Cleveland Clinic’s Executive Health team evaluates and counsels more than 2,800 men and women each year. Our four full-time Preventive Medicine Executive Health physicians are supported by specialists in Exercise Physiology, Nutrition and Personal Coaching.
Richard S. Lang, MD, MPH, FACP, Chairman of Preventive Medicine and Vice Chair of the Wellness Institute, leads the Executive Health team. Certified by the American Board of Internal Medicine and the American Board of Preventive Medicine in Occupational Medicine, he is a fellow of the American College of Physicians and the American College of Preventive Medicine. He also is qualified as a Federal Aviation Administration medical examiner to perform Class I, II and III medical certification examinations for pilots. Dr. Lang is a magna cum laude graduate of Harvard College, and earned his doctorate from the University of Cincinnati College of Medicine and his master’s in public health from the University of Michigan. He has been Chairman of General Internal Medicine and Associate Program Director of the Internal Medicine Residency Training Program at Cleveland Clinic. Dr. Lang is editor-in-chief of Men’s Health Advisor and co-edited two editions of the comprehensive textbook Clinical Preventive Medicine.

Raul J. Seballos, MD, FACP, Vice Chairman of the Preventive Medicine Department, is primarily interested in preventive medicine, cardiovascular disease risk assessment, and adult attention-deficit/hyperactivity disorder. Board-certified in internal medicine, Dr. Seballos is a fellow of the American College of Physicians, and a member of the American College of Preventive Medicine and the American Medical Association. After graduating from Case Western Reserve University, Dr. Seballos earned his medical degree from the Medical College of Ohio at Toledo. He completed an internal medicine residency at St. Luke’s Medical Center in Cleveland, followed by a pulmonary and critical care medicine fellowship at Cleveland Clinic.
Steven E. Feinleib, MD, joined the staff of Cleveland Clinic in 2002. Prior to joining the Executive Health Program, Dr. Feinleib treated patients in General Internal Medicine at Cleveland Clinic’s Beachwood Family Health and Surgery Center. He completed his undergraduate training at Cornell University, his medical degree at the University of Maryland School of Medicine, with internship and residency training at University Hospitals of Cleveland. He is certified by the American Board of Internal Medicine. Dr. Feinleib’s specialty interests include metabolic syndrome, hypertension, hyperlipidemia and diabetes management.

Roxanne B. Sukol, MD, MS, shares her passion for preventive medicine and wellness as a contributor to local newspapers and media, focusing on prevention and management of diabetes, obesity and cardiovascular disease. Certified by the American Board of Internal Medicine and a member of Alpha Omega Alpha, Dr. Sukol practiced internal medicine in Cleveland for 12 years before joining Cleveland Clinic’s staff. She is a graduate of Rutgers University. She earned her medical degree from Case Western Reserve University School of Medicine, with distinction in Biomedical Ethics, and completed a residency in internal medicine at MetroHealth Medical Center. Her specialty interests include preventive medicine, prevention of diabetes and obesity, stress management, primary care of women, anxiety and depression, asthma, allergies, and musculoskeletal and chronic pain.
Our Registered Dietitians

**Mira Ilic, MS, RD, LD**, has special interests in wellness, obesity and women’s health. She received a bachelor’s degree in psychology and a master’s degree in nutrition from Case Western Reserve University, and is both a registered and licensed dietitian. Ms. Ilic’s professional work has taken her to France, where she provided weight management counseling and helped create a cookbook for the American School in Paris. She is a member of both the American Dietetic and Ohio Dietetic associations.

**Maxine M. Smith, RD, LD**, has focused on women’s heart health, weight loss, wellness, and renal and diabetic nutrition during her 22 years of experience in nutritional assessment and counseling. She earned a bachelor’s degree in dietetics from the University of Akron, and is a member of the American Dietetic and Ohio Dietetic associations. She is also certified by the American Dietetic Association in Adult Weight Management.

**Lindsay Malone, MS, RD, LD**, has specialty interests in preventive health, wellness, sports nutrition and oncology. She received a Master of Science degree in Public Health Nutrition from Case Western Reserve University. Ms. Malone is an active member of the national, state and local chapters of the American Dietetic Association and is credentialed by the Commission on Dietetic Registration.

Our Audiologist

**Beth Gramuglia** is a licensed audiology aide and certified occupational hearing conservationist in Cleveland Clinic’s Head & Neck Institute with a specialty interest in hearing conservation. She received a degree in speech and hearing from Cleveland State University. She is certified by the Council for Accreditation in Occupational Hearing Conservation and licensed by the Ohio Board of Speech-Language Pathology and Audiology.
Our Executive Coaches

**Kathleen M.H. Alcorn, MISSA, LISW-S**, received her undergraduate degree in psychology from John Carroll University and her master’s degree from Case Western Reserve University. She has been a member of the Executive Health team as a wellness coach for the past four years and has been employed at Cleveland Clinic for a total of 17 years. Ms. Alcorn received biofeedback training from Jerry Kiffer, MA, who is also on the Executive Health team.

**Kenneth G. Alexander, MEd, PC**, received his undergraduate degree and master’s degree from Cleveland State University. He has worked for the Cleveland Clinic for 25 years. Mr. Alexander’s professional interests include providing stress management and coaching to professional athletes and clergy. He has been a member of the Executive Health team as a wellness coach for the past five years.

**Jerome (Jerry) F. Kiffer, MA, BCB**, is a board-certified biofeedback therapist. His experience includes working for 34 years as a biofeedback therapist and consulting with business and educators. He authored a 2007 journal article, “Biofeedback and Executive Coaching to Increase Life Satisfaction,” and he has published book chapters on the treatment of stress problems. Mr. Kiffer, who joined Cleveland Clinic in 1975, holds a master’s degree in psychology, and has completed doctoral coursework in psychology at Case Western Reserve University. He is the author of SOLAR (Spreadsheet of Life and Responsibilities), an instrument assessing quality-of-life and well-being, which has been used at the Executive Health Program since 2003.
Our Exercise Physiologists

**Heather Nettle, MA,** is Coordinator of Exercise Physiology Services for Cleveland Clinic Sports Health and Orthopaedic Rehabilitation. She has extensive experience in fitness needs at all ages, with a special interest in the relationship between fitness and aging. Ms. Nettle focuses on sports performance and wellness, and is actively involved in the *Run Smart* performance program for runners. She chairs Cleveland Clinic’s Sports Health and Fitness Committee and is a member of many of our family health center wellness committees, helping to develop healthy lifestyle incentives and services for employees. She received a bachelor’s degree in athletic training from the University of Mount Union and a master’s degree in exercise physiology from Kent State University.

**Christopher Travers, MS,** educates adults and adolescents on the importance of rewarding, non-competitive exercise for the improvement of overall health. On staff in Cleveland Clinic Sports Health, he is an active member of its Health and Fitness and *Train Right* committees. Mr. Travers earned his bachelor’s degree in interdisciplinary studies from Concord College and his master’s degree in exercise science from Marshall University. The former collegiate athlete has worked with athletes at the Olympic, professional and college levels and is also certified by the International Youth Conditioning Association as a Youth Fitness Specialist.

Our Administrator

**Cheryl Adams, RN, BA, MBA,** Administrator of the Department of Preventive Medicine, manages our Executive Health Program. A registered nurse, Ms. Adams received her bachelor’s degree in allied health from Hiram College. She went on to pursue her master’s degree in business from Indiana Wesleyan University. Prior to joining Cleveland Clinic, Ms. Adams worked for Medical Mutual of Ohio. She joined Cleveland Clinic in 1994 as Case Management Director. In her current role, Ms. Adams oversees daily operations, personnel, budget, and financial and strategic planning for the Department of Preventive Medicine.
Our Nurses

FROM LEFT TO RIGHT:
Maria Eckhouse, RN
Jeff Jones, RN
Anne Sombat, RN
Linda Ricchiuto, RN

Our Support Staff

FROM LEFT TO RIGHT:
Marie Nolan
Dana Coleman
Elissa Sevier-Thomas
Donna Marinic
Theresa Bloom
Latrice Fellows
Sharon Barbaro
To schedule an Executive Health Physical Examination at Cleveland Clinic, please call

216.444.5707 or
800.223.2273, ext. 45707.

For more information, please call 866.320.1385.
clevelandclinic.org/exechealth