



Eleanor Concepcion (“Connie”) Mariano, MD, FACP

Rear Admiral, U.S. Navy (retired)

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Dr. Connie Mariano is used to breaking barriers, used to shattering the glass ceiling. Born to a Navy steward and his dentist wife in the Philippines, Dr. Mariano lived the life of a family in the American armed forces.

Her life has been filled with many achievements: high school valedictorian, graduate with honors at the University of California at San Diego, medical degree from the Uniformed Services University School of Medicine, and a distinguished 24-year career in the U. S. Navy.

Dr. Mariano has also been the first in the following achievements:

- The first military woman to become the White House Physician to the President
- The first woman Director of the White House Medical Unit
- The first Filipino American in US history to become a Navy Rear Admiral

After leaving the White House in 2001 following nine years and service to three sitting American presidents, Dr. Mariano became a consultant in the Executive Health Program at the Mayo Clinic in Scottsdale from July 2001 to October 2005.

In November 2005, Dr. Mariano founded the Center for Executive Medicine, a medical concierge practice which provides presidential-quality medical care to CEOs and their families.

An expert in presidential health care including the 25th Amendment to the Constitution, Dr. Mariano is a frequent guest speaker on television and print media on the topics of care to VIPs, presidential disability, travel medicine, and optimizing quality of care. Dr. Mariano is also a former external advisory board member to the committee advising the Secretary of Veterans Affairs on the overhaul of the VA system. She was named in 2024 as a co-sponsor to the Navy’s planned guided Arleigh Burke-class guided missile destroyer, USS Telesforo Trinidad (DDG-139), named after Fireman 2nd class Telesforo Trinidad, the only Filipino in the US Navy to ever be awarded the Medal of Honor.

Dr. Mariano is the author of the book, *The White House Doctor: My Patients were Presidents, A Memoir*, published in 2010 by St. Martin's Press. Dr. Mariano also hosts two podcasts on the VoiceAmerica network, "House Calls with Dr Connie," now in its ninth season and "The Widow's Walk," launched in February 2023.