



HONOR ROLL
YEARS
ON THE LIST

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Elizabeth Y. Liu, MD, PhD

Board certified in family medicine and trained in neurosciences with a PhD, Dr. Elizabeth Liu takes a conscious approach to patient care. "I look at the individual, not just the disease, to help determine the best course of action to take," she says. "By definition, this has to empower and motivate my patients in treatment decisions made to achieve better outcomes."

Dr. Liu is primarily devoted to preventive care and evidence-based medicine, including the management of diabetes, cardiovascular diseases, women's health, obesity, anxiety and depression. "I combine the best components of both Western and Eastern medicine to provide the most effective care for my patients," she says. "When appropriate, it may also include treatments of acupressure meridian massage, reflexology, tai chi, acupuncture and herbal therapies."

Having established a thriving practice after moving from China to the United States,

Dr. Liu appreciates the success she has experienced. "When I am able to save a patient who presents to me unknowingly in critical condition, that is a success," she says. "If I am able to cure a patient from a recalcitrant health care problem, I view that as a success. Caring for all my patients as if they were my family is why I am in family practice."

Named a 2017 American Health Council Leader in Medicine, Dr. Liu also received a 2016 Opencare Patients' Choice Award.

HOSPITAL AFFILIATIONS: Hackensack University Medical Center; Saint Clare's Health System. **MEDICAL TRAINING:** Guangzhou Medical College (MD); UMDNJ (PhD); UMDNJ-Robert Wood Johnson Medical School (residency).

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