



DR. SPENCER ROZIN

Legacy Wellness Medical Consultant

This year Dr. Rozin celebrated the 20th year of his Internal Medicine practice. As a Primary Care physician, Dr. Rozin spends most of his time in his private practice, but he is very active in the Gwinnett Hospital System. He has held numerous positions at the hospital including many years as Vice-Chief of the Medical Staff and Chairman of the Department of Medicine. After graduating at the top of his class at the University of Oklahoma College of Medicine, Dr. Rozin went on to complete his Internal Medicine residency at the Duke University Medical Center. A perfect match for the Legacy Wellness program, Dr. Rozin's passion lies in preventive health care. He strives to identify risks, improve health and assess whole body fitness. Working together with Legacy Wellness, the goal is to prevent illness. Available for one-on-one consultations, Dr. Rozin takes the time to get to know each wellness participant, inquiring about physical and emotional health, dietary practices and activity levels. "I approach each person as an individual - not just as a heart, a lung or a single disease," he says. His wellness approach puts education first, empowering people to be active participants in maintaining their health. "I help people understand why we are running certain tests, how prescribed medications or other treatments may make them feel and what it means for their overall health" he says. "If I can get people to understand how to take care of themselves now and protect their most vital asset -their health, hopefully they'll be able to keep themselves healthier longer."