



Dr Tom Rifai, founder of Reality Meets Science LLC, is an expert in the areas of lifestyle and medical management of type 2 diabetes, dyslipidemia and weight control. His evidence based training and clinical approach is one of "lifestyle first, medications only if necessary". Dr Rifai has been elected a Fellow of the American College of Physicians for his leadership in education of physicians and medical students in lifestyle medicine and type 2 diabetes prevention. He serves as Regional Medical Director of Metabolic Health and Weight Management for the world renowned Henry Ford Health System of Metro Detroit, Michigan

Dr Rifai is distinguished as a continuing medical education (CME) online course director of Lifestyle Medicine through Harvard Medical School for the management of pre-diabetes: ("Nutrition in the Metabolic Syndrome"). The CME course is designed to guide doctors and health care providers on how to help patients prevent type 2 diabetes with evidence based motivation, practical lifestyle changes, and metformin where beneficial.

Dr Rifai served two terms on the board of directors for the National Board of Physician Nutrition Specialists and was unanimously elected its president during his final term.

After graduating with "Highest Honor" from Michigan State University with a Bachelors of Science in Psychology and Pre-Med, he then received his M.D. from Wayne State University School of Medicine – one of the few medical schools in the US with a significant medical nutrition education component.

During his senior Internal Medicine residency year Beaumont Hospital in Royal Oak, Michigan, Rifai served as the chief resident coordinator for the hospital's Nutrition and Preventive Medicine (now known as Weight Control) Center – one of the United States first hospital based, multidisciplinary weight management programs.

Since completing his Internal Medicine residency program in 2003, Dr Rifai has been appointed Clinical Assistant Professor of Medicine at Wayne State University School of Medicine and has been invited on multiple occasions to provide lectures to medical students on nutrition interventions for Metabolic Syndrome and weight management, as well as provide senior medical students real-world clinical experience in his metabolic practice, including pre and post operative medical and nutritional management of bariatric surgery patients.

From January through November of 2008 Dr Rifai served as the Associate Medical Director for the world renown Pritikin Longevity Center in Miami, Florida, helping revamp their nutrition, lab testing and educational programs – particularly as it applied to weight management and type 2 diabetes. He was consistently assessed as one the most dynamic, compelling and enjoyable

lecturers while at Pritikin. He continues a relationship with Pritikin as a member of their Science Advisory Board and as part of their national, Medicare approved, Pritikin Intensive Cardiac Rehabilitation (ICR) video education series, providing the lead educator role on dietary fats and weight management.

Dr. Rifai is a highly sought after public speaker and appearing via TV and radio media in Detroit, but also New York, Miami, Las Vegas and others. Print appearances have included the honor of being given a full page spread and article in the 2010 *HOUR Detroit Magazine* "TOP DOCS" issue, as well as being featured in the 2013 issue on the topic of the type 2 diabetes epidemic in Michigan.

Dr Rifai's appearance in the Michigan Emmy Award nominated documentary film "The Embrace of Aging - The Male Perspective" while in Sardinia, Italy was touted as one of the most memorable parts of the film (EmbraceOfAging.com).

Dr Rifai has also served the public by donating his time as a gratis consultant to two Michigan public school systems in Warren and Birmingham and as nutrition advisor to Blue Cross Blue Shield of Michigan publications.

In 2009 Dr Rifai co-designed a comprehensive a healthy gourmet menu for the largest Michigan based Italian restaurant chain, Andiamo Italia restaurants called "Andiamo Lean!". Working with executive chef Jim Oppat, the menu was designed to allow metabolic patients (lipid, blood pressure, diabetes and weight control) and fine dining, healthy culinary experience. Though the "Andiamo Lean!" menu no longer appears in its original form on the menus, it's philosophy of allowing the customer to custom order their meals towards healthier preparation throughout the Andiamo chain has now been integrated into the restaurants' service philosophy.

Dr Rifai is married to Angela. They have welcomed their first child into the world May of 2015, a beautiful daughter, Liliana. Dr Rifai enjoys brisk walking, safe biking, strength training and flexibility exercises for health. He also enjoys domestic and international travel, playing guitar and singing and during medical school was in a band that raised money for pediatric cancer as well Alzheimer's research. He enjoys pop film culture and live shows ranging from rock concerts to musicals, comedy shows and classical music.