

## Nicholas Henry Elias Mezitis, MD, PhD, Endocrinologist Ohio University - OhioHealth

Get to know Endocrinologist Dr. Nicholas Henry Elias Mezitis, who serves patients in Ohio.



**New York City, New York Oct 12, 2022 ([Issuewire.com](https://www.issuewire.com))** - A prominent endocrinologist, Dr. Mezitis examines patients, determines means of testing, makes diagnoses, and decides on the best treatment methods. He also educates patients and healthcare providers in nutrition and lifestyle and uses vitamins and supplements in reversing illness and preventing disease.

In 2014, he was invited to Athens, Ohio to join the faculty at Ohio University Heritage College of Osteopathic Medicine and to lead the University Medical Associates Diabetes Endocrine Care and Education Center, with privileges as a consultant at O'Bleness Memorial Hospital and investigator at the Diabetes Institute of Ohio University. He is now a Clinical Professor of Specialty Medicine and has joined OhioHealth and Marietta Memorial Health systems as a consultant in diabetes/endocrinology. He serves as President of Mezitis Education Research, LLC.

Dr. Mezitis' approach to medical care involves educating the community to understand the origins of illness as a disruption in vital rhythms thus empowering patients to restore vital harmony, primarily through nutrition and lifestyle. His years of training at major academic centers and his long experience with diverse cultures and population groups have permitted him to develop a successful educational message with outstanding clinical outcomes.

Educated in Europe, Dr. Mezitis began his medical studies at the National Kapodistrian University in Athens, Greece and graduated with his medical degree from Heidelberg University in Germany. He then relocated to the United States, performing his internship in anatomic and/or clinical pathology at George Washington University Hospital and his residency in internal medicine at Thomas Jefferson University Hospital.

Furthering his training, he performed fellowships: in diabetes and metabolism at the Joslin Clinic of Harvard University and the New England Deaconess Hospital Boston, in endocrinology and metabolism at Columbia University Vagelos College of Physicians and Surgeons, at St. Luke's-Roosevelt Hospital Center and at Memorial Sloan-Kettering Cancer Center in New York. After completing his training, Dr. Mezitis directed the Clinical Pharmacology Program at St. Luke's Roosevelt Hospital Center, founded the Mezitis Education Research Institute Ltd. and Clinical Consultant Services International Ltd., and maintained an active consultation practice in Manhattan.

Dr. Mezitis is an active member of the American College of Physicians, the Endocrine Society, the American Diabetes Association, the Royal Society of Medicine, and the Hellenic Medical Society of New York.

Throughout his line of work, he has authored important contributions to the medical literature in his specialties and has served as a reviewer for journals and publishers. He has also provided expertise on the boards of professional societies, has served as a consultant to the pharmaceutical industry, and has lectured both nationally and internationally.

On a more personal note, Dr. Mezitis is fluent in multiple languages, including English, Spanish, French, German, and Greek.

Endocrinology is a branch of biology and medicine dealing with the endocrine system, its diseases, and its specific secretions known as hormones. Endocrinologists have the training to diagnose and treat hormone imbalances and problems by helping to restore the normal balance of hormones in the body. The common diseases and disorders of the endocrine system that endocrinologists deal with include diabetes mellitus, as well as adrenal, pituitary, and thyroid disorders, among others.

**Learn More about Dr. Nicholas Henry Elias Mezitis:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2332061-Nicholas-Mezitis-Endocrinology-Diabetes>, or through OhioHealth, <https://www.ohiohealth.com/find-a-doctor/profile/1265527295/Nicholas-H-Mezitis-MD>

Through Linked In <https://www.linkedin.com/in/nicholas-mezitis-4522444/>

Through Marietta Memorial System <https://mhsystem.org/physiciandetail.php?NPI=1265527295>

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