



Dr. Sharon Bergquist

An international leader in prevention and lifestyle medicine, Dr. Sharon Bergquist has been treating and preventing chronic diseases for over two decades. She is a Rollins Distinguished Clinician and teaches as an Assistant Professor of Medicine in the Division of General Medicine and Geriatrics at Emory University School of Medicine. She serves as the Medical Director of Emory's Executive Health program and leads the research program at the Paul W. Seavey Comprehensive Internal Medicine Clinic. She also founded and directs The Emory Wellness Institute, which promotes a self-healing mind-body approach to medicine.

As a physician, researcher, and teacher, Dr. Bergquist is an advocate for shifting our culture and health system towards prevention and wellness. Her mission is to help people and communities live healthier and more vibrant lives. She has been invited to The White House to work with presidential advisors on improving America's healthcare system. She also serves on the council of the [True Health Initiative](#), a coalition of world-renowned health experts globally united to promote lifestyle as the best medicine.

Dr. Bergquist's research focuses on healthy aging, prevention, and lifestyle medicine. She helps lead [Emory's Healthy Aging Study](#), the largest clinical study in Atlanta with the aim of finding genes and other early biological markers for predicting chronic diseases such as heart disease, diabetes, cancer, and Alzheimer's disease. She also investigates the effect of stress and resilience on the rate of biologic aging and on inflammation associated with premature aging and chronic disease. Her goal is to discover the factors in our environment and personal choices that switch our genes and complex biological pathways towards preventing disease and helping us thrive physically and emotionally.

A practicing Internal Medicine physician, Dr. Bergquist has been widely recognized for her excellence in personalized patient care. She has been named one of Atlanta's Top Physicians by Atlanta Magazine, one of America's Top Physicians by the Consumer Research Council of America, and ranked in the top percentile of her specialty nationwide by Press Ganey. She has received the inaugural Castle Connolly

Exceptional Women in Medicine award and named Women Leader for the New Millennium by Turknett Leadership Group.

Dr. Bergquist is a regular medical contributor to local and national news, including *Good Morning America*, *CNN*, *Fox News Network*, *NPR*, and *The Wall Street Journal*. She is a contributing writer for The Huffington Post and Thrive Global, and a former consulting medical editor and medical review team member for *WebMD*. She frequently speaks in the areas of wellness, genomic medicine, and healthy aging.

Dr. Bergquist earned her Bachelor of Science from Yale University and medical degree from Harvard Medical School. She completed her internship and residency at Harvard's Brigham and Women's Hospital and received advanced training through research fellowships in Eastern medical philosophy at the University of Tokyo. She has been inducted as a Fellow of the American College of Physicians and is a member of the American College of Lifestyle Medicine.