

**Florence Solages, MD**  
Dr. Gerald J. and Dorothy R. Friedman Fellow in Diabetes & Metabolism  
*2002 - 2004*

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## Education

Upon graduating from the State University of Haiti, Faculte de Medecine et de Pharmacie, Dr Solages obtained a Masters degree in Public Health specializing in Population and Family Health from Columbia University, NY. She completed her Residency in Internal Medicine at Montefiore Medical Center, NY where she obtained further training in women's health, smoking cessation and drug addiction.

In 2000, she joined the Division of Endocrinology at Tufts Medical Center as a Friedman Fellow, for a joint fellowship in Endocrinology and Clinical Research. As an Endocrinology Fellow, she concentrated in obesity, designing individualized weight loss regimen for patients. During her fellowship, she became accredited by the American Association of Clinical Endocrinologists in thyroid ultrasound and fine needle biopsy, insulin pump, continuous glucose monitoring and interpretation of bone mass measurement. As a fellow in Clinical Research, she conducted a pilot randomized study that evaluated the effect of dietary variety on energy intake.

Dr. Solages is a Diplomat of the American Board of Internal Medicine and Subspecialty Board in Endocrinology and Metabolism.

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## Former and Current Position(s) and Academic Interests

After completing her training, she moved to Florida in 2006, she opened the Obesity, Diabetes and Metabolism Center of South Florida. The mission of the Center is to empower patients to take command of their health care, and decrease the toll of diabetes through compassionate care, devotion and education. Dr. Solages gives presentations in the community about obesity, its prevention and complications in children and adults. She hosts a radio talk show about obesity and diabetes once a month in Haitian Creole. She also leads Health Fair where she teaches about Diabetes prevention and Nutrition, and becoming more involved in weight loss programs. Her ultimate goal is to obtain funding to expand her Center to all, insured and uninsured individuals, with or at risk for diabetes. She is currently the Secretary General for the Florida Chapter of the Haitian Physician Association.

## Honors & Awards

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- Oliver Smith Award Tufts Medical Center, Boston, MA

Oliver Smith Award is given in recognition of excellence, compassion and extraordinary and thoughtful care and service to patients. Tufts Medical Center, Boston, MA

## Publications

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1. Florence L. Solages. Dietary Variety: Effects on Metabolism and Energy intake. *Masters thesis. Tufts University – Sackler School of Biomedical Sciences*, Boston MA, May 2004.
2. Florence L Solages, Terry T-K Huang, Susan B Roberts, Edward Saltzman, Paul J Fuss, Alice L Lichtenstein, Megan A McCrory. Dietary Variety affects post meal hunger and metabolism and subsequent energy intake. *Experimental Biology*. 2004; 18: a1109