

CURRICULUM VITAE

Tara Dall, MD, FNLA

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www.MD21.com

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AvanceMD Concierge

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Education

November 12, 2005 August 2015	Diplomate, American Board of Clinical Lipidology, Inaugural Class Completed Institute for Functional Medicine (IFM) Applying functional medicine in clinical practice (AFMCP) program
December 2001	Certified as Clinical Densitometrist from International Society for Clinical Densitometry
1998 – 2001	University of Wisconsin Madison Family Practice residency, Board Certified Family Medicine 2001 – 2008 Recertified June 2008 – 2018, WI and VA state medical license
1994 – 1998	University Wisconsin Medical School (May 1998 Doctor of Medicine)
1991 – 1994	Bachelor of Science, Zoology, University Wisconsin Madison
1990 – 1991	Hope College, Holland, Michigan

Employment and Board Membership

January 2015 – present	Physician cofounder AvanceMD Concierge, Richmond, VA
January 2015 - present	MD21 Virtual telemedicine international concierge, founding physician
January 2010- present	Co-founder Lecturepad.org educational web portal
January 2012- present	Chief of Cardiometabolic Education, Foundation for Health Improvement and Technology (non-profit)
August 2014- present	Lupus Foundation of America DC/MD/VA chapter, Scientific Advisor
June 2012 – Sept 2015	Chief Medical Officer, Health Diagnostics Laboratory, Richmond, VA
July 2013- 2014	American Heart Association Mid Atlantic Affiliate 2013-2014 Research Committee
May 2011-May 2012	President Elect Midwest Lipid Association
May 2009	Awarded designation of “Fellow of National Lipid Association” 2009, FNLA
June 2008- May 2014	President, Medical Director, Founder Advanced Lipidology, Early Detection Center for Heart Disease & Diabetes, Delafield, Wisconsin Board Certified Family Medicine with license in WI and VA
Sep 1, 2007 –2013	Assistant Clinical Professor, Department of Medicine - Medical College of Wisconsin

- Dec 1, 2005- June 2008 Medical Director and founder, Cholesterol & Lifestyle Center ProHealth Care, Waukesha County, Wisconsin, first fully board certified lipid clinic (ABCL, ACCL) in the United States
- October 2006-June 2012 Executive Board member, Midwest Chapter, National Lipid Association
- Aug 2001 – July 2005 Board Certified Family Physician, full time private practice, Moreland Family Medical Associates, Waukesha, Wisconsin
- Dec 1996 – May 1997 Course Director and founder, University of Wisconsin Medical School's 2nd year course in Human Sexuality, Madison, WI

Research

- March 2011- Sept 2015 Diabetes Prevention and Management Panel patient study, PI for WI based practice, Health Diagnostic Laboratory, Inc
- August 2007 – 2010 "Improving Cardiovascular Risk Prediction Using Hand-Held Carotid Ultrasonography", James Stein Lead Investigator UW Madison, Serving as Principal Investigator for Waukesha, WI site
- Aug 2006-Aug 2008 ORIGINAL RESEARCH Dall TL, Vasudevan M, Ballantyne CM, Pourfarzib R. Effect of Metformin on Lipoprotein Particle Concentration in Pediatric Patients with Obesity and Dyslipidemia, Presented American Diabetes Association June 2009 Abstract No: 1767-P Diabetes 58, A453-A454, Suppl. 1, June 2009

Publications:

- Elliott Wolin, PhD, Justin White, MS, James V. Pottala, PhD, Maciek Sasinowski, PhD, MD, Tara Dall, MD, Thomas D. Dayspring, MD, Joseph P. McConnell, PhD, Daniel M. Hoefner, PhD, Stephen A. Varvel, PhD, Dawn L. Thiselton, PhD, G. Russell Warnick, MS, William S. Harris, PhD* Comparison of cardiometabolic risk biomarkers from a national clinical laboratory with the US adult population. *Journal of Clinical Lipidology*, Vol 9, No 6, December 2015
- Stephen A. Varvel, PhD*, Thomas D. Dayspring, MD, Yvette Edmonds, PhD, Dawn L. Thiselton, PhD, Leila Ghaedi, PhD, Szilard Voros, MD, Joseph P. McConnell, PhD, Maciek Sasinowski, MD, PhD, Tara Dall, MD, G. Russell Warnick, MSc, MBA. Discordance between apolipoprotein B and low-density lipoprotein particle number is associated with insulin resistance in clinical practice. *J Clin Lipidol* 2015 Mar-Apr;9(2):247-55. Epub 2014 Nov 28. DOI: <http://dx.doi.org/10.1016/j.jacl.2014.11.005>
- S Varvel, S Voros, D Thiselton, J Pottala, T Dall, G Warnick, J McConnell, L Ghaedi, M Sasinowski, T Graham Comprehensive Biomarker Testing of Glycemia, Insulin Resistance, and Beta Cell Function Has Greater Sensitivity to Detect Diabetes Risk Than Fasting Glucose and HbA1c and Is Associated with Improved Glycemic Control in Clinical Practice. *J Cardiovasc Transl Res* 2014 Aug 29;7(6):597-606. Epub 2014 Jul 29. DOI 10.1007/s12265-014-9577-1
- Stephen A. Varvel, PhD; James V. Pottala, PhD; Dawn L. Thiselton, PhD; Rebecca Caffrey, PhD; Tara Dall, MD; Maciek Sasinowski, MD, PhD; Joseph P. McConnell, PhD; G. Russell Warnick, MS, MBA; Szilard Voros, MD; Timothy E. Graham, MD. Serum alpha-hydroxybutyrate (α -HB) predicts elevated 1-hour glucose levels and early-phase β -cell

dysfunction during OGTT. *BMJ Open Diabetes Res Care* 2014 24;2(1):e000038. Epub 2014 Sep 24

- Dall T, Thiselton D, Varvel S. Targeting insulin resistance: the ongoing paradigm shift in diabetes prevention. *Am J Manag Care* 2013;19(2):SP61-SP66
- Alexis C. Frazier-Wood, Timothy W. Garvey, Dall, T, Honigberg, Ray Pourfarzib, Opportunities for Using Lipoprotein Subclass Profile by Nuclear Magnetic Resonance Spectroscopy in Assessing Insulin Resistance and Diabetes Prediction. *Metabolic Syndrome and Related Disorders* 2012
- Johnson HM, Turke TL, Grossklaus M, Dall T, Carimi S, Koenig LM, Aeschlimann SE, Korcarz CE, Stein JH. Effects of an Office-Based Carotid Ultrasound Screening Intervention. *J Am Soc Echocardiography* 2011, 24:7, April 6
- Dall, Tara, Pourfarzib, Ray. "Clinical Utility of Low-Density Lipoprotein Measurement in Management of Cardiovascular Disease: A Case Study" *Research Reports in Clinical Cardiology* 2011: 2
- Dayspring, Tom. Dall, Tara. Abuhajir, Majed. "Moving beyond LDL-C: incorporating lipoprotein particle numbers and geometric parameters to improve clinical outcomes" *Research Reports in Clinical Cardiology* 2010;1:1 – 10
- Dall, Tara. Bays, Harold. Addressing Lipid Treatment Targets Beyond Cholesterol: A role for Prescription Omega-3 Acid therapy. *Southern Medical Journal*, April 2009.
- Lipid Spin Volume 9, Issue 3, summer 2011 Advanced Lipid Testing: Beyond LDL –P and Apo B. Peer Reviewed Publication of National Lipid Association.
- Lipid Spin Volume 6, Issue 3, summer 2008 Featured cover article: Vitamin D Merging Research into Clinical Lipid Practice. Peer Reviewed Publication of National Lipid Association.
- Lipid Spin Volume 6, Issue 1, Winter 2007/2008 Polycystic Ovarian Syndrome, insulin resistance, and lipids. Peer Reviewed Publication of National Lipid Association.

Online Publications / CME

- Medscape Why is Targeting LDL-C Not Enough? The Data On Low HDL-C and Residual CV Risk **CME** Tara Dall, MD; James Underberg, MD Released: 06/27/2012
- Medscape Personalizing Lipid Management: Addressing Statin Intolerance and Adherence in Clinical Practice **CME** Tara L. Dall, MD; Peter Howard Jones, MD released 06/26/2012
- Polypharmacy and Statin Selection: Reducing the Potential for Drug-Drug Interactions JoAnne M. Foody, MD; Tara Dall, MD CME Released: 11/07/2011
- Dall, Tara. A Patient With Coronary Artery Disease and Low High-Density Lipoprotein. *Lipidsonline.org*, September 2010. CME activity
- Metabolic syndrome: to be, or not to be. DALM conference coverage *Online Medscape* Nov 2007

Abstracts/Posters:

- James Bruton, Joseph McConnell, Dan Hoefner, Tara Dall, Thomas Dayspring, Determination of Desmosterol, Campesterol, Cholestanol and b-Sitosterol in plasma utilizing LC-MS/MS in Clinical Diagnostics, Poster American Society for Mass Spectrometry June 8, 2013
- Stephen A. Varvel, PhD; Thomas D. Dayspring, MD; Tara Dall, MD; Dawn L. Thiselton, PhD; Yvette M. Edmonds, PhD; Joseph P. McConnell, PhD; G. Russell Warnick, MS, MBA Discordance between apoB and LDL-P in clinical practice is associated with insulin resistance. Poster Presentation National Lipid Association Annual Scientific sessions, Las Vegas, NV May 31-June 2, 2013
- Hector Malave, MD, Richard Wright, MD, Tara Dall, MD, Barney B. Beaver, DO, Ray Pourfarzib, PhD. Heterogeneity of Low-Density Lipoprotein Particle Number (LDL-P) at Normal Concentrations of Lipoprotein (a) in Hyperlipidemia Patients, National Lipid Association Annual Scientific sessions, Scottsdale, AZ May 31- June 3, 2012
- Dall TL, Ballantyne CM, Pourfarzib R, Hailpern SM. Elevated Low-Density Lipoprotein Particle Number in Dyslipidemic Patients with Diabetes Having Achieved ATP III Treatment Goals. The American Diabetes Association's 70th Scientific Sessions, Poster 1074, June 27, 2010.
- Dall TL, Pourfarzib R. Low-Density Lipoprotein Particle Number is Heterogeneous Among Persons With and Without Type 2 Diabetes and LDL Cholesterol <100 mg/dL. National Lipid Association Annual Scientific Session, May 13, 2010.
- Dall TL, Pourfarzib R, Hailpern SM. High- and Low-Density Lipoprotein Particle Number in Dyslipidemic Persons With Type 2 Diabetes Having Achieved ATP III Treatment Goals. *The 6th International Atherosclerosis Society*, 239 P, May 19, 2010.
- Dall TL, Vasudevan MM, Ballantyne CM, Pourfarzib R. Effect of Metformin on Lipoprotein Particle Concentration in Pediatric Patients with Obesity and Dyslipidemia, Presented American Diabetes Association June 2009 Abstract No: 1767-P Diabetes 58, A453-A454, Suppl. 1, June 2009
- Johnson HM, Turke TL, Grossklaus M, Dall T, Carimi S, Koenig LM, Aeschlimann SE, Korcarz CE, Stein JH. Detection of subclinical atherosclerosis by office-based carotid ultrasound increases prescription of preventive therapies. 59th Annual Scientific Sessions of the American College of Cardiology, Atlanta, GA. *Journal of the American College of Cardiology* 2010; 55:A58.
- Johnson HM, Turke TL, Grossklaus M, Dall T, Carimi S, Koenig LM, Aeschlimann SE, Korcarz CE, Stein JH. Effects of office-based carotid ultrasound on health-related behaviors and perceptions of cardiovascular disease risk in patients. 59th Annual Scientific Sessions of the American College of Cardiology, Atlanta, GA. *Journal of the American College of Cardiology* 2010; 55:A59.

Presentations Local, National and International

Upcoming CME Events:

- October 6, 7, 2017 A4M Co-Chair Obesity and metabolic Medicine 3 day course, Boston MA, Sheraton
- Dec 30, 2017- Jan 06, 2018 Preventive Medicine, Preventive Cardiology & Personalized Medicine Southern Caribbean Holiday Cruise Conference Round-trip San Juan, Puerto Rico, https://www.continuingeducation.net/coursedescription.php?topic=Preventive_Medicine_Cardiology_December_2017J
- March 11 - 21, 2018 Preventive Medicine and Preventive Cardiology 20 AMA PRA Category 1 Credit(s)TM 10-Night Panama Canal Cruise Conference Round-trip Fort Lauderdale, Florida Holland America's *ms Zuiderdam*

CME Events:

- June 25 - July 2, 2017 Women's Health, including Cardiometabolic Disease, Obesity, and Lipid Management 14 credit hours AMA PRA Category 1 Credit(s)TM Round-trip Fort Lauderdale, FL Royal Caribbean's *Allure of the Seas*
- May 2-12, 2017 Continuing Education Inc, University at Sea, Celebrity Constellation, Italy, Spain. 8 lectures provided by T Dall "Uncovering root causes of Chronic Disease: Diabetes, Cardiovascular disease, Alzheimers". "Impact of Gut Microbiome on CV disease". "Diabetes Med Update: Effect on CVD", "Advanced lab testing: What to do and when is it overkill"
- April 21-23, 2017 Obesity Medicine 2017, "Advanced lipids and inflammatory biomarkers" Seattle, Washington
- February 10, 2017 Aspirus Heart & Vascular Winter Conference Educational Program "New diabetic meds and CV impact" and "Obesity management from perspective of a lipidologist"
- May 30 – June 10, 2016 Continuing Education Inc, University at Sea. Mediterranean Cruise Conference from Barcelona, Spain to Venice, Italy. Holland America's *ms Eurodam*. 8 CME lectures provided by T Dall on Topic of Preventive Cardiology and Hospital Medicine
- February 3, 2016 **Annenberg Center for Health Sciences** Early detection for heart disease and diabetes through the use of biomarker testing. (760) 610.7360 www.emc.org/wellness
- August 2, 2015 Preventive Cardiology biomarker lecture series 8 CME lecture hours with Continuing Education Inc, University at Sea *Oosterdam*, Northbound Alaska, Vancouver to Anchorage
- May 18, 2015 Grand rounds Fairfax Inova hospital, Fairfax, VA "Biomarker testing: clinical advances"
- April 11, 2015 ASBP Obesity Medicine 2015 Denver, CO "Using biomarkers to Assess risk and guide treatment in patients affected by Obesity and Patients with obesity-related metabolic disease", second lecture "Optimizing lifestyle Intervention Based on Lipid Analysis and Biomarkers"
- February 22-29, 2015 Preventive Cardiology lecture series 8 CME lecture hours with Continuing education Inc, University at Sea *Adventure of the Seas*, San

	Juan departure
February 10, 2015	“NMR lipoprofile: Science and clinical application”, Guatemala City, Guatemala. Guatemala Cardiology Association
January 27, 2015	Biomarkers role in personalized medicine. Baton Rouge, Louisiana
December 10, 2014	A4M conference Using Biomarkers to Age Well. Las Vegas, NV
December 5,6 2014	NCAFP Annual Conference , Biomarkers update ,Ashville, NC
November 7, 2014	32 nd Annual North Central Heart Cardiac Symposium, Sioux Falls Convention Center, Sioux Falls, SD “Biomarkers: Understanding the Science, Real life application” CME
November 5, 2014	Advanced Biomarker testing, Falls Church, VA
September 27, 2014	“New concepts in Lipidology” Dignity Heart and Vascular institute Cardiology and Electrophysiology 2014 Concepts and Controversies, Sacramento, CA
September 12, 2014	2 keynotes: “The truth inside you: why traditional testing fails to prevent heart disease”, “Complex lipid management: lowering triglycerides and raising HDL: how to do it and is it of value” American society of Bariatric physicians. Hilton, Austin Texas
June 18, 2014	Grand rounds Eastern VA Medical School Norfolk, VA “Polycystic Ovarian Syndrome: role of biomarkers in treatment and management”
April 4, 5 2014	Virginia Osteopathic Medical Association, Williamsburg, VA Keynote speaker
February 15, 2014	Guerrieri Heart and Vascular Institute’s 18 th Annual Coastal Cardiovascular conference, Hyatt, Cambridge, Maryland
February 6-9, 2014	International CVD Prevention Symposium, Miami, FL, “Women and Heart Disease”, Advanced Lipid Testing: Case based application”
Jan 27, 2014	Global Media Dynamics Onsite clinic Congress, Fairmont Scottsdale, AZ, keynote address
November 3-7, 2013	CME institute Primary Care Update, “Women and heart disease”, “Lipid disorders in children and adolescents: challenges and solutions”, “Advanced lipid testing: Examining the science and clinical application”, “Complex lipid management: what to do about HDL and triglycerides”, “PCOS and metabolic syndrome: new treatment paradigms”
October 19-20, 2013	Womens Health Update, Chicago IL Continuing Medical Education Institute, Inc
October 11, 2013	Virginia Arlington Hospital Grand rounds: “Advanced Biomarker testing, the science and clinical application
September 12-22, 2013	“Preventive Cardiology”, Nieuw Amsterdam, Eastern Mediterranean (8 CME lectures) Continuing Education Inc, University at Sea
May 4, 2013	PCNA meeting “Advanced Biomarker testing”, Las Vegas, NV
May 3, 2013	“Multidisciplinary perspectives on Case based management of hypertriglyceridemia and other Cardiometabolic Risk factors”, Phoenix AZ. AACE meeting
April 24,2013	“Advanced biomarker testing: case based approach”, Richmond, VA sponsored by HDL, inc
April 6, 2013	“Advanced Biomarker Testing: Case based Approach”, Chicago, IL sponsored by HDL, inc

- March 20, 2013
March 4-8, 2013 “Advanced Biomarker testing”, Richmond VA, sponsored by HDL, inc
8th Annual Primary Care update – 6 Lectures, Kanapalii beach Westin, Maui, Hawaii Continuing Medical Education Institute
- February 15, 2013 International CVD Prevention Symposium, Miami, FL “Advanced Lipid testing: case based discussion”, “Familial Hypercholesterolemia Update: Screening Treatment, what’s new on the horizon?”, “Hormone Therapy in Women: Case based panel discussion”, “Patient Management: Case Studies with Faculty”
- December 7, 2013 University of Nebraska Omaha grand rounds “Complex lipid management”
- November 15, 2012 Bon Secours 2nd Annual Clinical Innovation Forum, Kingsmill Resort, VA “Advanced Biomarker testing: Science and Clinical Applications”
- November 2-4, 2012 Trends in Cardiovascular Medicine “Advances in Statin Therapy: Clinical Pearls for Optimizing the Management of Dyslipidemia in the Clinically Complex Patient”, Lake Tahoe
- September 27, 2012 Bon Secours CME Richmond, VA “Advanced cardiovascular biomarkers: Case based clinical Pearls”
- September 19, 2012 Bon Secours CME Richmond, VA “Advanced cardiovascular biomarkers: Case based clinical Pearls”
- September 7-9, 2012 Obesity section chair, presenter North American Center for Continuing Medical Education, LLC (NACCME) Cardiometabolic Risk Conference, Las Vegas Nevada (1) keynote “Cost-Effective Strategies for Accessing and Treating CMR”, (2) “Lowering Triglycerides and Raising HDL: How To Do It and Is It of Value?”, (3) “Lipids in Children and Adolescents: Challenges and Solutions”, (4) “Focus on Management of Obesity and Comorbidities: Determining the Right Approach for Obese Patients”
- July 19-22, 2012 “Women and Heart disease 2011 AHA update”, “PCOS and Cardiovascular disease”, “Diabetes Drug updates, CME Institute Primary Care update, Cape Cod
- July 2, 2012 “Hot topic updates: Lipid Management”, North Carolina Academy of Family Physicians 2012 Midsummer Family Medicine Digest. Embassy Suites-Kingston, Myrtle Beach, SC
- May 21, 2012 “Complex Lipid Management” Spring Medical Surgical Armed forces Annual conference, Bad Kissingen, Germany
- May 31, 2012 Heart.org “Managing statin Tolerance and Adherence”
- April 19, 2012 Bale Doneen preceptorship guest lecturer “Beyond LDL-P and Apo B: Insulin resistance”
- April 7-10, 2012 CME institute Primary Care Update, “Women and Heart disease 2011 AHA update”, “PCOS and Cardiovascular disease”, “Diabetes Drug Updates”, Marco Island, FL
- March 10, 2012 “Diabetes drug updates for Lipidologists” speaker, Moderator Diabetes

	section, Conference Co Chair MWLA/PLA annual conference, Hilton Bayfront, San Diego, CA
March 8, 2012	Lipid Academy “Clinical Trials Overview” and “Diagnosis, Clinical Appraisal and Treatment Guidelines”, San Diego, CA
January 2012	Polypharmacy and Statin selection: Reducing the potential for drug drug interactions. CME theheart.org and Medscape.com
January 22-29, 2012	Continuing Medical Education at Sea, “Preventive Cardiology and Lipidology” 7 lectures, MSC Splendid, Western Mediterranean Sea
October 21, 2011	Cardiometabolic Health Congress, Boston, MA October 22, 2010
October 19, 2011	“Advances in Statin Therapy: Expert Recommendations for Optimizing the Management of Dyslipidemia in the Clinically Complex Patient” Polypharmacy and Statin Selection: Individualizing Lipid-lowering Therapy to Reduce the Potential for Drug-drug Interactions, heart.org video
September 15-16-2011	Cleveland Heart Lab Annual Symposium, “Advanced Lipid Testing: Case Base Clinical Pearls”, now on lecturepad.org “Advanced Lipid Testing comes Alive”
July 15, 16, 2011	Florida Academy of Family Physicians Annual conference, Hilton Orlando FL “PCOS” and “Complex Lipid Management”
July 11, 2011	CME “Advanced Lipid testing: Case based clinical application” for Health Coaches, HDL laboratories
June 16, 2011	Watertown Hospital Grand Rounds, “Complex lipid management”, Watertown, WI
June 10, 2011	CME conference “Advanced Lipid Testing” SouthEast Regional Medical Center, Lumberton, NC
April 29, 30 2011	Minneapolis, MN CME institute Primary Care Update, “Advanced Lipid testing”, “Women and Heart disease 2011 AHA update”, “PCOS and Cardiovascular disease”
March 31-Apr 1, 2011	6 th Annual Primary Care Update, 4 lectures: “Complex Lipid Management”, “Mastering NMR - A Case based Discussion”, “Women and Heart Disease”, “PCOS and Cardiac Risk” Marco Island, CME institute
April 4-5, 2011	6 th Annual Primary Care Update , 4 lectures “Complex Lipid Management”, “Mastering NMR - A Case based Discussion”, “Women and Heart Disease”, “PCOS and Cardiac Risk” Marco Island, CME institute
February 27, 2011	6 th Annual Primary Care Update, “Complex Lipid Management”, “Mastering NMR - A Case based Discussion”, “Women and Heart Disease”, “PCOS and Cardiac Risk”, Maui, Hawaii, CME institute
November 19, 2010	Lankenau Hospital, Philadelphia, PA. Grand Rounds CME: Advanced Lipid Testing
October 3-10, 2010	University at Sea “Preventive Cardiology Update”, Bermuda 8 CME lectures
October 23, 2010	Cardiometabolic Health Conference, Boston, MA “Clinical controversies in Lipid Management”

October 22, 2010	Cardiometabolic Health Conference, Boston MA "Advances in Statin Therapy: Expert Recommendations for Optimizing the Management of Dyslipidemia in the Clinically Complex Patient"
September 24, 2010	St Francis 29th Annual Cardiology Symposium, Topeka, Kansas, "Advances in Lipid Management"
July 15, 2010	JFK Grand rounds, "Advanced Lipid Testing" Fort Lauderdale, FL
July 9, 2010	AAFP Florida chapter, Advances in Lipid Management, Orlando, FL
June 25-27, 2010	3rd Annual Primary Care Update, Teton Lodge, Jackson Hole, Wyoming "Cardiovascular Disease and Women", "Advanced Lipid testing", "Cardiovascular Disease and Diabetes", CME Institute
April 9, 10, 2010	Update in Cardiology Conference, "Advanced Lipid testing Case Based Approach", Minneapolis, Minnesota, sponsored by PESI
January/February 2010	Webconference "The Goal is Glycemic Control: Practical Strategies for Promoting Diabetes Self-Care in Clinical Practice.", TCL Institute
October 15, 2009	Pri-Med Updates, "CVD Risk Reduction in Type 2 Diabetes: A Call to Action for the Primary Care Practitioner", Miami, FL
October 1, 2009	Pri-Med Updates, "CVD Risk Reduction in Type 2 Diabetes: A Call to Action for the Primary Care Practitioner", Cincinnati, Ohio
September 16, 2009	"The Goal is Glycemic Control: Practical Strategies for Promoting Diabetes Self-Care in Clinical Practice." Dr. Buse faculty chair
August 27, 2009	Pri-Med Updates, "CVD Risk Reduction in Type 2 Diabetes: A Call to Action for the Primary Care Practitioner", New York City
July 19, 2009	Florida Academy of Family Physicians 2009 Summer Break Away, Boca Raton, FL, "Lipid Management"
July 18, 2009	Florida Academy of Family Physicians 2009 Summer Break Away, Boca Raton, FL "Polycystic Ovarian Syndrome"
June 27, 2009	Primary Care Network Conference "Spotlight on Diabetes: Managing Patients in Primary Care, Best Practice Series", Atlanta, Georgia
June 11, 2009	Texas ACOFP Annual Joint Conference "Particle Testing for Cholesterol", Arlington Convention Center, Arlington, Texas
May 29, 2009	Primary Care Network Conference "Spotlight on Diabetes: Managing Patients in Primary Care, Best Practice Series", Los Angeles CA
May 1, 2009	National Lipid Association Symposium, "Emerging Data in the Management of Mixed Dyslipidemia", National Lipid Association Meeting, Miami, FL
April 18, 2009	the Second Annual University of Chicago Pritzker School of Medicine Preventive Cardiology Summit, "Complex Cases: Lipoprotein Fractionation", Chicago, IL
April 4, 2009	"Women and Heart Disease, Lipids PCOS and more" Wisconsin Cardiopulmonary Conference, Country Springs, Waukesha, WI October 4, 2008 PCNA Annual Conference, invited speaker, "Residual Risk and the Role of HDL-C and Triglycerides in the Prevention of Cardiovascular Disease"
April 3, 2009	"Women and Heart Disease 2009 Update", Charlotte, NC, Blue Cross Blue Shield
March 27, 2009	The Second Annual University of Chicago Pritzker School of Medicine Preventive Cardiology Summit, "Complex Cases: Lipoprotein Fractionation", Orlando, FL
February 27, 2009	28 th Annual Cardiology Symposium, Topeka Kansas "Update in Lipid Management"

February 14-21, 2009	University at Sea, Preventive Cardiology Series, Caribbean 7 lectures
September 28, 2008	“Lipid Clinic Model of Care”, Midwest Lipid Association Annual meeting, Chicago, IL
September 18, 2008	“Dyslipidemia: Vital issues in Medicine” American Academy of Family Practitioners (AAFP) – San Diego, CA
August 23, 2008	“PCOS Lipoprotein Assessment and PCOS Case Studies” Southeast Lipid Association, Hilton Head, NC, invited speaker
August 24, 2008	“Advanced Lipid Testing Case Studies”, Southeast Lipid Association, Hilton Head, NC, invited speaker
July 17, 2008	“Advanced Lipid testing”, PA Annual meeting, Branson, MO invited speaker
March 14, 2008	“Aggressive Detection and Prevention of Cardiovascular Disease in Women” ADA sponsored Wisconsin Diabetes Educator Conference, Madison, WI invited speaker
January 31, 2008	“Advanced Lipid Testing” Medical College of WI 38 th Annual Winter Refresher Course, invited speaker, Country Springs, Waukesha, WI
January 4, 2008	“Updates in Lipidology” St. Joseph Hospital Grand rounds, West Bend WI, invited speaker
November 2, 2007	“PCOS and Cardiovascular risk”, ProHealth Care winter conference, Country Springs, Waukesha, WI, invited speaker
October 30, 2007	“Innovations Award lecture” Mayo clinic preventive cardiology symposium: Putting Prevention into Practice, Rochester, MN
October 19, 2007	Course director, “Applied exercise science for health professionals”, ProHealth care sponsored CME event, Waukesha, WI
October 11, 2007	“Advanced Lipid testing for the Assessment of Cardiac Risk”, Wisconsin Academy of Physician Assistants (WAPA) Fall Conference, Waukesha, WI
April 5, 2007 Waukesha, WI	Midwest Lipid Association Journal Club, “CHICAGO study”,
March 26, 2007	American College of Cardiology (ACC), New Orleans, LA, “Meet the Experts: Mixed Dyslipidemia”
February 20, 2007	“Women and Heart disease: AHA updated Guidelines”, Waukesha Memorial Hospital Grand Rounds presentation, Waukesha, WI,
November 7, 2006	“Advanced Lipid testing with NMR lipoprofile” Froedtert Hospital, Milwaukee WI Cardiology Grand Rounds
October 22, 2006	Midwest Lipid Association, Panelist “Pleotrophic effects of Lipid Lowering Therapy” Kansas City, MO
September 8, 2006	“Advanced lipid testing and Advanced Lipid Management” invited speaker, Community Memorial Hospital, Menomonee Falls, WI
May 12, 2006	“Hyperlipidemia in Children” CME event, invited speaker Pediatric Neonatal Symposium, Country Inn, Waukesha, WI
February 28, 2006	“Advanced Lipid Testing” Grand Rounds Waukesha Memorial Hospital, Waukesha, WI

Media appearances:

June 2015	WTVR Virginia this morning. “Insulin resistance: Belly fat”
March 16, 2015	WTVR Virginia this morning. “Learn important information about high cholesterol and diabetes in children”.

January 2014-Dec 2014 Weekly appearance Tuesday AMs starting Jan 2014 on The Broadcast, The Texas Daily, KTXD47, medical correspondent, 30 programs

Sept 6 2014, Nov 29,2014 Forever Young Radio guest, wABCradio

April 2014 – July 2014 Optimal Bowl wellness hour, NFL alumni wellness challenge, wabcradio.com regular guest

January 28, 2014 CBSsports.com, Bloomberg, Redskins radio interviews regarding HDL official Health and wellness sponsor of Washington Redskins, also participation in the Optimal Bowl with retired NFL players

April 27, 2013 American Heart Association Heart Ball event (video) Richmond, VA

July 2013 ESPN, Bloomberg and various Media announcements/ interviews Health Diagnostic Laboratory partnership as Official Health and Wellness sponsor for Washington Redskins

April 2012 CBS affiliate San Francisco, Reno fire department special report

October 19, 2012 CBS 6's Virginia This Morning Show, AHA Heart Walk promotion

July 6, 2011 PCOS Challenge Radio Show <http://www.pcos.tv/pcos-testing/>

January 18,2010 REACH MD Satellite radio guest Lipid Luminations: LDL particle testing, host Alan Brown, MD

July 28, 2009 WTMJ –TV NBC Affiliate “Lifesaving Test”, special report

October 2008 FOX news Medical Minute, Milwaukee, WI “Cholesterol education focus on children”

June 2008 REACH MD Satellite radio Guest Lipid Luminations: PCOS and cardiovascular risk, host Larry Kaskal

June 2008 CNN radio Health Watch, High triglycerides and use of Omega 3 fatty acids, host Jackie Howard

June 2008 Radio Health Journal, interview High Triglycerides

October 2007 Web MD Mechanism of action of Triglycerides <http://www.medscape.com/infosite/lovaza>

June 2007 Featured interview Milwaukee Home Magazine “Go Red Check up”

June 8, 2007 REACH MD satellite radio Guest on Lipid Luminations

May , 2007 WISN-TV Special report on Cholesterol & Lifestyle Center Pedometer story

February 28, 2007 WISN-TV featured story on early detection of heart disease with advanced lipid testing

November 2006 Interviewed on Track your Plaque website, Small LDL particles Bullies looking for trouble: <http://www.trackyourplaque.com/>

January 13, 2006 Fox News Healthy Living Segment, Milwaukee, WI “PCOS and heart disease risk”

February 18, 2005 Fox News Medical Minute, Milwaukee WI, “Women and Heart Disease”

Community and Medical Presentations:

March 19, 2016 George Washington University, Washington DC. Annual Lupus Summit. “Heart Disease and Stroke Prevention: Information that may save your life”

October 24, 2015 Maryland Annual Lupus Summit, “Prevention of Heart Attack and Strokes”, John Hopkins Hospital's Turner Auditorium

August 25, 2014	Bon Secours Medical Group Physician Leaders meeting Hampton Roads, VA “Biomarkers: personalized medicine, the future of medicine. Clinical applications”
July 14, 2014	Chesterfield County Community lecture, Bird High School Auditorium
June 20, 2014	Physician Doctors Caucus, United States Congress
January 10, 2014	Retail Merchants Association First Friday Forum “Solving the Heart Disease puzzle: Empowering Patients lowering Costs”, Richmond VA
December 5, 2013	Grand Rounds for Community Leaders, Bon Secours Heart Institute, Richmond, VA, keynote speaker
Sept 27, 2013	Addressing the diabetes epidemic: Empowering patients lowering cost, YMCA Strategic Planning Meeting keynote address, Capital One Center, Richmond, VA
June 27, 2013	Extraordinary Women’s Exchange Real Conversations, Sponsored by Richmond Chamber, Richmond, VA Extraordinary Women’s Exchange Real Conversations 06-27-2013 Topic: "Happy, Healthy & Whole"
July 26, 2013	Tackling Runaway Health Care Costs. Breakfast of Health Champions, Science Museum of Virginia, Keynote address
September 19, 2011	“Cholesterol Myths Unveiled” Laureate Group, Menomonee Falls, WI
March 23, 2011	“Cholesterol Myths Unveiled” Delafield City Hall, WI, sponsored by Lake Country Police and Fire
August 10, 2009	General Electric "Lunch & Learn" - Heart Disease Prevention Know Your Numbers!
November 6, 2008	Diabetes Day keynote speaker, Green Bay, Wisconsin
November 8, 2008	Diabetes Day keynote speaker, Reedsburg, Wisconsin
June 1, 2007	Key note speaker, Go Red for Women Annual American Heart Association luncheon, Milwaukee, WI
April 2007	Interview in M Magazine, April edition
March 14, 2007	“Heart Healthy Living” American Academy of University Women West Suburban branch, Brookfield WI, invited speaker
February 19, 2007	“Good Heartkeeping” invited keynote speaker ProHealth Care’s annual Women and Heart Event, Waukesha WI
February 1, 2007	“Advanced Lipid testing”, Westgate Medical society, St. Louis, MO
January 25, 2007	“Lipids and Diabetes” Cream City Physicians, African American Medical Society, Milwaukee, WI
November 16, 2006	“Advances in CHD management: new technology” Detroit, MI
November 15, 2006	Women’s Executive Leadership Breakfast, The Woman’s club of Wisconsin, AHA Go Red for Women Campaign, presentation
November 3, 2006	“Moving Beyond LDL cholesterol”, Metro Milwaukee Nurse practitioner Association semiannual meeting, invited speaker
October 17, 2006	“Cholesterol: new insights technology and treatment” Lunch n Learn Westwood Fitness Center, Waukesha, WI
October 11, 2006	“Advanced lipid testing new technology” invited speaker to Statewide WI Heart Alliance, Madison, WI
September 21, 2006	Midlife lecture series ProHealth Care: “Cholesterol the Basics, lifestyle, meds, supplements.” Waukesha, WI
August 9, 2006	“Dyslipidemia, Going beyond LDL” Philippine Medical Society, Milwaukee, WI
July 20, 2006	“NMR: Understanding Advanced Lipid testing”, Louisville, Kentucky, Physicians and Lab Corp Representatives

June 23, 2006	“Cholesterol 101” Kiwanis club, Elm Grove WI
May 9, 2006	Waukesha County Technical College Learning in Retirement lecturer, “Understanding Heart disease risk, medications and lifestyle management”
May 4, 2006	“Cholesterol and Diabetes” presentation Diabetes support group, Waukesha Memorial Hospital
March 18, 2006	“Beauty Begins Within” Speaker, ProHealth Care event for Mothers and Daughters, Waukesha, Wisconsin
March 30, 2006	“Controlling Cholesterol” presentation to Oconomowoc Senior community, Berkshire Center, Oconomowoc
February 24, 2006	Talbots community event “Women and Heart Disease”, Brookfield, WI
February 23, 2006	“Considering Cholesterol” Presentation to ProHealth Care Employee Corporate Health Initiative
December 5, 2005	“Advanced Lipid Testing” talk, invited speaker Reedsburg Hospital, Reedsburg, WI
June 8, 2005	American Heart Association Go Red Campaign, presentation on “Metabolic Syndrome”
March 5, 2005	Presenter “Beauty Begins Within”, Waukesha Community Technical College event for mothers/daughters
September 2002	Presenter Midlife series Waukesha Memorial Hospital “Create the Body your Soul desires”

Family Medicine Residency and Volunteer Activities

March 2 –16, 2001	Medical Mission, La Ceiba Honduras “Pain and Vein Clinic” performed Prolotherapy and Vein Sclerotherapy
1998 – 2001	MEDIC free clinics for Madison’s underserved population
Sept 2000 – June 2001	“Patient, Doctor, Society” small group instructor UW Medical School
June 2000	State Medical Society Women’s Summit Planning Team “Progress through Partnership: A Focus on You, Women Physicians Improving Women’s Health” Oct 20 –22 2000, Springs resort, Spring Green, WI
October 18, 2000	Grand rounds presentation “Contraception for the Millennium”, St. Mary’s Hospital, Madison, WI
October 21, 2000	Presenter “Residents as Teachers” STFM conference Madison, WI
June 1999 – 2000	Statewide Women’s Health Task Force planning STFM Regional Conference “Teaching Women’s Health in Family Medicine: Expanding the Perspective” October 27-28, 2000 Fluno Center, Madison, WI
June 2000 – Sept 2000	Founder and instructor for “Resident Survival Skills” lecture series
Aug 1998 – 2001	“Mindfulness in Medicine” member and founder
August 1999	AAFP selected original research presentation, Annual meeting San Francisco, CA “Ability of Family Medicine Residents to accurately diagnose Depression with Headache presentation”

Honors and Awards

Our Health Magazine “15 Richmond Healthcare Leaders 40 & Under” Sept 2012 edition
 Patients’ Choice Award (2001-2012, 2014)
 Compassionate Doctor Recognition (2011-2014)
 2013 Wall of stars science and technology Waukesha North High School, Wisconsin

Fellow National Lipid Association 2009

Innovations in Preventive Cardiology Award Mayo Clinic, Rochester, MN Oct 2007

JH Houghton Award AMA 1998

P.E.O. National Scholar 1997

YWCA Waukesha Woman of Distinction, "Young Woman of Tomorrow" 1990