

DR  
IVANRUSILKO™  
LIFESTYLE MEDICINE





LIFE IS TOO SHORT TO BE NORMAL

## DR. IVAN RUSILKO

Rusilko is a graduate of the Lake Erie College of Osteopathic Medicine where he was selected for the Deans Award for his outstanding moral character along with academic excellence among his graduating class of 2010. He was also awarded the Distinguished Alumni Award (2018) by his undergraduate institution, Mercyhurst College, for the accomplishments he has made in his field.

Dr. Rusilko has received accreditations in medically based sports nutrition, hormone balancing, sexual health, and medical fat loss. As a former international fitness model and two time Mr. USA he believes that uniting the field of exercise and diet with medicine is paramount to achieving a longer lasting life. He is also certified in numerous aesthetic procedures by the American Academy of Procedural Medicine and is involved in numerous philanthropic organizations.

Nestled comfortably in the heart of Miami Beach, Rusilko's exclusive practice welcomes those truly dedicated to evolving into a better version of themselves. By applying diagnosis and treatment on an environmental, behavioral, and medical level, Dr. Rusilko creates healthy lifestyle programs that support longevity and help to improve overall quality of life. Getting to know his patients one-on-one, he targets lifestyle-related problems with an advanced clinical approach and individualized prescription.

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DR



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## Education

Lake Erie College of Osteopathic Medicine (LECOM) (2010)

Degree: Doctor of Osteopathic Medicine (Erie, Pennsylvania)

Mercyhurst College (2005)

3+4 year LECOM Accelerated Medical Program

Degree: BA Health Biology (Erie, Pennsylvania)

Meadville Area Senior High School (2002)

Degree: High School Diploma (Meadville, Pennsylvania)

## Certifications

Sport Nutritionist

- American Fitness Training of Athletes (AFTA) (2008)

Medical Weight Management

Anti-Aging/HRT Modalities

Botox/Dysport + Dermal Fillers Administration

Facial Aesthetics (Peels, MDA, Acne)

Sclerotherapy + Mesotherapy Administration

Cosmetic Laser

Pain Management

- Empire Medical Training (2010 – Present)

Open Water Scuba (2019)

- PADI

## Affiliations

Donor – The George Bush Presidential Foundation Founding Donor, (2011)

Member – The George Washington University Heritage Society, Tempietto Circle Recognition Level, (2009)

Member – Georgetown University Legacy Society, (2008)

Donor – Ronald Reagan Foundation - Vice Chair C, (2011)

Donor – Lake Erie College of Osteopathic Medicine Donor, (2008)

Member – The American Osteopathic Association, (2008)

Member – The Florida Medical Association, (2008)

Donor - Dr. Ivan Rusilko Endowment Scholarship Mercyhurst (2021)





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## Work Experience

Miami Institute Four Seasons (2012)

International Concierge (2012)

Club Essentia Delano Hotel (2013)

Lifestyle Medicine Buenos Aires (2014)

Lifestyle Medicine Uruguay (2015)

Lifestyle Medicine Miami Beach (2015)

Plasticity Miami Beach (2021)

## Non Medical Experience

Novelist: Omnific (2012)

- Author of “The Winemakers Dinner” Trilogy

Event Coordination (2010)

- Created and Coordinated high end events for clients including the Miami Heat, Remy Martin and The Chinese Chamber of Commerce in the Miami area.

USA Representative to the Mr. World and Mister International Competitions:

- Mr. USA (2008 + 2010)

Professional Fitness Model (2005)

- Personal Appearances, Public Speaking, Advertising Media (print, website, commercials), Hosting Events Fashion Shows all on an International Level.

Public Speaking

- SIME Sweden, A4M (Las Vegas), Royal Society of Medicine (London), Epic Talks (Miami)

## Honors and Awards

- Young Alumnist of the Year (Mercyhurst College, 2018)

- Mr. USA at Mr. World (Korea, 2010))

- Mr. USA at Mr. International (Taiwan, 2008)

- Little Lighthouse Foundation Ambassador (2014)

- AOA Sports Nutrition, Fitness, and Exercise Media Expert (2010)

- Consultant for AOA as a National Expert (2010)

- Dean’s Award LECOM (2010)

- Mollydooker Winery Ambassador (2008)

- Mr. Iron City Champion (2008)





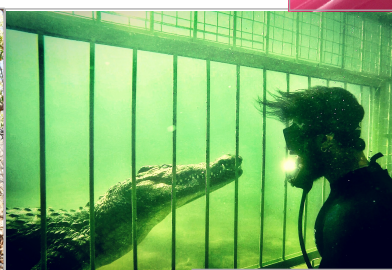
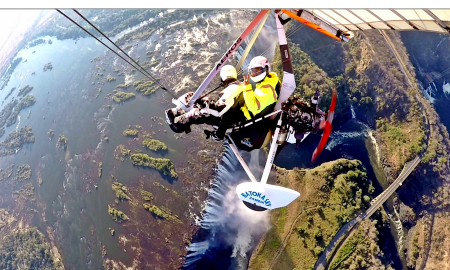
## Personal Interests

Bodybuilding & Fitness Enthusiast

Former Division I Club Hokey Player (2002-2005)

Hunting, Fishing, Adventure, World Travel & Extreme Activities

Photography, Videography, Artistry, Guitar & Writing





## Contact

1800 Purdy Ave Suite 1B Marina

Miami Beach FL, 33139

[www.drivanrusilko.com](http://www.drivanrusilko.com)

[www.lfstm.com](http://www.lfstm.com)

[www.plasticityrx.com](http://www.plasticityrx.com)

F - (305) 203-0752

P - (786) 334-3664

E - [drivanassist@lfstm.com](mailto:drivanassist@lfstm.com)

@drivanrusilko @plasticityrx @lifestylemedicine



Plasticity

Prescribed Evolution