

Yehuda Handelsman, MD, FACP, FNLA, FASPC, FAHA, MACE
Medical Director & Principal Investigator, Metabolic Institute of America

Dr. Yehuda Handelsman is the medical director and principal investigator of the Metabolic Institute of America and an endocrinologist in solo private practice in Tarzana, California, where he developed and successfully utilizes a comprehensive, multiple interventional approach to preventing and managing diabetes, obesity, Lipid Disorders Heart, and kidney diseases. He is Chair, Scientific Advisory Board, Diabetes Cardiorenal & Metabolism Institute – DCMi, a Think Tank. A Master of American College of Endocrinology, Fellow- American Heart Association, American Society of Preventive Cardiology, American College of Physicians and National Lipid Association. He has been listed repeatedly in “Top Doctors of Los Angeles”, “Southern California Super Doctors,” “The Leading Physicians of the world,” “America’s Best Physicians” and “Best Doctors of America”.

Dr. Handelsman is chair of DCRM- “Multispecialty Practice Recommendations for the management of diabetes, cardiorenal, and metabolic diseases, and of consensus on The Early Intervention and Intensive Management of the DCRM patient. Chair AACE/ACE 2020 Lipid management Algorithm to Prevent cardiovascular disease, member, AACE/ACE 2020 Comprehensive Diabetes Management Algorithm and the AACE 2021 Combined Guidelines for CGM & Pumps. He is chair & program director the annual World Congress on Insulin Resistance, Diabetes and Cardiovascular Disease, The Heart in Diabetes- initiative and Medical Congress, Chair & Founder the International Lipid Forum, the International Committee for Insulin Resistance and is senior scientific consultant for the Metabolic Endocrine Education Foundation. Medical Advisor 10FoldMed, Israel. Country Chair ARISE-HF research, Applied Therapeutics. Member, Board of Directors, Clinical Association of California Endocrinologists- CACE, Past president of American College of Endocrinology, American Association of Clinical Endocrinologists, Pacific Lipid Association; and a past member, Board of Directors, American Association for Preventive Cardiology.

A nationally and internationally recognized expert, Handelsman has researched, lectured, and published extensively on diabetes its complications, obesity, Lipid Disorders, insulin resistance, prediabetes, HTN, Cardiorenal-metabolic disorders, Preventive Cardiology, HF, Kidney Disease and their comprehensive management. Also on lipodystrophy, thyroid, and osteoporosis.

He published over 150 peer reviewed original research & review papers, position and consensus statements, editorials, clinical practice guidelines and books’ chapters. His Book “Clinical Management of Cardiovascular Risk in Diabetes and Obesity” is Published by Professional Communications, Inc.

An associate editor of the Journal of Diabetes, Member editorial panel of “European Medical Journal - Diabetes”, Editorial Advisory Board “Clinical Endocrinology News” and Editorial Board - “Endocrine Today” and editorial advisory panel of “Treatment Strategies – Diabetes” of the Cambridge Research center, United Kingdom. Dr. Handelsman frequently serves as guest editor and reviewer for multiple publications, such as the Journal of Clinical Hypertension,

Metabolic Syndrome and Related Disorders, Diabetes and Vascular Disease Research, Postgraduate Medicine, Endocrine Practice, and Diabetes Care among others.

Chair Task Force & Writing committee Co-Chair- AACE/ACE 2017 Lipid Guideline; Chair the AACE 2011 & 2015 Comprehensive Diabetes Guidelines; member of the AACE 2009-20 Comprehensive Diabetes Algorithms He Co-Chaired the consensus on SGLT2i & DKA, Diabetes, Diabetes, Obesity & Cancer, Insulin resistance Syndrome, Clinical approach to Lipodystrophy, and Clinical Impact of Pre-Diabetes. He has been chair, member, co-author, and reviewer of many AACE/ACE guidelines, algorithms & position statements including Obesity, Glucose monitors, Continuous Glucose Monitors and HTN.

Handelsman is a member of the American Heart Association, The Endocrine Society, American Association for Preventive Cardiology, American College of Endocrinology, American Diabetes Association, American Association of clinical Endocrinologists, National Lipid Association, the Obesity Society, European Association for the Study of Diabetes, International Atherosclerosis Society, National Osteoporosis Foundation, American Thyroid Association, Academy of Thyroidologists, American College of Physicians, Clinical Association of California Endocrinologists, Los Angeles & California Medical Associations, and the American Medical Association.

Dr. Handelsman is a Summa Cum Laude graduate of the University of the Pacific, in Stockton, California. He earned his Doctor of Medicine degree from Tel Aviv University Sackler Faculty of Medicine in Israel. He completed a subsequent internship and residency in internal medicine at New York Infirmary Beekman Downtown Hospital part of New York University. His fellowship in diabetes and endocrinology was conducted at the University of Southern California Medical School in Los Angeles.