



living**WELL**aware™

PATRICIA J. SULAK, MD
JEFFREY A. WAXMAN, MD



Patricia Sulak, M.D. is a nationally recognized practicing physician, researcher, speaker, and medical school professor at Baylor Scott & White Health and Texas A&M College of Medicine. She graduated from the University of Houston College of Pharmacy and then went on to the University of Texas Health Science Center at San Antonio School of Medicine graduating with honors. Dr. Sulak was named the 2006 Distinguished Alumnus. She completed her OBGYN residency at Walter Reed Army Medical Center in Washington DC where she was named the General Graves B Erskine Resident of the Year. While in the Army, she received the Meritorious Service Medal and the Army Achievement Medal. After leaving the Army, she joined Baylor Scott & White Health and Texas A&M College of Medicine where she continues to practice gynecology and mentor medical students and residents.

Dr. Sulak continues to be included in "Best Doctors in America" and "Texas Super Docs" and has been selected Outstanding Clinical Instructor by the Texas A&M College of Medicine medical students. She was given a "Heroes for Children" award by the Texas State Board of Education and received the American College of Obstetrics and Gynecology Community Service Award for her work in school health. She founded and continues to direct the Adolescent Wellness & Sexual Health Program, one of the most commonly utilized sexual health curricula in Texas and beyond. She is internationally recognized for her research on management of women's menstrual disorders and currently focuses her clinical practice on perimenopausal and menopausal patients.

While she continues to speak on numerous women's health issues, her latest pursuit is promotion of scientifically proven healthy lifestyles to prevent disability and death leading to greater longevity and livelihood. Dr. Sulak and her husband Dr. Jeffrey Waxman are Co-Founders of Living WELL Aware, a truly unique wellness program on disease prevention through healthy living, delineating the eleven essential elements to health and happiness. They empower diverse audiences across the country to take ownership of their well-being and partner with their healthcare providers for optimal health.

Dr. Sulak is married to Jeffrey A. Waxman, MD, a practicing urologist and medical school associate clinical professor. He often teams up with Dr. Sulak to conduct wellness conferences and webinars. They have two sons, an amazing daughter-in-law, and two flawless grandgirls.