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CURRICULUM VITAE

Tara Dall, MD, FNLA

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Education

- November 12, 2005 Diplomate, American Board of Clinical Lipidology, Inaugural Class
- August 2015 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 and Delafield, WI
- 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 Annual conference key note speaker, "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 32nd 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 18th 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 “Advanced Biomarker testing”, Richmond VA, sponsored by HDL, inc
- March 4-8, 2013 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 “Advances in Statin Therapy: Expert Recommendations for Optimizing the Management of Dyslipidemia in the Clinically Complex Patient”
- October 19, 2011 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 28th 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 38th 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 Midwest Lipid Association Journal Club, “CHICAGO study”, Waukesha, WI
- 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 29,2014Forever 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