

Geeta Sikand, MA, RDN, FAND, CDE, CLS, FNLA

Geeta Sikand is an Associate Clinical Professor of Medicine in Cardiology at the University of California, Irvine School of Medicine. Registered Dietitian Nutritionist, Clinical Lipid Specialist, Certified Diabetes Educator, Fellow of the National Lipid Association and Fellow of the Academy of Nutrition and Dietetics. Ms Sikand is Director of Nutrition at University of California Irvine Preventive Cardiology Program.

Ms Sikand is the recipient of the 2016 Lifetime Achievement Award from the Academy of Nutrition and Dietetics Member Interest Group, the 2013 Distinguished Service Award from the Dietitians' in Health Care Communities Practice Group. For her research on the effectiveness of medical nutrition therapy in dyslipidemia, Geeta was the 2001 recipient of the Academy of Nutrition & Dietetics prestigious "Mary Huddleson Award" and the 1997 Excellence in Research Award from the California Academy of Nutrition and Dietetics.

Ms Sikand is Chair, Medical Nutrition Therapy Effectiveness Expert Workgroup of the Academy of Nutrition & Dietetics and served as Expert Member of the Disorders of Lipid Metabolism Expert Panel. Ms Sikand has served on the Board of Directors of the American Heart Association and as Vice President of Public Policy for California Dietetic Association. As President of California Dietetic Association: Orange District and Chair of Southern California Legislative Steering Committee Ms Sikand organized the first ever onsite Congressional visit with Congressman Ron Packard to seek his support for the Medicare medical nutrition therapy legislation which passed in 1996.

Ms Sikand is a member of the Pacific Lipid Association (PLA) and has served on the National Lipid Association (NLA) Expert Panel "Recommendations for Patient Centered Management of Dyslipidemia" published in December 2015. Ms Sikand is the Co-Chair of the NLA Nutrition Expert Panel Writing Group. Ms Sikand serves on the Board of Governors of the Accreditation Council of Clinical Lipidology (ACCL).

Ms Sikand has authored many publications in the nutritional management of lipids, diabetes & obesity. Most recently she is the lead author of "Clinical and Cost Benefit of Medical Nutrition Therapy by Registered Dietitian Nutritionists for Management of Dyslipidemia: A Systematic Review and Meta-Analysis." Published online in Journal of Clinical Lipidology in 2018. The Academy is using Ms Sikand's paper to negotiate with CMS to enhance reimbursement for medical nutrition therapy by RDN.

Ms Sikand received her Masters and a Baccalaureate degree in Nutrition & Dietetics from California State University, Long Beach, California. Ms Sikand provides nutrition lectures, workshops & presentations on various nutrition topics including dyslipidemia and cardio-metabolic disorders.