

1. What is your background?

I grew up in Southern California, and spent my undergraduate years at UCLA. I went to medical school at the Albert Einstein College of Medicine in NY, and did my residency in Internal Medicine at UC San Diego. I have been in practice in Newport Beach since 1994.

2. What inspired/motivated you to get into the health and wellness field?

I spent a summer in College in San Antonio with my cousin, who is a Pediatric Oncology researcher and clinician. It was in many ways difficult to witness children with cancer, but it was inspiring to see so many medical professionals dedicated to helping their patients.

3. What is most rewarding to you about your profession?

By far the most rewarding part about practicing medicine are those times when it is just the patient and I in my exam room, seeing and hearing their story, answering questions and concerns and working together to come up with a plan to help.

4. As a trendsetter, what do you predict will be the next big trend in your industry?

I think and hope the trend is toward more personalized care. For optimal medical care, I believe a patient needs to have a comfortable and trusting relationship with a physician who truly knows them. I think we had it right in the past, when doctors actually had the time to sit down and truly listen to a patient, chat a little and understand the subtleties of a patient and their medical issues.

5. What tips/advice would you give for someone trying to achieve optimal health?

Keep it simple! Health trends come and go, medical studies often recommend one thing, only to be reversed by a later study. The top 5 things I recommend are: Exercise, exercise, exercise, a common sense balanced diet with the occasional splurge, and plenty of water. I'll add one more: See a physician at least once a year for "preventative maintenance."

6. What is your favorite healthy meal?

Ratatouille. My wife and youngest daughter make a killer Ratatouille (they got inspired after watching the movie years ago). It has lots of healthy veggies and tons of flavor.

For more information on Dr. Katz' concierge medicine program, contact his office at Newport Medicine Group at **949-642-2333** or visit the Concierge Choice Physicians website at www.choice.md

A photograph of Dr. Gregory Katz, a middle-aged man with short dark hair, wearing a white lab coat over a blue collared shirt. He has a stethoscope around his neck and his arms are crossed. He is standing in front of a window with a view of greenery.

Health & Wellness Trendsetters: Interview with Gregory Katz, MD

Health & Wellness Trendsetters are leading the way in helping people live healthier, happier lives by changing their eating and exercise habits so that they can maintain a healthy weight and keep their bodies moving.

I am a big believer in concierge medicine, which focuses on preventive health and wellness and offers more personalized, convenient care to patients. I don't know about you, but I want a close relationship with my doctor. He or she should truly know and understand my unique lifestyle and individual health needs. Yes, you pay a monthly or annual membership fee, but in return, you get professional advice on how to live a happy, healthy life.

To learn more about the benefits, I recently interviewed Dr. Katz a physician with Newport Medicine Group, who offers his patients the innovative hybrid model of concierge medicine. With his hybrid program, patients get to choose whether to see Dr. Katz as a traditional patient, or participate in the concierge program.

The concierge program provides a range of services not covered by insurance, such as convenient scheduling, more leisurely appointments, less waiting time, a highly personalized wellness exam and direct contact information for the doctor. Dr. Katz, who is based in Newport Beach, has been practicing medicine in Orange County for 23 years. Here's what he had to say about concierge medicine as well as future trends in health and wellness.