

Dr McCann is a certified lifestyle medicine physician, and is a Member of the American College of Lifestyle Medicine, the British Society for Lifestyle Medicine, and has been active in the development of the newly formed Irish Society for Lifestyle Medicine. She received her undergraduate degree cum laude from the University of Notre Dame and MB BCh (Hons) from UCC. She is a Member of Royal College of Surgeons Ireland, a former Post-Doc in molecular biology at the Indiana University School of Medicine, and former Fellow at the Eck Institute for Global Health. She has certification from The Strategic Centre for Obesity Professional Education (SCOPE) and in trauma-informed practice.

In 2018, Dr. McCann established the community health promotion social media project now called [“Emdoc Health”](#) with the tag #FactsNotFears. In 2022, she re-launched Ireland’s only chapter of the international programme “Walk With A Doc.” She is a regular contributor on health promotion topics in the media.

Dr. McCann works in clinical research at St. Vincent’s University Hospital in collaboration with UCD and CEPHR. Dr. McCann also contributes as a lecturer in lifestyle medicine at RCSI. Her practice is based in Remedy Clinic Dublin; in addition, she has a weekly joint weight management clinic with Prof. Margaret Griffin, Consultant Endocrinologist, in Bons Secours Dublin.