



Dr. Rekha Kumar

Head of Medical Affairs
Found

Dr. Rekha Kumar is recognized as an international leader in the field of Obesity Medicine. She is Chief Medical Officer at weight care platform Found, as well as a practicing endocrinologist in New York City at NewYork-Presbyterian. She also served as the former medical director of the American Board of Obesity Medicine. Dr. Kumar has lectured internationally on the topic of the medical assessment and treatment of obesity. She has published several papers and textbook chapters in her field and serves as an Associate Editor of the journal Obesity. She is frequently quoted in the media on topics ranging from the diabetes epidemic in the United States to discussing fad diets, exercise trends, and the complications of COVID-19 in patients with obesity. Dr. Kumar's areas of expertise include the clinical assessment of patients' obesity and metabolic syndrome, the effect of obesity on reproductive health and fertility, as well as thyroid disease.

Dr. Kumar completed her undergraduate studies at Duke University then received her master's degree in Physiology from Georgetown University. She continued on to receive her M.D. from New York Medical College and completed her residency training in Internal Medicine at the New York Presbyterian Hospital/Weill-Cornell Medical College. Dr. Kumar obtained her clinical fellowship in the combined Diabetes, Endocrinology, and Metabolism program at the Weill-Cornell Medical College/New York Presbyterian Hospital and the Memorial Sloan Kettering Cancer Center.

Dr. Kumar has traveled abroad to India, China, and Tanzania to understand the scope of metabolic disease globally. She serves on the board of advisors of the Duke Global Health Institute. Dr. Kumar is Board Certified in Internal Medicine, Endocrinology, Diabetes, & Metabolism, and Obesity Medicine.