M. Ilyas Yamani, MD, MMM, MCOS



- Diplomat American Board of Internal Medicine
- Masters in Medical Management, Carnegie Mellon Univeristy
- Masters in Clinical Service Operations, Harvard Medical School
- Lifstyle Medicine Health Coach, Faculty, PhD Candidate, Lifestyle Prescription Universtity
- Certified Practitioner, Dr. Dean Ornish Lifestyle Medicine
- CEO, Medical Director & Founder, All Care Medical Consul[illegible]P.A.

As a Pri[illegible]ry Care [illegible]ovid[illegible] in S[illegible]thwest [illegible]rida for mor[illegible]an twe[illegible]y y[illegible]s, I have [illegible]o doubt that we are current[illegible]navigati[illegible] thr[illegible]gh a[illegible]ique and [illegible]citing time[illegible] our hea[illegible] car[illegible] landscape[illegible] believe healthcare pro[illegible]s need to be looking at novel, [illegible]nnovated ways [illegible] deliver care to our comm[illegible]ies.

I have been fortunate throughout my professional and personal journey to study and practice Lifestyle Medicine – the use of therapeutic lifestyle interventions as a primary modality to treat chronic disease – and make it the lens through which I deliver care. How and what we eat, the quality & frequency of our movement, how we process stress, how we sleep, and how we seek and utilize the love and support we have in our lives all drive our wellness, our quality of life, our clinical outcomes.

Putting this ideology to practical use has been the most fulfilling aspect of my career. All Care Medical Consultants has been the vehicle that allowed us to treat Primary Care patients in a more substantive and proactive way, providing better outcomes within a value-based reimbursement model. We've also been able to allocate our resources to provide wellness services, educate our community, and work with other healthcare providers to eliminate gaps in care that have always challenged us.

Lifestyle medicine works and offers us a viable path forward to deliver meaningful care.

