

# Matthew Solan

## Writer and Editor

### Health, Medicine, Science

Medical Conditions | Cognitive Health | Exercise Science | Nutrition  
Men's Health | Geriatric Medicine

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## EXPERIENCE

### **Solan+Media, LLC** - *Writer and Editor*

2005 - Present

- Research and write special health reports and online medical guides for Harvard Health Publishing on various topics, including heart health, erectile dysfunction, and digestive disorders.
- Contribute to health and medical newsletters published by Belvoir Media, including Duke Medicine's *Health News*, and Weill Cornell Medicine's *Women's Nutrition Connection* and *Women's Health Advisor*.
- Develop health, fitness, nutrition, and medical editorial content for leading national publications and websites, including *Men's Health*, *Men's Fitness*, *Muscle & Fitness*, *Men's Journal*, *Runner's World*, *Bicycling*, *Yoga Journal*, University Health News, Healthline, and NextAvenue.

### **Harvard Health Publishing** - *Executive Editor, Harvard Men's Health Watch 2015 -*

Present

- Create all editorial content and layout for monthly newsletter with 50,000-plus subscribers aged 60 and older.
- Write a [monthly blog](#) for Harvard Health Publishing.
- Host of the former "Living Better, Living Longer" podcast.

### **UCLA Health** - *Executive Editor, Healthy Years*

2014 - 2015

- Directed editorial coverage and created all content for monthly newsletter published by UCLA Health in partnership with Belvoir Media Group.
- Created and edited the multi-series *Easy Exercises* guide books.
- Edited annual special health report, *Skin Cancer and Other Dermatological Diseases*.

## **Experience Life** - *Senior Editor*

2003 - 2005

- Assigned and edited features and departments in the areas of fitness, nutrition, exercise science, and adventure travel.
- Wrote in-depth medical and science stories.
- Designed editorial lineups, brainstormed story concepts, and conducted related research.
- Developed an extensive resource database for editorial staff.

## **Yoga Journal** - *Senior Editor*

2000 - 2003

- Composed and edited health, fitness, and mind-body features and departments.
- Coordinated award-winning Well Being section, which highlighted complementary medicine, nutrition, Ayurvedic body treatments, and yoga fitness.
- Editorial performance twice recognized by *Folio* magazine for Editorial Excellence.

## **BOOKS and REPORTS**

- Author of the annual special health report, *Digestive Diseases & Disorders: Symptoms, Diagnosis, and Treatment*, published by Belvoir Media in partnership with the Icahn School of Medicine at Mount Sinai.
- Writer of *Erectile Dysfunction*, a special health report published by Harvard Medical School.
- Author of multiple online medical guides from Harvard Health Publishing, including *Cooling Heartburn*, *Managing Irritable Bowel Syndrome*, *Benefits of Probiotics Foods*, and *Diverticulosis and Diverticulitis*.
- Co-author for *Thrive Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer* written with Dr. Geo Espinosa.

## **EDUCATION**

Masters of Fine Arts, University of San Francisco - *Creative and Non-Fiction Writing*

Bachelor of Science, University of Florida - *Journalism and Communications*