

Youssef Rizk, MD

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Dr. Youssef Rizk is a family doctor and a Board-Certified Lifestyle Medicine physician. He is a full-time Clinical Assistant Professor of Family Medicine at the LAU Gilbert and Rose-Marie Chagoury School of Medicine.

Dr. Rizk obtained his B.S. degree in Biology from the American University of Beirut in 2011 and his M.D. degree from the Lebanese American University in Byblos, Lebanon, in 2015. He completed his Family Medicine Residency at the American University of Beirut Medical Center in 2020. Following this, he earned a Professional Diploma in Geriatric Medicine from the Royal College of Physicians of Ireland in Dublin in 2023 and achieved Board Certification in Lifestyle Medicine in California, USA, in 2023.

Dr. Rizk's professional interests encompass a broad range of fields including Family Medicine, General Medicine, and Geriatrics, with a focus on the care of older adults. He is also dedicated to Adolescent Medicine and Lifestyle Medicine, reflecting his commitment to comprehensive patient care across different life stages. In addition to his clinical work, Dr. Rizk is passionate about Medical Education and Research, striving to advance knowledge and practice in these areas.

Dr. Rizk provides comprehensive and continuous care aimed at helping patients live their healthiest lives. His practice encompasses a wide range of services, from treating stomach and digestive issues, headaches, and chronic conditions like high blood pressure, high cholesterol, and diabetes, to managing mental health and musculoskeletal problems. Dr. Rizk's focus extends to preventive care, common adult medical issues, geriatrics, adolescent health, and men's health. Additionally, he has a special interest in Lifestyle Medicine, an evidence-based approach that integrates lifestyle modifications with medications to treat chronic conditions effectively. In addition to clinical work and research, Dr. Rizk is involved in educating medical students and residents.

Dr. Rizk's selected publications include several important contributions to medical literature. His recent work, "Primary Hyperparathyroidism in Older Adults: A Narrative Review of the Most Recent Literature on Epidemiology, Diagnosis, and Management," was published in *Journal of Clinical Medicine* in September 2023. He also authored "Psychosocial Wellbeing and Risky Health Behaviors Among Syrian Adolescent Refugees in South Beirut," featured in *Frontiers in Psychology* in May 2023, and "Transgender Health in the Middle East Region: What Do We Know So Far? A Literature Review" in *Transgender Health* in May 2023. Additionally, he has contributed to *Drugs* with articles on "Prevention and Treatment of Monkeypox" (June 2022) and "Pharmaco-Immunomodulatory Therapy in COVID-19" (September 2020).

Dr. Rizk is an active member of several professional organizations, including the American Academy of Family Physicians and the Lebanese Society of Family Medicine. These affiliations reflect his commitment to advancing the field of Family Medicine and staying engaged with the latest developments and standards in his specialty.