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Curriculum Vitae

Revised September 2024

EDUCATION:

- 1973 – 1977 Stanford University, B.S. Biology, with distinction
Phi Beta Kappa
Honors Thesis in Philosophy
National Merit Scholar
California Heart Association Research Scholar
- 1977 – 1981 Harvard Medical School, M.D.
Chairman of Medicine and Society Student Group
Independent Study in Medical Computing
National Health Services Corps Scholar

HOSPITAL TRAINING:

- 1981 – 1984 Internship and Residency in Internal Medicine
Beth Israel Hospital, Boston, Massachusetts

PROFESSIONAL POSITIONS:

- 1984 – 1986 National Health Services Corps Assignment,
San Ysidro Health Center
- 1986 – 1987 Medical Director of San Ysidro Health Center
- 1987 –present Internal Medicine private practice
- 1999 – 2002 Managing Associate, Internal Medicine Associates
- 2002 – 2004 President, IMA Management, Inc.
- 2007 –2017 Medical Director, Mission Hills Post Acute Care Skilled Nursing Facility
(formerly Shea Mission Hills, before that Cloisters of Mission Hills)
- 2018 -2020 Assistant Medical Director, Mission Hills Post Acute Care
- 2020--present Quality Assurance Adviser, Mission Hills Post Acute Care

HOSPITAL APPOINTMENTS:

- 1987 – 1993 Medical Staff Physician, Sharp Memorial Hospital
- 1987 – 1994 Medical Staff Physician, Harbor View Hospital
- 1987 –present Medical Staff Physician, Scripps Mercy Hospital
- 1990 –present Biomedical Ethics Committee, Scripps Mercy Hospital
- 1992 – 1994 Pharmacy and Therapeutics Committee, Scripps Mercy Hospital
- 1994 – 1996 Morbidity and Mortality Committee, Scripps Mercy Hospital
- 2000 –present Physician Well-Being Committee, Scripps Mercy Hospital
- 2002 – 2006 Medical Executive Committee, Scripps Mercy Hospital
- 2002 – 2006 Quality Assurance/Utilization Review Committee, Scripps Mercy Hospital
- 2002 –2019 Chairperson, Biomedical Ethics Committee, Scripps Mercy Hospital
- 2011 –2019 Chairperson, Physician Well Being Committee, Scripps Mercy Hospital
- 2005 –present Medical Staff Physician, Mission Hills Post Acute Care Skilled Nursing Facility

PROFESSIONAL SOCIETIES:

- 1984 –present Diplomate, American Board of Internal Medicine
- 1987 –present San Diego Medical Society
- 1987 –present California Medical Society
- 1988 – 1998 Diplomate in Geriatric Medicine
- 1989 – 2002 Member, American College of Physicians
- 2002 –present Fellow, American College of Physicians

RESEARCH:

- 1987 Co-investigator: Oral Nadolol and Topical Timolol in the Treatment of Open Angle Glaucoma

- 1988 Investigator: Dose Evaluation of Diltiazem/HCTZ in Combination vs Single Agents and Placebo
- 1989 Co-investigator: Zucopride in the Treatment of Anxiety
- 1991 – 1992 Co-investigator: Ondansetron in Treatment of Anxiety
- 1991 Co-investigator: Paroxetine in the Treatment of Depression
- 1992 – 1994 Investigator: Acetaminophen and Naproxen in the Treatment of Tension Headaches
- 1995 – 1996 Co-investigator: Naratriptan in Acute Migraine Attacks
- 1995 – 1996 Co-investigator: ANA-756 vs Atenolol in Patients with Essential Hypertension
- 1998 Supervisory Committee, Independent Student Project, UCSD School of Medicine, "Effects of Ginkgo Biloba Extract on Warfarin Therapy"
- 1998 – 1999 Chairman, Supervisory Committee, Independent Student Project, UCSD School of Medicine, "Effects of 10% Fat Vegetarian Diet on Serum Fibrinogen Levels
- 1998 – 1999 Supervisory Committee, Independent Student Project, UCSD School of Medicine, "Effects of Glucosamine Sulfate on Warfarin Therapy"

TEACHING ACTIVITIES:

- 1988 – 2012 Teaching Staff, Scripps Mercy Hospital
- 1988 – 2019 Introduction to Clinical Medicine Preceptor, UCSD School of Medicine
- 1990 – 1992 Clinical Instructor, Voluntary Faculty, in the Department of Medicine, UCSD School of Medicine
- 1993 – 1998 Assistant Clinical Professor, Voluntary Faculty, in the Department of Medicine, UCSD School of Medicine

TEACHING ACTIVITIES (continued):

1993 – 2005 Lecturer and Coordinator of "A Survey of Alternative Medicine" Course for UCSD Medical Students

1999 –present Associate Clinical Professor, Voluntary Faculty, in the Department of Medicine, UCSD School of Medicine

INVITED LECTURES:

1990 – 2015 Yearly lectures for the Insurance Education Association (IEA) on "Topics in Internal Medicine"

1990 "Geriatrics Overview" Board Review for Scripps Mercy Hospital and UCSD House Staff

1991 "Geriatrics Overview" Board Review for Scripps Mercy Hospital and UCSD House Staff

1994 "Mind-Body Medicine" Scripps Mercy Senior Program

1995 "Alternative Medicine" Grand Rounds, Scripps Hospital, Encinitas

1996 "Effective Treatments for Obesity" Continuing Medical Education Association (CMEA), National Meeting for Physicians

1996 "Effective Treatments for Obesity" CMEA

1996 "Effective Treatments for Obesity" CMEA

1996 "Alternative Medicine" UCSD/SDSU General Preventive Medicine Residency Program

1997 "Alternative Medicine: A Review for the Practicing Physician" UCSD Department of Internal Medicine National Conference, "Topics in Internal Medicine"

1997 "Obesity: A Multidimensional Approach" A Roundtable Presentation for Community Physicians.

1997 "Overview of Diabetes and Standards of Care" American College of Physicians Symposium in Philadelphia Sponsored by Baylor College of Medicine

1997 "Pharmacologic and Surgical Treatments of Obesity" American Association of Bariatric Nurses

INVITED LECTURES (continued):

- 1997 "Effective Treatments for Obesity" CMEA
- 1997 "Effective Treatments for Obesity" Family Practice Update, 1997. A National Conference Sponsored by the San Diego Academy of Family Physicians
- 1998 "Alternative and Herbal Medicine: Lessons for Primary Care" Grand Rounds, Scripps Mercy Hospital
- 1998 "Alternative Medicine and Managed Care," UCSD Extended Studies
- 1998 "Alternative Medicine as Cultural Messenger," San Diego Museum of Man
- 1999 "Where's The Beef: An Evidence-Based Review of Complementary and Alternative Medicine" Grand Rounds, Scripps Mercy Hospital
- 2000 "A Review of Complementary and Alternative Medicine" Pacific College of Oriental Medicine
- 2001 Alternative Medicine for UCSD Undergraduate Course on American Healthcare
- 2001 "An Overview of Complementary and Alternative Medicine (CAM)" Scripps Mercy Hospital Medical Residents' Conference
- 2001 Scripps Mercy Hospital Residents' Conference, "Methodological and Philosophical Considerations in CAM"
- 2001 Scripps Mercy Hospital Residents' Conference, "Lifestyle Medicine"
- 2001 Scripps Mercy Hospital Residents' Conference, "CAM as Cultural Messenger"
- 2002 Scripps Mercy Hospital Residents' Conference, Review of CAM
- 2002 "Overview of CAM" for UCSD Undergraduate Course on American Healthcare Systems
- 2002 Scripps Mercy Hospital Residents' Conference, "Medicine & Poetry"
- 2002 Scripps Mercy Hospital Residents' Conference, "Selected Controversies in Nutritional Medicine"

INVITED LECTURES (continued):

- 2003 Cal Western Law School “The Hospital Biomedical Ethics Committee”
- 2003 Scripps Mercy Hospital Conference, "Case Studies in Biomedical Ethics”
- 2003 Pacific Bariatrics Medical Group; “Overview of the Obesity Epidemic”
- 2004 "Overview of CAM" for UCSD Undergraduate Course on American Healthcare Systems
- 2004 Cal Western Law School; “The Hospital Biomedical Ethics Committee”
- 2004 Scripps Mercy Hospital Residents’ Conference, “Review of CAM”
- 2004 Scripps Mercy Hospital Residents’ Conference, “Biomedical Ethics”
- 2004 Scripps Mercy Hospital Residents’ Conference, “Medicine and Poetry”
- 2005 Scripps Mercy Hospital Residents’ Conference, “Biomedical Ethics”
- 2005 Scripps Mercy Hospital Residents’ Conference, “Medicine and Poetry”
- 2005 "Overview of CAM" for UCSD Undergraduate Course on American Healthcare Systems
- 2006 Scripps Mercy Hospital Residents’ Conference, “Biomedical Ethics”
- 2006 Scripps Mercy Hospital Residents’ Conference, “Medicine and Poetry”
- 2006 "Overview of CAM" for UCSD Undergraduate Course on American Healthcare Systems
- 2007 Scripps Mercy Hospital, Grand Rounds, “Biomedical Ethics”
- 2007 "Overview of CAM" for UCSD Undergraduate Course on American Healthcare Systems

INVITED LECTURES (continued):

- 2008 "Overview of CAM" for UCSD Undergraduate Course on American Healthcare Systems
- 2010 "The Bioethics of End-Of-Life Dilemmas" for the National Conference of Medical Directors for Vibra Hospitals
- 2010--2017 Quarterly Clinical Lectures on Geriatric Care to the Nursing Staff of Mission Hills Post Acute Care
- 2011 Scripps Mercy Hospital Grand Rounds on Bioethics
- 2011 "Congestive Heart Failure," lecture for the Directors of Nursing of Shea Skilled Nursing Facilities
- 2011 "Pneumonia," lecture for the Directors of Nursing of Shea Skilled Nursing Facilities
- 2011 San Diego Hospice Bioethics Committee Conference Presentation
- 2016 Scripps Mercy Grand Rounds on The End of Life Options Act
- 2016 Scripps Mercy Hospital Palliative Care Fellows Lecture on Biomedical Ethics and Palliative Care
- 2018 San Diego County Biomedical Ethics Commission. "Death by Neurologic Criteria: History and Controversy."

PUBLICATIONS:

Book review of *Empathy and the Practice of Medicine*, by Howard Spiro, published in American Journal of Preventative Medicine, 1997, vol. 13, No.2 p. 150

"Universal Particulars," in San Diego Physician, March 2002

"Inventory of the Everyday Miraculous," in San Diego Physician," May 2002

"Clinical Vignettes", in San Diego Physician, January 2004

"A Doctor's Walk to Work", in San Diego Physician, July 2004

"Alzheimer's Disease", in San Diego Physician, April 2005

"Mourning", in San Diego Physician, September 2005

"Sole Searches", in Harvard Medical Alumni Bulletin, Winter 2005

PUBLICATIONS (continued):

“Randomness and Compassion”, in San Diego Physician, April 2006

“Blancas,” in San Diego Physician, February 2010

“Natural Laws,” in San Diego Physician, September 2010

“Knock Knock...Who's There? Incorporating Patient-Centered Spirituality into Ethics Consultations,” in San Diego Physician, December 2010

“Stopping Time and Seeing,” in San Diego Physician, November 2012

“Practice Makes Practice,” in San Diego Physician, December 2012

“Early Morning Awakenings,” in San Diego Physician, January 2013

“Undressed,” in San Diego Physician, February 2013

“Counting by Cancer,” in San Diego Physician, March 2013

“What You Do Becomes You,” in San Diego Physician, April 2013

“A Safety I Have Known,” in San Diego Physician, May 2013

“Questions from a Death Certificate,” in San Diego Physician, June 2013

“Please Leave a Message,” in San Diego Physician, July 2013

“Lucky in Dog,” in San Diego Physician, August 2013

“An Inventory of Days,” in San Diego Physician, October 2013

“No Excuses,” in San Diego Physician, November 2013

“cIMT and the Eternal Now,” in San Diego Physician, December 2013

“Rain, Moonlight and a Secret Message,” in San Diego Physician, January 2014

“Touched,” in San Diego Physician, February 2014

“The Ideal of Imperfect Autonomy,” in San Diego Physician, March 2014

PUBLICATIONS (continued):

- “The Face of Courage,” in San Diego Physician, April 2014
- “Fate,” in San Diego Physician, August 2014
- “Photographs, Stopwatches,” in San Diego Physician, October 2014
- “The Promise and Limits of ‘Personalized Medicine’,” in San Diego Physician, January 2015
- “Thanks for Nothing,” in San Diego Physician, February 2015
- “The Ever-Present Possibility of Loss,” in San Diego Physician, March 2015
- “Picasso’s Sketch,” in San Diego Physician, April 2015
- “Infinitesimal Change,” in San Diego Physician, May 2015
- “Lost and Found,” in San Diego Physician, September 2015
- “Just a Bit Ahead of Me in Line,” in San Diego Physician, July 2016
- “You Say You Lost Your Mother,” in San Diego Physician, August 2016
- “So Much of This Is Random,” in San Diego Physician, October 2016
- “Dog Beach,” in San Diego Physician, December 2016
- “Honey of Your Hive,” in San Diego Physician, January 2017
- “Discussing Advance Directives as a Standard of Care” in San Diego Physician, April 2017
- “The Art and Science of Prognosis,” in San Diego Physician, July 2017
- “Winning the Tontine,” in San Diego Physician, August 2017
- “Flying Falling Home” in San Diego Physician, November 2017
- “Swashbuckling and Attribution” in San Diego Physician, April 2018
- “You Already Know” in San Diego Physician, October 2018

PUBLICATIONS (continued):

- “Temporary, Like a Dog” in San Diego Physician, March 2019
- “Creation and Dust” in San Diego Physician, July 2019
- “Crying as Revelation” in San Diego Physician, September 2019
- “Involuntary Enlightenment” in San Diego Physician, March 2020
- “A Doctor Walking in Pain” in San Diego Physician, April 2020
- “Our Humbling Plague” in San Diego Physician, June 2020
- “Mask, Miasma and *Masuk Angin*” in San Diego Physician, August 2020
- “Private Rights and Public Health: The Perennial Trade-Off Revealed by COVID-19” in San Diego Physician, January 2021
- “Signal From Noise” in San Diego Physician, October 2021
- “Schrodinger's Cat Scan in San Diego Physician, December 2021
- “Saying Kaddish At Christmas Dinner” in San Diego Physician, April 2022
- “The Latest Bold Innovation in Primary Care” in San Diego Physician, June 2022
- “Quixotic Medicine” in San Diego Physician, January 2023
- “Regrets, Reckoning and Forgiveness” in San Diego Physician, April 2023
- “The Aging Vitruvian Man and the Modern Practice of Medicine” in San Diego Physician, March 2024
- “Borrowing from the Future/Investing in the Present” in San Diego Physician, April 2024

LICENSURE: State of California License G51760