

Saturday, June 27, 2026

9:30AM – 11AM PST

**Veronika Mesheriakova MD**

## **Looksmaxxing: Addiction, Eating Disorder, or Diet Culture 2.0?**

**Veronika Mesheriakova, MD** is a board-certified physician in pediatrics, adolescent medicine, and addiction medicine. She completed her pediatrics training at **Yale School of Medicine** and completed a three-year fellowship in Adolescent Medicine at **University of California San Francisco (UCSF)**.

After completing her training, she served as faculty in the **UCSF Division of Adolescent & Young Adult Medicine**, provided inpatient and outpatient eating disorder treatment to youth as part of the **UCSF Eating Disorder Program**, and started the **UCSF Youth Outpatient Substance Use Program**, an addiction treatment clinic for adolescents and young adults.

In 2025, Dr. Mesheriakova founded **Northern California Adolescent Specialty Center**, where she provides highly individualized, relationship-based care to youth and families in their homes. Her work focuses on early intervention, family engagement, and the intersection of behavioral health and emerging youth culture, including digital influences on identity, body image, and risk behaviors. She specializes in the care of adolescents and young adults with substance use disorders, eating disorders, and co-occurring mental health conditions.

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*Please send your questions  
to [Shana@EDRCsv.org](mailto:Shana@EDRCsv.org)  
by Friday, June 26<sup>TH</sup>, 2026.*

