Fellow of the American College of Physicians (FACP), the doctor is board-certified in internal medicine by the American Board of Internal Medicine (ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world.

In good standing with a number of professional organizations, Dr. Lemanski is an active member of the American College of Lifestyle Medicine, the Medical Society of the State of New York, the Medical Society of the County of Albany, and the Health and Public Policy Committee of the New York ACP. He also serves as an Assistant Clinical Professor of Medicine at Albany Medical College, and has participated as an investigator in clinical research trials including landmark cholesterol-lowering trials such as PROVE IT and JUPITER.

Throughout his career, his experience with lifestyle medicine began with his Master of Science degree in Human Nutrition at Columbia University. Later, while practicing at Community Health Plan (CHP)/Kaiser-Permanente, he served as the Clinical Chief for Cardiovascular Health for Kaiser-Permanente's Northeast division, where he developed and directed the Lifestyle Program, a 6-month program of diet, exercise, and lifestyle change for patients with cardiovascular disease. He also developed and directed for General Electric a lifestyle-based cardiovascular risk reduction program called HEARTPOWER.

Thereafter, Dr. Lemanski joined Prime Care Physicians and the Center for Preventive Medicine and Cardiovascular Health, where he managed complex cholesterol patients for their cardiology division, Albany Associates in Cardiology. To help in managing such patients, he also developed and directed the CARDIOFIT cardiovascular risk reduction program, a lifestyle-based program for weight control and heart health.

Finally, at CapitalCare Medical Group/Community Care Physicians, he developed and directed the LiFE program (Lifestyle Improvement for Everyone) and directed the Centers for Disease Control-certified National Diabetes Prevention Program.

Since 2004, Dr. Lemanski has written a bi-monthly column in Adirondack Sport and Fitness magazine titled the Non-Medicated Life, which emphasizes the efficacy of diet, exercise, and a healthy lifestyle to avoid unnecessary medication. He has also participated in programs on diet and lifestyle for WAMC Medical Monday with Dr. Alan Chartock, and WMHT TV HealthLink with Benita Zahn.

Internal medicine is the medical specialty dealing with the prevention, diagnosis, and treatment of adult diseases. Physicians specializing in internal medicine are called internists. They manage and prevent common and complex diseases by providing comprehensive care and promoting overall well-being.

Learn More about Dr. Paul Lemanski:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/629410-Paul-Lemanski->

[Preventative-Medicine-Specialist](#), or through his website,
<https://www.centerforpreventivemedicine.com/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Paul Lemanski, MD, FACP

[See on IssueWire](#)