

**Dr. Pamela R. Kushner**  
**ON IT Movement**

Pamela R. Kushner, MD, FAAFP, is a board-certified family physician who has been in private practice for more than 20 years, specializing in preventive medical care with an emphasis on diabetes management. She is also a clinical professor of family medicine at the University of California, Irvine Medical Center, and serves as a reviewer for the Medical Board of California. She has been published widely in both medical and lay journals.

As a primary care physician and certified lifestyle educator, one of Dr. Kushner's areas of expertise is diabetes management. She often sees first-hand the physical and emotional toll type 2 diabetes has on her patients. Since addressing the mental hurdles is an important component of a holistic diabetes management plan, she has partnered with AstraZeneca on the ON IT Movement – a program designed to help adults with type 2 diabetes understand the emotional and psychological barriers people with type 2 diabetes need to overcome so they can create a treatment plan and stick to it.

Dr. Kushner is actively involved in the medical community and philanthropic work. She has served as faculty of the University of Southern California Physician Assistant Program and helped design the curriculums for the Hospice Foundation of America, Pri-Med and the UC Irvine Health Susan Samueli Center for Integrative Medicine. She was the first female president of the Long Beach Medical Association and has served as the chairperson for the AAFP Drugs and Devices Committee. Dr. Kushner has earned the woman of the year award from Soroptimist International and the Clean Spokesperson award from the American Lung Association.

Dr. Kushner received her Bachelor of Science and Master of Science in Biology from the University of California, Los Angeles, and she earned her medical degree from the University of California, Irvine.