

Bina Mehta

Bina Mehta has had a lifelong goal to help people – not only through medicine, but diet, exercise and positive lifestyle changes. As a result, she is a leading physician in reducing the reliance on opiates for pain management.

Bina and her identical twin sister, Lina, were born in Saskatoon, Saskatchewan, to Indian parents and moved to North Canton when she was 3 and her father, a pathologist, was offered a Visa and a position at Aultman Hospital. The Mehtas chose North Canton Schools for their four children because of its stellar reputation. In third grade, Bina became a U.S. citizen and her entire girl scout troop attended the naturalization ceremony. While in high school, Bina was active in Student Council and choir and especially the band – she loved Friday nights. She graduated in 1987.

Both Bina and Lina attended Northeastern Ohio Medical University – known then as NEOUCOM – to complete their accelerated bachelor of science and medical

doctor program. She completed her internship and residency in physical medicine and rehabilitation at Metrohealth Medical Center where she served as chief resident.

After completing her residency, Bina started her own medical practice, Western Reserve Spine and Pain Institute in Kent, Ohio, with her partner, Dr. David Leone. From the beginning, it was an innovative practice. Dr. Leone, a chiropractor and acupuncturist, complemented her experience to create a multi-specialty group of healthcare providers whose goal was treat the patient as a whole, under one roof. They focus on helping patients minimize pain, maximize function, and reduce medication. This was especially innovative in 1998 considering the medical trend at the time to increase the use of opioids like OxyContin.

In its 25 years, the Spine and Pain Institute has become one of the largest multi-specialty practices in the country. Regionally, the Institute manages non-surgical musculoskeletal services for the Cleveland Clinic Foundation

at 8 locations. Additionally, Bina and her consulting company have worked with hospitals and private practices throughout the country. She is a Clinical Assistant Professor at her alma mater, Northeastern Ohio Medical University, as well as Heritage Osteopathic Medical School at Ohio University. She is passionate about teaching others how to effectively treat pain. Bina has several publications to her credit.

Bina is a Fellow of the American Academy of Physical Medicine and Rehabilitation. She is a member of the American Association of Neuromuscular and Electrodiagnostic Medicine, the Ohio State Medical Association, and the American Academy of Pain Management.

Bina currently lives in Chagrin Falls, Ohio, with her three children. She has 17-year-old twins – a fraternal brother and sister – and a 20-year old daughter. She enjoys yoga, fitness training, traveling, playing the piano, and reading.

Bina Mehta is a physician, innovator, entrepreneur, and educator who was ahead of her time in providing the best treatment to her patients and all of Northeast Ohio. The North Canton Alumni Association is pleased to have her as a recipient in its Hall of Distinction.