

ARIA HEALTH MEDICAL STAFF SPOTLIGHT



Steven Nagelberg, MD, FACE



With specialized clinical expertise in the diagnosis and treatment of diabetes, endocrine and metabolic disorders, *Philadelphia Magazine* “Top Doc” Dr. Steven Nagelberg has served as Head of Aria Health’s Section on Metabolic Diseases and Endocrinology since 1991. Dr. Nagelberg is board-certified in Internal Medicine, and Endocrinology, Diabetes and Metabolism. A fellow of both the American College of Physicians and the American College of Endocrinologists, he is also a Clinical Professor of Medicine at the Drexel University College of Medicine.

Most recently recognized by *Philadelphia Magazine* as a “Top Doc” for 2010, Dr. Nagelberg has received the honor in eight previous years. The Consumers’ Research Council of America has also repeatedly recognized him as one of “America’s Top Physicians.” Dr. Nagelberg provides clinical management and treatment for all endocrine and metabolic diseases. His areas of specific clinical expertise include:

- Pre-diabetes, insulin resistance, and type I and type II diabetes
- Disorders of the thyroid, parathyroid, and other endocrine glands
- Osteoporosis
- Male- and female-specific endocrinology

After attending Bucknell University and graduating from the Columbia University College of Physicians and Surgeons, Dr. Nagelberg completed his internship and residency in internal medicine at the University of California, San Francisco. He later became a fellow in the Clinical Endocrinology Branch at the National Institutes of Health. In 1985, he was recruited to the Division of Endocrinology and Metabolism at Thomas Jefferson University. In 1987, Dr. Nagelberg joined Endocrine Metabolic Associates P.C., now the largest private practice endocrinology group in the Delaware Valley.

Dr. Nagelberg has had academic appointments at the Jefferson Medical College of Thomas Jefferson University, the George Washington University School of Medicine and Health Sciences, and the Medical College of Pennsylvania. He has been physician secretary, board member, and committee member of the Endocrinology, Diabetes and Metabolism Board of the American Board of Internal Medicine.

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Internal Medicine
Endocrinology
Diabetes
Metabolic Disease

Head, Section on Metabolic
Diseases and Endocrinology
Aria Health

Clinical Professor of Medicine
The Drexel University
College of Medicine

Aria Health – The Pavilion

9501 Roosevelt Boulevard
Suite 314
Philadelphia, PA 19114

For more information or to
schedule an appointment, please
call **1-877-808-ARIA (2742)**
or **215-969-9511**.



Philadelphia Magazine “Top Doc”

Each year, *Philadelphia Magazine* surveys physicians and medical leadership to identify the most highly recommended doctors. The result is a select list of clinicians who deliver the highest quality care in their practices. Again this year (2010), Aria Health’s Dr. Nagelberg was named a *Philadelphia Magazine* Top Doc.



Diabetes Education & Prevention

Diabetes can lead to many health complications. The best approach is prevention – and rigorous management of the disease. Obesity is the primary risk factor. Other preventable risks:

- lack of exercise;
- poor diet;
- and high cholesterol or high blood pressure.

In his practice and as Medical Advisor to Aria Health’s American Diabetes Association (ADA)-accredited Diabetes Education Program, Dr. Nagelberg leads the way in working one-on-one with patients to treat and prevent diabetes. For more information on Aria’s Diabetes Prevention Program, please call **215-831-2122**.