

Dr. Oz Visits Washington Math Science Technology PCHS



Dr. Mehmet Oz, the two-time Emmy Daytime Award winner whose “Dr. Oz” show airs weekdays at Fox TV, visited Washington Math Science Technology Public Charter High School (WMST PHCS) on Thursday Sept. 15.



Since August 2010, Dr. Oz’s non-profit Healthcorps has supplemented WMST’s health classes, with a particular focus on the ninth and tenth grades. WMST PCHS is one of two schools in Washington that Healthcorps has partnered with, and Brandin Bowden is the Healthcorps coordinator on a two-year assignment at WMST PCHS to talk with students about fitness, nutrition and mental resilience. Mr. Bowden gives 10 health class lessons each week, and he also works with a group of nine WMST PCHS students in the Teen Battle Chef after school culinary club in the cafeteria. This group prepares nutritious food with sound dietary content. He is also working with the Health Department at WMST PCHS to implement a Diet and Nutrition course, to bring these aspects into the classroom.

“The program is constantly expanding,” Mr. Bowden said about HealthCorps, which added two new schools in Baltimore this year.

During his afternoon visit, Dr. Oz met with WMST PCHS staff members and teachers. He also addressed a class that Mr. Bowden was teaching on mental resilience and health, which involves how one deals with challenges and setbacks in life. Dr. Oz is a Cleveland-born and Harvard-educated cardiothoracic surgeon who is a professor at Columbia University’s Department of Surgery in New York.



Dr. Oz also directs (I think he is second in command, you should check) the Cardiovascular Institute and Complementary Medicine Program at New York-Presbyterian Hospital and favors minimally-invasive cardiac surgery and combining conventional healthcare treatments with alternative therapies.