

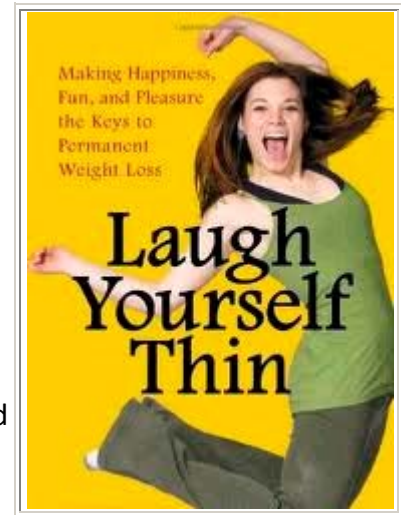
Laugh Yourself Thin

Powerful Patient, 2010 Week 43

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For Melanie Rotenberg, M.D., humor has been a life preserver while riding the rough seas of nursing home and hospice work. She started in the field as a 15-year-old CNA, earning \$2.65 an hour. "It helped pay for college," she said. Now a physician with a speciality in physical medicine and rehabilitation, she still works predominantly with people in nursing homes and hospice.

The subject of a good diet is dear to Rotenberg's heart, for in her medical practice she daily faces the ravages of obesity. "I deal with severely disabled patients suffering from major strokes, severe heart disease and diabetes, and I realized that people need good behavioral education to help prevent them from becoming disabled," she said. "Younger and younger people are becoming disabled because of obesity."



"Laugh Yourself Thin" is only the beginning of Rotenberg's writing career. "I'm planning on a whole series of "Laugh Yourself" books," she explained. Next on Rotenberg's agenda is a book about another mind-grasping subject: sex. "It will be directed at women, with real medical information presented in a funny manner," said Rotenberg.

Dr. Rotenberg's website can be found at: www.doctorrcomedy.com

Dr. Rotenberg's book can be found at Amazon.com by [Clicking Here](#).