

## Dina Peralta-Reich, MD, FAAP, FOMA, a Pediatrician with New York Weight Wellness Medicine & Lenox Hill Hospital

Get to know Pediatrician Dr. Dina Peralta-Reich, who serves patients in New York, New York.



**New York City, New York Jan 31, 2022 ([Issuewire.com](https://www.issuewire.com))** - A trusted pediatrician, Dr. Peralta-Reich is the Director of New York Weight Wellness Medicine, a practice she founded based on medical mindfulness as an integrative approach to weight wellness. Her unique approach to weight wellness

spans all ages and life stages, with a special focus on integrated weight wellness, pediatric and adolescent weight management, and postpartum wellness.

In addition, she serves as the Director of Pediatric Hospitalist Medicine at Lenox Hill Hospital, holding various key roles including developing practice guidelines for adolescent metabolic, and designing clinical pathways for overweight and obese adolescent patients with multi-specialty support and a stepwise treatment approach.

Throughout her academic career, Dr. Peralta-Reich earned her medical degree from the Universidad Autónoma de Guadalajara in Mexico. She completed her residency in pediatrics at the Lincoln Medical and Mental Health Center.

With an unwavering commitment to her specialty, the doctor is board-certified in pediatrics by the American Board of Pediatrics (ABP). The mission of the ABP is to advance child health by certifying pediatricians who meet standards of excellence and are committed to continuous learning and improvement.

To boot, she has been recognized as a Diplomate of the American Board of Obesity Medicine, which is a 501 nonprofit, self-appointed physician-evaluation organization that certifies physicians practicing obesity medicine.

Achieving fellowship status, Dr. Peralta-Reich is a Fellow of both the American Academy of Pediatrics (FAAP) and the Obesity Medicine Association (FOMA).

Born in the Republic of Panamá, she also organizes annual medical missions to Central America in collaboration with Penn State University, bringing comprehensive healthcare to underserved communities.

Pediatrics is the branch of medicine that involves the medical care of infants, children, and adolescents. The American Academy of Pediatrics recommends individuals be under pediatric care up to the age of 21. Pediatricians provide medical care to people ranging in age from newborns to young adults. They are trained to examine, diagnose, and treat children with a wide variety of injuries and illnesses through all of their developmental stages, as they grow and mature.

On a more personal note, Dr. Peralta-Reich is passionate about global health, good medicine, mindfulness, and her 2 adorable boys. She is fully fluent in both Spanish and English.

**Learn More about Dr. Dina Peralta-Reich:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/733015-Dinabel-Peralta-reich-pediatrician-Valhalla-NY-10595> or through New York Weight Wellness Medicine, <https://www.nyweightwellness.com/about>

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Source : Dina Peralta-Reich, MD, FAAP, FOMA

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