



SUMMER 2018 EDITION

THE TOP 100 DOCTORS OF 2018



DR. GARY ROBERSON



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"A leader has the vision and conviction that a dream can be achieved. He inspires the power and energy to get it done."

— Ralph Lauren

The Editor in her own humble words



Ana Palmiero-Senior Editor

Since accepting my position at *Top 100 Magazine* I have been privileged to work with the brightest, most sincere, and highly motivated professionals in the publishing industry.

In the course of fulfilling my chief responsibility as a senior editor, I have written biographies for the most accomplished individuals around the world. Through this endeavour, I have learned so much; most importantly, that passion, determination, and perseverance are the primary components of success.

I have had the privilege of building working relationships with every type of leader, from

small business owners and high-profile attorneys, to educators, artists, authors, community leaders, and innovators. I am always in admiration of these people who save lives, create works of art, shape young minds, and leave their personal imprint on society in general. I have been especially influenced by the way so many of our members sacrificed so much in the pursuit of their dreams.

Chronicling these amazing stories not only makes me feel fortunate by knowing them, but motivates me to keep moving forward. I have learned so much in the execution of my job and I know that by sharing these biographies, others will be equally inspired.



The Top 100 Magazine Produces Several Titles, Including The Top 100 Women, The Top 100 Educators, and The Top 100 Lawyers.

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CHIROPRACTIC MEDICINE



Dr. Cameron Hatam D.C. specializes in Chiropractic BioPhysics (CBP) and provides a variety of innovative treatments to patients at Virginia Family Chiropractic. These include treatments to address pain in the upper and lower back, the neck, knees, shoulders, and hips. Dr. Hatam is accomplished in the field of treating whiplash injuries. Dr. Hatam also treats conditions with cold laser therapy, including peripheral neuropathy. He has made a number of television appearances, including, *Lets Talk Live* and *Good Morning Washington*. Dr. Hatam educates patients on the importance of having a healthy spine and incorporating structural rehabilitation to address the problem at its source. He stated, "When patients are better informed about their bodies, how they work and how they should feel when properly aligned, they are better able to begin making healthier lifestyle choices." Dr. Hatam feels honored when patients choose to go on a journey of health and well-being, allowing him to be their guide to a pain free and healthy state of existence. He enjoys connecting patients to their most inner well being and helping them achieve ultimate health. Dr. Hatam completed his undergraduate degree at George Mason University. He then went on to Palmer College of Chiropractic Florida campus where he received his doctorate in chiropractic. Dr. Hatam enjoys both the clinical aspect of chiropractic as well as running a good business model.

He is a member of the American Chiropractic Association and the Virginia Chiropractic Association. Strongly committed to philanthropic endeavors, Dr. Hatam maintains an active profile in the local community and supports Toys for Tots. In his spare time, he enjoys traveling and outdoor activities such as fishing. Website: www.virginiafamilychiropractic.com

CHIROPRACTIC MEDICINE



Dr. Deepak Moosad is a highly experienced and respected chiropractor in Orange County, California. He created Lotus Wellness Center in 2010 and has since provided a wide range of chiropractic services to patients of all ages. Dr. Moosad offers chiropractic manipulation and corrective techniques, as well as nutritional counseling. He has spent countless hours providing treatment to veterans by providing care at several different Southern California Veterans Hospitals. Dr. Moosad has also continuously provided care at community events such as Healing Hand for Humanity, Dream Center, and Aids Life Cycle. He is well respected for his dedication, technique, and knowledge, and attributes his success to persistence, passion, and belief in treating the whole person. In addition to his role with Lotus Wellness Center, Dr. Moosad serves as the director of health coaching for Rejuvalyte. He is highly respected by his patients, staff and colleagues. He attributes his success to his persistence, and belief in treating every patient holistically and by providing customized care specific for each patient. Dr. Moosad obtained a Master of Acupuncture and Oriental Medicine degree from South Baylo University and is currently completing a fellowship in mind body medicine at the Academy of Integrative Medicine. He also served in the United States Air Force for six years and obtained a degree in aeronautics from Embry-Riddle Aeronautical University. In his spare time, Dr. Moosad enjoys photography and being with his wife and two children, Sanam and Viren. Websites: www.mylwc.com | www.rejuvalyte.com | Email: drdeepakdc@gmail.com

CHIROPRACTIC MEDICINE

Dr. Ghazaleh “Gyzel” Tabrizi D.C. is a well-respected chiropractor in practice at Virginia Family Chiropractic. Dr. Gyzel is known for her work in restoring the normal curves of the spine, allowing for a fully functioning nervous system and proper posture, alleviation of chronic headaches, low back pain, and neck pain. She specializes in treating disc herniation and muscle injury. As a certified personal trainer and physiotherapist, Dr. Gyzel has worked with hundreds of athletes by performing fitness and functional assessments and rehabilitation training. She has also worked with infants as old as a few hours as well as geriatric patients. Dr. Gyzel stresses the importance of a wellness-based lifestyle to improve quality of life and redefine health as energy to create wealth, vitality, a positive mental attitude, an attractive physique, and less pain. She is passionate about giving back and has traveled to countries such as India, El Salvador, and Jamaica on mission trips to treat patients. Her goal is to serve others and her passion is to treat and educate. Dr. Gyzel obtained a Bachelor of Science degree in biology and psychology from George Mason University. She graduated with a Doctor of Chiropractic from CCCLA in Los Angeles, California and is board certified. Dr. Gyzel has made a number of television appearances, including as a co-host/guest speaker on the show, *Eat well with Azar* and speaks about wellness, stress, and other health related topics. She also spends a great deal of time speaking to major corporations, business, universities, and county schools on various health topics. In her spare time, Dr. Gyzel enjoys outdoor activities, working out, and traveling. Website: www.virginiafamilychiropractic.com



HAND, WRIST AND MACROVASCULAR SURGERY

Gregory G. Fedorcik, MD, FACS, is a hand and microvascular surgeon at Central Jersey Hand Surgery. Dr. Fedorcik has a broad range of knowledge of problems related to the hand, wrist, and forearm with interests ranging from hand and wrist fractures, minimally invasive wrist arthroscopy, hand and wrist arthritis, endoscopic carpal tunnel and cubital tunnel release, nerve and tendon injuries, Dupuytren's disease, and sports related ligament injuries of the wrist, among others. Dr. Fedorcik is an attending teaching physician for the orthopedic residents at Monmouth Medical Center in Long Branch, New Jersey and has attending privileges at Jersey Shore University Medical Center, Community Medical Center, CentraState Medical Center, and Riverview Medical Center. Dr. Fedorcik is also a practicing partner at three surgical centers in NJ and the Greater NYC area. Dr. Fedorcik obtained his undergraduate degree from Hamilton College. He is a graduate of SGU School of Medicine and completed his surgery residency at Monmouth Medical Center. Dr. Fedorcik also completed a subspecialty fellowship training in hand, upper extremity, and microvascular surgery at Duke University Medical Center, Dept. of Orthopedics. Dr. Fedorcik is certified by the American Board of Surgery and has received his certificate of added qualification (CAQ) in hand surgery. He is a founding member of the American Society for Surgery of the Hand and a member of the Duke Hand Club, the New York Society for Surgery of the Hand, and the Piedmont Orthopedic Society. Dr. Fedorcik has received a number of prestigious awards and accolades, which include, being recognized as a *Top Doctor in Hand Surgery* for 2015-2017 by Castle Connelly and as a *Top Doctor in Hand Surgery* by *Inside Jersey Magazine* in 2017. Website: www.centraljerseyhand.com/gregory-fedorcik-md.htm | Email: gfedmd@hotmail.com



FEATURE: PRACTICING PAIRS

Power couple, Dr. Nima Mehran and Dr. Caitlin Colvard, share success in marriage and medicine.



Nima Mehran, MD, MS, is an orthopaedic surgeon based in Los Angeles, California. He specializes in sports medicine. He is extremely passionate about working with athletes at of all ages to help them get back to sports and maximize their potential. Dr. Mehran has been on the physician team for the University of Southern California Trojan Football team, *Los Angeles Lakers*, *Los Angeles Dodgers*, *Los Angeles Kings*, *Los Angeles Sparks*, and *Anaheim Ducks*. He has published several scientific papers, which include, *Major League Pitching Workload After Primary Ulnar Collateral Ligament Reconstruction and Risk For Revision Surgery*, which appears in the *Journal of Shoulder and Elbow Surgery* and *Athletic Performance at the NFL Scouting Combine After Anterior Cruciate Ligament Reconstruction*, which appears in *The American Journal of Sports Medicine*. Dr. Mehran is a proud member of the American Orthopaedic Society for Sports Medicine and the American Academy of Orthopaedic Surgeons. He is well respected for his dedication, knowledge, and skill, and attributes his success to his parents, mentors, colleagues, and patients. Dr. Mehran graduated *cum laude* with a Bachelor of Science degree in psychobiology from the University of Southern California. He obtained a medical doctorate from Chicago Medical School. Dr. Mehran was chief resident during his orthopaedic surgery residency at Henry Ford Hospital where he also received the top teaching award among residents of all specialties. He was inducted into *Alpha Omega Alpha*

Honor Society and the Gold Humanism in Medicine Honor Society in 2010. Outside of his career, Dr. Mehran enjoys being with his wife, Caitlin, their two children, Olivia and Scarlett, traveling whenever the opportunity presents itself and participating in activities such as basketball, boxing, and hiking. Instagram: @drnimamehran

Caitlin Colvard, MD, FAAP, is a pediatrician at Westside Pediatrics, a Brentwood, Los Angeles-based practice of board certified pediatricians who specialize in the care of infants, children and adolescents. Dr. Colvard knew she wanted to become a pediatrician at a very young age. Her father, Dr. Michael Colvard, a renowned ophthalmologist travels to Africa every year with a medical mission team as a volunteer eye surgeon. Dr. Colvard assisted her father in Africa for several years while she was in high school and when not working at the hospital with her dad, she spent time at the local orphanage. She was drawn to the babies and children. Dr. Colvard established a foundation to bring clothing and educational supplies to the orphaned, disabled and underprivileged kids in the area. Dr. Colvard graduated from Duke University with a Bachelor of Science in psychology with a focus in infant and child development. She received her medical degree from Chicago Medical School where she was inducted into the Gold Humanism Honor Society, which recognizes individuals who are exemplars of humanistic patient care and who will serve as role models and leaders in medicine. Dr. Colvard completed her internship and residency training at Children's Hospital Los Angeles where she received multiple awards for excellence in clinical pediatrics, leadership, and future promise in the care of children. Dr. Colvard is passionate about the role she plays in the lives of her patients. She loves guiding parents through their journey with a newborn baby. She believes every child is unique and makes it her mission to build strong personal relationships with her patients and their families. Her Instagram page, @doctorcaitlin provides tips for pregnant, expecting and new mothers. Dr. Colvard is board certified in pediatrics and licensed in the state of California. She is a fellow of the American Academy of Pediatrics. Dr. Colvard's spare time is spent with her husband, Nima, and their two children, Olivia and Scarlett. She also enjoys outdoor activities such as kayaking, paddle boarding, hiking and practicing Pilates. Website: www.wspeds.net | Instagram: @doctorcaitlin



PEDIATRICS

Dr. Nick W. Tarricone is a board certified pediatrician for United HealthCare, a diversified managed healthcare company that is ranked seventeen on Fortune magazines top 500 companies in the United States. Dr. Tarricone has practiced medicine for more than thirty years. On a daily basis, he is responsible for examining, diagnosing, and treating children with a wide variety of injuries and illnesses, administering immunizations, and performing routine check-ups. Dr. Tarricone is the author of *Loxitane Overdose*, which was published in *Pediatrics*. He is highly respected for his dedication to his patients and knowledge of pediatrics and was voted *Best Pediatrician of Oneonta* in 2014. He attributes his success to his commitment to providing quality care, a staff that is first rate, and an understanding and supportive wife and family. Dr. Tarricone obtained a Doctor of Medicine degree from the Università Degli Studi Di Bologna. After residency, he volunteered a year of service at the Pine Ridge Indian Reservation in South Dakota where he earned the *Isolated Hardship Award*. There he served as a pediatrician, general medical officer, and chief of staff. A longtime resident of Oneonta, New York, he maintains an active profile in the community and donates generously to several non-profit organizations. In his spare time, Dr. Tarricone enjoys backpacking, wilderness camping, animal rehabilitation, for which he is licensed, travel, reading, and the company of his family.

“THERE CAN BE NO KEENER
REVELATION OF A SOCIETY'S
SOUL THAN THE WAY IN WHICH IT
TREATS ITS CHILDREN.” Nelson
Mandela

Dr. Rachel M. Jackson is the medical director of the Henry Zarrow Neonatal Intensive Care unit at The Children's Hospital at Saint Francis, in Tulsa Oklahoma. The Children's Hospital is part of the Saint Francis Health System, a not-for-profit organization that includes Warren Clinic, Laureate Psychiatric Clinic and Hospital, and Saint Francis Hospital at Broken Arrow. Dr. Jackson also serves as a clinical associate professor of pediatrics at the University of Oklahoma College of Medicine-Tulsa and Oklahoma State University College of Medicine. She obtained her MD degree and completed her pediatric residency at Louisiana State University School of Medicine at New Orleans. Dr. Jackson also completed a neonatal-perinatal fellowship through a combined LSUHSC/Tulane Health Sciences Center Program. Dr. Jackson is licensed in Oklahoma and Louisiana and is a board certified diplomate of the American Board of Pediatrics and Neonatal-Perinatal Medicine. She is highly respected by the medical community for her dedication and expertise and attributes her success to faith, ambition, and a strong commitment to providing quality patient care. Dr. Jackson complements this impressive profile with an equally commendable array of humanitarian undertakings and volunteers frequently at the local church. In her spare time, she enjoys travel, reading, and being with friends and family.



Randi B. Nelson, MD, MBA, is a highly respected pediatrician based in Brooklyn, New York. Dr. Nelson is a contributing writer to *Chicken Soup for the Soul* and the author of a number of well-received publications, including, *There's Been a Decrease in Childhood Obesity-Let's Continue the Trend*. Attentive to altruistic endeavors, Dr. Nelson maintains an active profile in the local community and serves on the Families Like Us Advisory Committee for Literary Partners. She is a proud member of the American Academy of Pediatrics and the Artemis Medical Society. Highly respected for her dedication, patience, and knowledge, Dr. Nelson attributes her success to ambition, commitment to providing quality patient care, and fondness of children. From a young age, Dr. Nelson wanted to pursue a career in medicine and after experiencing a family trauma was even more inspired to follow her dreams and attend medical school. Dr. Nelson's educational background includes a bachelor's degree in accounting from the University of Buffalo, a Master of Business Administration degree from Hofstra University, and a Doctor of Medicine degree from Stony Brook University Health Sciences Center School of Medicine. Dr. Nelson received her board certification from the American Board of Pediatrics. In her spare time, she enjoys traveling and being with family and friends. Email: drrandibnelson@gmail.com

ORTHOPAEDIC SPINAL SURGERY



Christopher David Summa, MD, MBA, is a board certified, fellowship trained orthopaedic surgeon. Dr. Summa is in practice at Sutter Health-Palo Alto Medical Foundation. He established The Spine Clinic of Monterey Bay, a private medical practice, in 2000 which was acquired by Palo Alto Medical Foundation in 2016. Dr. Summa is skilled in the standard technique of fusion for cervical, lumbar, and thoracic spine and the most innovative surgical techniques including minimally invasive discectomy, motion preservation surgery for cervical and lumbar spine (namely artificial disc replacement), and percutaneous spinal decompression. Dr. Summa also serves as a consultant for a number of medical device companies including NuVasive, Centinel Spine and New Era Orthopaedics. His educational background includes a Bachelor of Science degree in chemical engineering from The University of New Mexico and a Doctor of Medicine degree from The University of New Mexico Medical School. He completed his neurosurgical internship and orthopaedic residency at The University of New Mexico and a combined orthopaedic/neurosurgical spine fellowship at the University of Washington/Harborview Medical Center. Dr. Summa also obtained a Master of Business Administration degree from the University of Massachusetts Amherst. He has received prestigious awards

such as recognition as a *Top Orthopaedic Surgeon* by the Santa Cruz Community Business Review for over fifteen years. Dr. Summa is a proud member of The North American Spine Society, American College of Spine Surgery, AO Spine, American Academy of Orthopaedic Surgeons, The American Board of Orthopaedic Surgery, International Society for the Advancement of Spine Surgery, Society of Lateral Access Surgery, and many local medical and surgical societies. In his spare time, he enjoys being with his three children and engaging in outdoor activities such as mountain biking, surfing, windsurfing, motorcycling and camping. Website: www.pamf.org/neurosurgery/team | Email: spinesumma70@hotmail.com

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Kade T. Huntsman, MD, is an orthopedic spine surgeon at Salt Lake Orthopaedic Clinic. Dr. Huntsman joined the Clinic in 2002 and specializes in degenerative conditions, scoliosis, and spine trauma. His extensive experience, knowledge, and study of the demands and challenges of everyday life on the human body has allowed him to play a key insightful role in the development of the Nimbus cm2 web, a first of its kind in the medical industry. Dr. Huntsman is past president of the Utah State Orthopaedic Society and a proud member of the American Academy of Orthopedic Surgeons, the North American Spine Society, the Society of Lateral Access Surgery, and The Spine Arthroplasty Society. He is a fellow of the International College of Surgeons and has served as Institutional review board chairman for St. Mark's Hospital, as a key opinion leader for Titan Spine, and as a consultant for Nuvasive. Dr. Huntsman has been involved in many research projects to improve patient care. He has received a number of prestigious accolades and awards including the *Spine Surgery Leadership Award* in 2016, being named to *America's Top Orthopedic Surgeons* in 2007, and inducted into *Biltmore's Who's Who*. Well respected by colleagues, patients, and the medical community, he attributes his success to tenacity, hard work, and commitment to providing the best possible treatment for his patients. Dr. Huntsman attended the University of Utah where he

was in the *AED Premed Honor Society* and graduated with a Bachelor of Science degree in biology and minors in chemistry and Asian languages. He graduated from Eastern Virginia Medical School, was intern of the year at St. Luke's Medical Center in Ohio, completed his residency at Case Western, and subsequently completed his fellowship in Denver, Colorado.



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www.kadehuntsmanmd.com

"Our goal is to have every patient treated with the most understanding and individualized care possible. The utmost of quality care is provided by a highly skilled and dedicated surgeon. There is extensive experience in scoliosis, stenosis, trauma and degenerative spine conditions utilizing some of the most advanced technologies available in the world, and the newer minimally invasive decompression and fusion technology. Together with two Physician Assistants and our Quality Office Team, our goal is to provide the highest quality medical team with knowledge, warmth and compassion to our patients."



Hooman M. Melamed, MD, FAAOS, is a highly regarded board certified orthopedic spine surgeon concentrating on disorders of the spine for children and adults. He currently serves as co-director of the spinal surgery at DISC Sports and Spine Center (DISC), one of America's foremost providers of minimally invasive out-patient spine procedures, Regenerative medicine and stem cells techniques and as director of scoliosis at Cedars Sinai Marina Del Rey Hospital. Dr. Melamed's specializes in minimally invasive out-patient spinal surgery and is on the vanguard of cutting-edge treatments involving stem cell therapy, artificial disc replacement and alternative treatment options for traditional fusion surgeries and more. He treats a wide array of conditions ranging from complex cervical spine disorders to scoliosis and kyphosis. Dr. Melamed has been a lead author on multiple published peer reviewed papers and books and has presented his research at several meetings including: Scoliosis Research Society, Cervical Spine Research Society, North American Spine Society, Congress for Neurological Surgeons, and International Meeting on Advanced Spine Techniques. He has been the "go-to" expert on programs such as *Dr. Oz*, *The Doctors*, *Fox News* and local TV. Dr. Melamed has been chosen as a *Super Doctor* for the last five years in a row and as *Castle Connolly Top Doctor* in the country. Dr. Melamad attributes his success to tenacity, hard work,

and genuine passion for treating patients. He was inspired to pursue a career in medicine by his father, who was also a physician. As a young child, Dr. Melamad would play the role of a doctor and naturally gravitated toward science in school. After graduating from high school, he attended UCLA, from which he graduated *Summa Cum Laude* and *Phi Beta Kappa* with a Bachelor of Science degree in neuroscience. Dr. Melamed attended the University of Pittsburgh's School of Medicine where he received a scholarship from the esteemed Morris H. and Gertrude M. Harris Foundation. He completed his residency at the University of Illinois at Chicago, Department of Orthopedic Surgery, where he had extensive training in deformity spine surgery at Shriners' Hospital. Dr. Melamed was then Fellowship-trained in Complex and Minimally Invasive Out-Patient Spine Surgery at Cedars Sinai Medical Center's Institute for Spinal Disorders. Upon completion of his fellowship, he received the Deupy Spinal Fellowship Award. Dr. Melamed is a proud member of the Scoliosis Research Society, Fellow of American Academy of Orthopaedic Surgeons, North American Spine Society, California Orthopaedic Association, and Society of Lateral Access Surgery. Outside of his medical practice, his interests include weight lifting, basketball, skydiving, chess, reading Dean Koontz's novels, listening to classical music, and being with wife and family.

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OCULOPLASTIC SURGERY

Dr. Gene R. Howard is an internationally recognized oculoplastic surgeon who specializes in cosmetic and reconstructive surgery of the eyelids and management of cancers on the face and eye sockets. He was born in India to missionary parents and grew up in the US, the Philippines and India. After finishing his undergraduate degree at Bowdoin College, including studies in Denmark and India, he received a Masters in Public Health at the Bloomberg School of Public Health at Johns Hopkins University specializing in International Health Development. This was followed by his medical degree and internship at Johns Hopkins University School of Medicine. He subsequently worked as an Instructor at the Wilmer Eye Institute for 2 years, followed by a residency in ophthalmology at University of Illinois and a fellowship at the University of Iowa. For 19 years he worked at the Medical University of South Carolina where he held the Feldberg Chair in Ophthalmology. Dr. Howard has received the nationally recognized *Top Doctor* and *Top Ophthalmologist* awards for many years and well as the *Honors Award* for service to the American Academy of Ophthalmology. He continues to promote education in his specialty by working with Orbis International where he has taught in India, Jordan, Ethiopia, Vietnam, Myanmar and has recently been invited to Linyi, China. Dr. Howard has published many peer review articles as well as book chapters and continues to review articles of other authors in medical journals as well as being a contributing member of the Faculty 1000 group based in London. Since 2010 he has been in private practice in Charleston, South Carolina.



SERVICES:

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- Eye socket repair
- Tear duct surgery
- Lower eyelid lift (blepharoplasty)
- Laser resurfacing for wrinkles
- Botox® Cosmetic
- Restylane® dermal filler
- Radiesse® dermal filler

BOTOX PROCEDURES:



BEFORE



AFTER



BEFORE



AFTER

PODIATRY



Jose Loor, MD, the owner, and founder of DeLoor Podiatry, is one of New York City's leading podiatrists, setting himself apart from his colleagues by his multi-disciplined approach to podiatric medicine as well as his specialization and expertise in ankle trauma cases. Dr. Loor is the sole podiatrist who is a member of the AO Foundation in New York State and has had extensive training under orthopedic surgeons, which has developed and refined both his surgical technique as well as his medical approach in treating his patients. Dr. Loor is also a captain in the 4220th unit of the US Army Medical Reserves Corps. His active involvement in all aspects of his field, as well as his excellent skills and breadth of knowledge and the utmost level of patient care, will continually benefit patients seen by this practice. Dr. Loor's military experience has involved extensive limb salvage operations as well as pioneering innovations in durable medical equipment, including casts and boots, which has provided him a one-of-a-kind understanding in customized care for patients and can treat, prevent, and reduce damage and blistering on a case-to-case basis. During his service he was exposed to more unique and diverse trauma than the average physician, giving him a unique edge in his expertise. Dr. Loor has also received an advanced imaging fellowship with Lenox Hill Radiology, which gave him the added advantage of being able to read films and diagnose his patients more thoroughly than others in his field. Dr. Loor has attended and presented at various conferences throughout the United States as well as abroad. He has licenses to practice in New York, New Jersey, Connecticut and Pennsylvania.



Omar Gabriel, MD, is a licensed podiatrist in his native city of New York. He specializes in gait training, orthotic care and dermatological diseases of the lower extremities. His patients have all reached the consensus that in his treatment he has an exceptional bedside manner, setting himself apart and ahead of other professionals in his field. Dr. Gabriel completed his education in the competitive Pace University before going on to become a proud alumni of Temple University of Podiatric Medicine. In his practice, Dr. Gabriel subscribes to a strict patient-focused approach putting emphasis on a patient's comfort. His deemed careful, attentive, and excellent rapport facilitates his patients' experience and recovery process. Dr. Gabriel is also a proud associate at DeLoor Podiatry.



Jonathan Roy, MD, specializes in reconstructive foot and ankle surgery and medicine. He attended Adelphi University, where he earned a bachelor's degree in science, then Adelphi University, for a master's degree in science, then New York College of Podiatric Medicine, for a Doctor of Podiatric Medicine degree. Dr. Roy attained his surgical education at Mount Sinai Hospital, where he earned a degree in podiatric reconstructive foot and ankle surgery. He was also elected as one of the chief residents in his final year, and managed 22 residents. Dr. Roy has worked in several New York hospitals and has treated a spectrum of pathologies seen in the foot and ankle. He is AO/Fixation trained to handle trauma to the foot and ankle.



Niral Patel, MD, is a podiatrist specializing in surgery of the foot and ankle and has been serving the New York/ New Jersey area for more than three years. Dr. Patel is experienced in elective and non-elective reconstructive and traumatic foot surgery, Plantar Fasciitis/heel pain management, tendon and ligament repair, fracture care and skin disorders related to the foot. He also treats fungal nails and uses the latest laser instrumentation in his office. Dr. Patel is well experienced in treating sports injuries and treats athletes young and old. He is an associate member of the American College of Foot and Ankle Surgeons, the American Podiatric Medical Association and the New York State Podiatric Medical Association.

INTERNAL MEDICINE

Tannaz Shoja, MD, is a cardiac hospitalist at Hartford Hospital Medical Center. Dr. Shoja completed her Doctor of Medicine degree at Lorestan University of Medical Science and Health (LUMS) in Khorramabad, Iran. Prior to moving to the United States, she served as an emergency room physician for Sepiddasht Hospital, part of LUMS and as a research assistant at the Spinal Cord Injury Research Center of Imam Khomeini Hospital Complex, Tehran University of Medical Sciences, the first ranked medical school in Iran. She was involved in the study on Schwann cell transplant effects on the chronic spinal cord injury (SCI) population and the effect of stem cell transplants on chronic spinal cord injuries. Dr. Shoja also collaborated on the development and validation of sexual health measures for the Iranian spinal cord injury (SCI) population. Dr. Shoja has co-authored a number of well-received articles, which include, *Sudden Cardiac Death after Spontaneous Coronary Artery Dissection in Patient with Fibromuscular Dysplasia*, which appears in the *Journal of Cardiology Research*. Vol. 8, No 6, Dec 2017. She collaborated with a colleague at Memorial Sloan Kettering Center. As part of getting to know inpatient and outpatient medicine in the US, she rotated at St. Mary's Hospital cardiology service, ICU and pulmonary medicine at Norwegian American Hospital-both Chicago Illinois, and general medicine at Griffin Hospital Medical Center before starting residency. Dr. Shoja also rotated at Montefiore Medical Center-Albert Einstein University as a cardiology resident. Dr. Shoja is a proud member of the American College of Physicians, the American Medical Association, the Iranian Medical Association, and the Iran Medical Council. She was inspired to pursue a career in medicine by her parents. Dr. Shoja's father is an orthopaedic surgeon and her mother is a gynecologist. Passionate about giving back, Dr. Shoja maintains an active profile in the local community and supports St. Jude Children's Research Hospital and organizations that benefit breast cancer research. She has also served as a volunteer physician for Quest Foundation and the National Organization of Renal Disease. In her spare time, Dr. Shoja enjoys reading, traveling, and being with family and friends.



Sophia Boulukos, MD, has been practicing primary care medicine since 2008. Her internal medicine residency was completed at Montefiore, New Rochelle. During her training, she was awarded for her excellence in primary care and humanitarian efforts. At that time, Dr. Boulukos also participated in research investigating the cardiovascular link to autoimmune disorders, such as systemic lupus erythematosus, and rheumatoid arthritis. In addition, she participated in poster competitions at

meetings in Syracuse and Rye, NY held by the American College of Physicians from 2006-2009. Upon graduating from her residency, Dr. Boulukos joined Long Island osteoporosis in Plainview, NY. In 2010, she furthermore opened her own practice in Smithtown, NY and opened a secondary location in Sayville, New York in 2012. Dr. Boulukos is a member of the American College of Physicians and the Hellenic Medical Society. She is also a leader of a yearly charity event for the Midnight Run in NYC.

DUAL SPECIALITIES

INTERNAL AND EMERGENCY MEDICINE



Dr. Huma Kausar is dually trained and board certified in emergency medicine and internal medicine. She is currently involved in several different levels of care including working as an attending physician at Baylor St. Lukes Medical Center. Dr. Kausar's expertise ranges from taking care of and stabilizing life-threatening emergencies to treating non-emergent illness and injuries. Dr. Kausar lost her mother at a young age. The loss of her mother taught her the value of life and the void it leaves behind for the loved ones. Based on her personal experience, emergency medicine was the obvious chosen path for her as it provides a sense of immediate gratification by helping those in the worst times of their lives.

She spent a significant amount of time volunteering in the underserved villages of Guatemala and Honduras where she gained first hand experience and learned about health issues typical to population living in underdeveloped conditions. This experience opened her eyes to the diversity of health care and fueled her compassion to provide quality care for patients in need and with limited resources. Dr. Kausar double majored with distinction from University of Maryland with a Bachelor of Science degree in biology and a Bachelor of Arts degree in psychology. She obtained a Medical Doctorate from Virginia Medical School and completed a competitive combined five-year residency in internal medicine and emergency medicine at Thomas Jefferson University Hospital-Aria Health in Philadelphia.

Dr. Kausar has extensive research and training experience from the National Institute of Health, where she studied the effects of a folate deficient diet on the cell cycle and its direct impact on the incidence of Alzheimer and Parkinson disease. She further trained at the Johns Hopkins University School of Medicine, where she helped identify serum-based biomarkers by working with patients with biliary and pancreatic cancer so as to improve the diagnoses and prognostication of these deadly diseases. Dr. Kausar also conducted research on the effectiveness of DHA on pigmentation, vision capabilities, and neural development at the The National Center of Marine Biotechnology Baltimore, Maryland. She has been the recipient of numerous prestigious awards and accolades during her career. Vitals.com has awarded her with the *Patient's Choice Award* and *Compassionate Doctor Recognition Award*. The American Health Council has also selected her as a *Leader in Medicine* and among *Texas Best Doctors*. The United States Achievement Academy honored her with an *Academic All-American Scholars Award*. She was also incorporated in *The National Dean's List Dignitas* for demonstrated excellence in academic achievement. Dr. Kausar is affiliated with esteemed professional organizations such as the AAEM, AMA, ACEP and ACOEP. In her spare time she enjoys traveling, spending time with her family and friends and engaging in extracurricular activities with her 4 year old. Dr. Kausar attributes her exceptional success to the values of her upbringing instilled by her parents, her strong work ethic, and her dedication to succeed combined with her passion in the field of medicine.

MAXILLOFACIAL SURGERY



Dr. Jordan Jacobson is an oral and maxillofacial surgeon in practice in East Fishkill, New York. Dr. Jacobson practices a full scope of oral and maxillofacial surgery with expertise ranging from dental implant surgery and wisdom teeth removal to corrective jaw surgery. Dr. Jacobson has been published in the *Journal of Oral and Maxillofacial Surgery*. Well respected for his skill and knowledge, he attributes his success to ambition, tenacity, and commitment to providing the best possible patient care. Dr. Jacobson's passion for combining both surgery and anesthesiology is what inspired him to pursue a career as an oral and maxillofacial surgeon. He completed his undergraduate degree at New York University and graduated from the University of Pittsburgh School of Medicine with a Doctor of Dental Medicine degree. Dr. Jacobson completed his residency in oral surgery at Brooklyn Hospital Center. He also spent six months as resident in Venezuela performing cleft and palate repair surgery. Dr. Jacobson is a member of the American Association of Oral Surgeons, the American College of Oral

and Maxillofacial Surgeons, and the New York State Dental Association. In his spare time, he enjoys bodybuilding and outdoor activities such as hiking. Email: Drjordanjacobson72@gmail.com

Kamran Raja, DMD, MD is an oral and maxillofacial surgeon at Southern Maryland Oral & Maxillofacial Surgery. Dr. Raja performs the full scope of oral and maxillofacial surgery, with extensive training in dental implants, orthognathic surgery, maxillofacial trauma, and benign head and neck pathology. In addition to being in private practice, Dr. Raja is involved in training of oral and maxillofacial surgery residents. He received his Bachelor of Science degree in biology from George Mason University and graduated *magna cum laude* from Boston University Goldman School of Dental Medicine, earning his DMD degree. Most recently, Dr. Raja earned his Doctor of Medicine degree from the University of Maryland School of Medicine. He has completed extensive research and training at the National Cancer Center Institute of the National Institute of Dental and Craniofacial Research. Dr. Raja also served as a student preceptor and teacher at the Oral and Maxillofacial Surgery Department at Baltimore College of Dentistry, University of Maryland. During his general surgery training, he was inducted into the Gold Humanism Honor Society for his passion in teaching medical students. Dr. Raja has coauthored a number of well-received articles, which have been published in revered journals. Dr. Raja is a diplomate of the American Board of Oral and Maxillofacial Surgery and a proud member of the *Omicron Kappa Upsilon* National Dental Society, the American Dental Association, the American Association of Oral and Maxillofacial Surgery, the Patuxent Dental Society, and the Maryland Society of Oral and Maxillofacial Surgery. Passionate about giving back, he supports Mission of Mercy-Maryland, and provides procedures to the underserved. In his spare time, Dr. Raja enjoys outdoor activities such as golf and mountain biking, traveling, and being with his wife, Sobia, and their two children. Website: www.smdoms.com | Email: kraja001@gmail.com



ONCOLOGY



Andrew L. Chang, MD, is a board certified radiation oncologist with over two decades of proton therapy experience. He specializes in treating patients with breast cancer and pediatric cancer patients. Dr. Chang leads Proton Doctors Professional Corporation (PDPC), one of the world's most experienced radiation oncology teams in the proton therapy space, treating cancer patients within the California Protons Cancer Therapy Center in San Diego, California. With more than 50 years of combined experience with protons, PDPC physicians have treated more than 14,000 patients with proton therapy. California Protons leverages revolutionary intensity-modulated pencil-beam scanning technology to release a high dose of cancer-killing radiation that conforms precisely to the unique shape and size of the tumor. This approach effectively targets and treats even the most complex and aggressive cancers, sparing surrounding healthy tissues and organs.

Dr. Chang is also the principal investigator in a national trial utilizing proton therapy for partial breast irradiation and a frequent speaker at conferences about proton radiation around the world. He has served as the

director of the pediatric programs at the Hampton University Proton Therapy Institute, the Midwest Proton Radiotherapy Institute, as well as the ProCure proton therapy center, before joining California Protons. Dr. Chang earned his medical degree at Loma Linda University School of Medicine, where he completed a pediatric internship and a residency in radiation oncology. He subsequently completed a fellowship in pediatric oncology at St. Jude Children's Hospital.

Dr. Chang continues to be active in advocating for proton therapy access as well as in proton therapy research, serving on the board of directors for the Proton Collaborative Group, Pediatric Proton Consortium Registry, and the National Association of Proton Therapy. In his spare time, Dr. Chang enjoys watching Netflix with his wife and dog (a pug named Samson), and is a connoisseur of all things *Star Wars*.

CONTACT:

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YouTube: www.youtube.com/watch?v=E6SulmxumyY

Ajaz Bulbul, MBBS, MD, is the medical director of hematology and oncology at Kymera Independent Physicians. Dr. Bulbul is the sole provider for two hematology and oncology clinics in Southeastern New Mexico. He also provides services in a third clinic, which is part of the multidisciplinary group practice. In addition, Dr. Bulbul serves as an adjunct assistant professor of internal medicine, hematology, and oncology at Texas Tech University. Dr. Bulbul obtained his Bachelor of Medicine and Bachelor of Surgery degree from the University of Jammu and his Doctor of Medicine degree with a focus on hematology and medical oncology from the University of Southern California. He is board certified in internal medicine, medical oncology, and hematology. Dr. Bulbul is a member of the American Society of Oncology, the American Society of Hematology, the European Society of Medical Oncology, the American Medical Association, the American College of Physicians, the New Mexico Medical Board, the New Mexico Society of Clinical Oncology, the New Mexico Society of Clinical Oncology, and the California Medical Association. He has authored over 40 publications in prestigious medical journals and has presented in medical conferences around the world. Dr. Bulbul also writes a cancer column blog, *Cancer Round up with Dr. Bulbul*, where he advises on treatment strategies and answers patient questions. Dr. Bulbul supports a number of charities and nonprofit organizations such as World Vision. In his spare time, he enjoys movies, hiking, listening to music, and playing cricket. Dr. Bulbul is also a member of Trail And Ultra Running and participates in races worldwide. Email: ajazbulbul@gmail.com



Dr. Susan G. Moore is an oncologist and hematologist in practice at Rex Hematology Oncology Associates, a private, not-for-profit healthcare system that offers comprehensive cancer care using the latest technologies and treatments. As part of the first nationally accredited cancer center in North Carolina, Rex Hematology is proud to partner with each patient in his or her journey from the discovery of cancer, through treatment, and into recovery. Dr. Moore's clinical interests focus on breast cancer, lymphoma, supportive care, and cancer screenings. She earned her medical and Master of Public Health degrees from the University of North Carolina at Chapel Hill. Dr. Moore went on to complete her internal medicine residency training at the University of California in San Francisco

and her hematology and medical oncology training at Emory University School of Medicine in Atlanta, Georgia. She is certified by the American Board of Internal Medicine, the American Board of Hematology, and the American Board of Oncology. Dr. Moore is also a proud member of a number of professional organizations including the American Society of Clinical Oncology and the American Society of Hematology. She is highly respected by both patients and the medical community for her dedication and expertise and credits her accomplishments to passion, drive, and commitment to providing outstanding patient care. Dr. Moore complements this impressive profile with an equally commendable array of philanthropic undertakings and donates generously to the impoverished.

A man of deep science and research, **Dr. AVS Suresh** is a physician scientist, an entrepreneur, an academician and an inventor. Presented with a wide range of career choices, thanks to an illustrious academic background, it was his keen interest in translation-research that led to his steep growth, both as a physician and a scientist. This rare combination strengthened his unique patient-assessment methods, and helped him provide the latest treatment options applicable to each one of them. Carrying 15 years of clinical experience, he is currently the chief of stem cell transplants and a consultant medical oncologist and hematologist at Continental Hospitals. With his trained team, Dr. Suresh has performed more than 160 transplants besides management of hematological disorders and all pediatric and adult solid tumors (5000+ cases annually). He is a member of several professional organizations including the American Society of Clinical Oncology, the European Society of Medical Oncology, the Indian Society of Oncology, and the Medical Oncology Federation. Outside his white-coat time replacing stem cells and treating cancer, Dr. Suresh teaches medical students, works on creating new molecules and gets a few patents on the way. He spends a lot of time exploring the interplay of physiological systems leading to diseases. Calling himself a lifelong student of science, Dr. Suresh led many clinical trials (around 100) that led him to serve on the board of various international MNC steering committees and DSMB boards. Being on the editorial board of international journals, Dr. Suresh has authored more than 186 articles and six textbook chapters. Dr. Suresh is a young entrepreneur who provides employment to around 350 families through his four companies. A devout philanthropist, Dr. Suresh runs an NGC GRACE whose mission is to alleviate cancer suffering. He is also co-founder of Freedom From Stroke and the executive director of Fight Cancer Global. Dr. Suresh has received countless awards such as *Scholar in Training* by American Academy of Cancer Research (AACR), *Best Oncologist* by MT foundation, *Best Entrepreneur Award* from Indus Foundation and *Best Social Service and Distinguished Work* from the Rotary Club of Hyderabad.



<http://dravssuresh.com/about.html> | www.continentalhospitals.com/doctor/dr-avs-suresh-mbbs-md-medicine-dm-medical-oncology-pdcr/

PSYCHOLOGY



Dr. Shamecca M. Scott is a board certified clinical psychologist and the founder and chief executive officer of Mindset, LLC, a business dedicated to optimizing human potential by providing psychological services as well as personal and executive coaching services both domestically and internationally. Mindset is a company dedicated to providing top quality service designed to educate, empower, and encourage the pursuit of personal and professional development. Dr. Scott founded Mindset, LLC in 2011, bringing vast experience in behavior modification, crisis intervention, and the treatment of trauma related disorders. As a coach, she works with a variety of individuals ranging from healthcare professionals, law enforcement professionals, and mid to senior business leaders. In 2007, Dr. Scott was commissioned into the United States Army as a clinical psychologist. In 2010, she deployed to Iraq where she independently established and operated a behavioral health clinic that provided oversight to 3500 service members across seven locations. Dr. Scott was the recipient of a *Bronze Star* as well as a number of other military accolades. Well respected for her knowledge and dedication, she attributes her success to ambition, perseverance, and hard work, qualities equally evident in her level of academic attainment. Dr. Scott attended Virginia State University, from which

she obtained a Bachelor of Science degree and Master of Science degree in psychology. She went on to earn a doctorate degree in clinical psychology from Argosy University. After completing her doctoral studies, Dr. Scott obtained a post-graduate Master of Science degree in clinical psychopharmacology from Alliant International University-San Francisco Bay. Strongly committed to philanthropic endeavors, she maintains an active membership in the American Psychological Association, Division 56 Trauma Psychology and Division 12 Clinical Psychology, American Society of Clinical Psychopharmacology, and The American Board of Professional Psychology and supports various charities. In her spare time, Dr. Scott enjoys reading, traveling, and being with family and friends. Website: <http://mindsetllc.com>

PEDIATRIC PULMINOLOGY

Dr. Melodi B. Pirzada is the chief of the Division of Pediatric Pulmonology at Winthrop University Hospital, a 591-bed medical center with a deep commitment to medical education and research. Dr. Pirzada assumed her current position in November of 2005 after serving as co-director of pediatric pulmonology at Maimonides Medical Center in Brooklyn, New York. Currently, she is responsible for the overall direction of the Division and the coordination of patient services, evaluating and treating all types of respiratory disorders, including asthma, chronic lung diseases, cystic fibrosis, pneumonia, and tuberculosis, teaching and mentoring residents, and managing medical staff. In addition, Dr. Pirzada leads the University's *Pediatric Pulmonary Fellowship Training Program*. She is well known and highly regarded for her expertise and has been an invited guest speaker for many scientific conferences. Dr. Pirzada has also been the principal investigator in numerous

clinical trials and has published several well respected journals and articles which include, *A Prospective Study Measuring Exhaled Nitric Oxide in Exercise-Induced Asthma and Hypertension and Sleep Disordered Breathing in Pediatrics*. Dr. Pirzada attributes her accomplishments to ambition, perseverance, and commitment to providing outstanding patient care. She also advocates the value of a firm educational foundation. Dr. Pirzada graduated with a Doctor of Medicine degree from Ankara Universitesi in 1986 and went on to complete her residency at Winthrop University Hospital and fellowship at Columbia University Medical Center. She also earned board certifications in pediatrics and pediatric pulmonology. In addition to this impressive résumé, Dr. Pirzada maintains an active philanthropic profile within the community and donates generously to several non-profit organizations. In her spare time, she enjoys reading, travel, and the company of friends and family.

PULMINOLOGY

Luis Javier Peña-Hernández, MD, FCCP, is a pulmonologist and intensivist at Medical Specialties of The Balm Beaches, the largest group of primary care and multi-specialty physicians in Palm Beach County. His areas of expertise include Asthma, COPD, Lung Cancer, Critical Care Medicine and invasive diagnostic techniques in pulmonary medicine (Endobronchial ultrasound and electromagnetic navigation). Dr. Peña provides inpatient and outpatient consulting for pulmonary medicine at John F. Kennedy Medical Center, Wellington Regional Medical Center, Palms West Hospital, Good Samaritan Medical Center, Select Specialty Hospital and Kindred Hospital, all located in Palm Beach County. Dr. Peña is primarily involved in performing diagnostic and therapeutic bronchoscopy, pulmonary function testing, and teaching and mentoring medical students and residents. Prior to joining Medical Specialties of The Balm Beaches, he served as a pulmonologist and intensivist at MidMichigan Physicians Group and as an assistant professor of medicine at Michigan State College of Human Medicine. Dr. Peña obtained his Doctor of Medicine degree from Pontificia Universidad Javeriana in Colombia and completed a fellowship in pulmonary and critical care Medicine as well as an internship and residency in internal medicine at Henry Ford Hospital in Detroit. He is certified in critical care medicine, pulmonary medicine, and internal medicine by the American Board of Internal Medicine. Dr. Peña is an active fellow member of the American College of Chest Physicians and the American Thoracic Society. In his spare time, his interests include traveling, being with family and friends, and participating in outdoor activities such as playing tennis and biking. www.mspbhealth.com | luis.pena@mspbhealth.com



GENERAL SURGERY

Shoshana Hacker, MD, is a board certified general surgeon at Treasure Coast Surgical Practice, a Port St. Lucie, Florida-based practice that provides a full spectrum of general surgical procedures. Dr. Hacker is a fellow of the American College of Surgeons and a proud member of the Society of American Gastrointestinal and Endoscopic Surgeons, the Association of Women Surgeons, and the American College of Surgeons. She has received several prestigious accolades and awards, which include, the *Top General Surgeon in Florida Award* in March of 2018 and the Saint Louis University Hospital *Donald Kaminski Award* in June of 2015. Dr. Hacker's educational background includes a Bachelor of Science degree in health science from the University of Florida and Doctor of Medicine degree from Florida State University College of Medicine. She completed her general surgery residency at Saint Louis University Hospital and a fellowship in minimally invasive and bariatric surgery at Atlanta Medical Center. Dr. Hacker is the first physician in her family and is passionate about educating others on the importance of higher education and following their dreams. She serves as a mentor at Florida State University College of Medicine and also supports a number of non-profit organizations that benefit healthcare. In her spare time, Dr. Hacker enjoys traveling, scrapbooking and long distance running. www.treasurecoastsurgical.com | Email: shoshana.hackerMD@gmail.com



PSYCHIATRY



Gary A. Roberson, MD, MSc, FAPA, is a board certified psychiatric physician and thriving entrepreneur. He founded several successful behavioral health companies with an eye toward providing access to routine top-notch psychiatric care in rural areas by utilizing telehealth technologies and an industry-revolutionizing approach to clinician management. One of the companies Dr. Roberson began is A-Z Behavioral Health Solutions LLC, a company that provides mental healthcare to long-term care facilities through telemedicine. He is also the founder of MD Billing LLC and the co-founder of MDB Behavioral Health Services LLC, a provider of psychiatric and psychological services to the residents of long-term care facilities, hospital-based outpatient day programs, and hospital geriatric inpatient units. The services these companies primarily provide include psychiatric evaluations, counseling services, medication management, and baseline cognitive assessments. In addition, Dr. Roberson serves as the chief medical strategist and senior medical advisor for Master Medical Network, a telemedicine platform for business healthcare solutions to maximize clinical efficiency. In this capacity, he is involved in the development of strategies to better manage clinical populations by maximizing their productivity and income. Also, Dr. Roberson is a medical strategy advisor for the artificial intelligence start-up, Ufonia Limited, a digital health company based in the University of Oxford's Incubator program and founded

by Nick de Pennington. Dr. Roberson is a fellow of the American Psychiatric Association. He is a diplomate of the American Board of Psychiatry and Neurology, a member of American Board of Medical Specialties and the Mississippi Psychiatric Association, and a lifetime member of the Oxford University Science Society and the Oxford Union. He serves as an adjunct clinical professor in psychiatry at William Carey University COM. Dr. Roberson has received a number of prestigious accolades and awards, including induction into the William Carey University Alumni Hall of Fame and recipient of the Rotary International graduate fellowship to the University of York, England. Dr. Roberson obtained a Bachelor of Science degree in chemistry from William Carey University. He obtained a Doctor of Medicine degree and psychiatry residency from the University of Mississippi Medical Center. Dr. Roberson also completed a postgraduate diploma in evidence-based medicine, a MSc in experimental therapeutics (clinical pharmacology), and a diploma in theological studies from the University of Oxford, England. Dr. Roberson is continually interested in partnerships with rural health clinics, hospitals, and business-minded clinicians, who can extend medical services to the underserved, specifically, in rural America.

www.mdbbehavioralhealth.com | www.a-z-behavioralsolutions.com | www.mastermedical.net

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Dr. Huma Mahmood is a double board certified child, adolescent and adult psychiatrist in Philadelphia, PA. She is currently involved in several different levels of care including working as an attending physician at The Horsham Clinic in Ambler, Pennsylvania. Dr. Mahmood's primary focus is treating patients struggling with mental health issues including teens and young adults as well as individuals in need of Dual Diagnosis treatment. She was drawn to this patient population because of the growing concern surrounding substance abuse and addiction. On a personal level Dr. Mahmood was deeply affected by the loss of her very close friend Arthur Aloian last year to addiction. Arthur's death impacted Dr. Mahmood and motivated her to focus on young adults in need of co-occurring substance abuse and mental health treatment. She also has a private practice, Main Line Mental Health, where she treats teens and adults struggling with mental illness and/or substance abuse.

Dr. Mahmood also offers family therapy and treats patients with chronic pain issues utilizing alternative forms of treatment including MAT and Medicinal Marijuana when clinically appropriate. Additionally, she works closely with Adolescent and Young Adult Advocates & Main Line Addiction Specialists in Rosemont, Pennsylvania. The director, Paddy Anne McAndrews, has played a monumental role in introducing her to some instrumental people working in the field of Dual Diagnosis treatment. Dr. Mahmood has also partnered with Barbara Williamson, director and CEO of Way of Life Recovery in Levittown, PA and Supreme Wellness in Newtown, PA, who is dedicated to helping others by providing top quality recovery housing and treatment for young adults in early recovery. Dr. Mahmood graduated *cum laude* with a bachelor's

degree in child development from Tufts University. She obtained her Doctor of Medicine degree from The University of Medicine & Dentistry-SOM. Dr. Mahmood completed her residency at Albert Einstein Medical Center and her Child and Adolescent fellowship at Thomas Jefferson University Hospital both in Philadelphia, PA where she served as chief resident. She is affiliated with esteemed professional organizations such as the APA, AMA, APPNA, and ACAPP associations. She is honored to have been bestowed several awards including *Philly Magazine's Top Outpatient Facility* in 2018, a *Vital Patients' Choice Award*, a *Doctors Choice Award for Top Psychiatrist* for the month of October 2015, and *City Winner for Top Adolescent Psychiatrist* in 2015.

Dr. Mahmood attributes her success to her passion for and commitment treating patients in need as well as the role of her family. "My father is a rheumatologist who has taught me the importance of having patience and compassion for the

individuals we treat. My mother, also a child psychiatrist, helped open my eyes to the need for quality patient care in this field. My brother is an orthopedic spine surgeon in North Jersey who has taught me the importance of hard work and determination, and my younger sister is an talented plastic surgeon in NYC who continues to inspire me and be my support."

One of her biggest inspirations during her training years was Dr. Henri Parens, previous director of The Psychoanalytic Center of Philadelphia who writes, 'She is in fact, very sensitive to and has emerging insights into the psychodynamics of adolescence that already serve her well in her efforts to help troubled adolescents changes their patterns of adaptation and problem-solving strategies in a constructive direction. She seems able to gain their trust and to get them to work with her toward a positive outcome'.

A pillar within her community, Dr. Mahmood is actively involved in teen suicide prevention organizations. She volunteers at local food banks yearly, and raises funds and awareness for the Cyan Gray Hope Foundation, which supports cancer survivors. She is also actively involved in various organizations that focus on substance abuse prevention and recovery. In her spare time, Dr. Mahmood enjoys being with her family and friends, her lovable yorkie, Coco Chanel, cooking, traveling, Bachata dancing, and kickboxing.

Dr. Mahmood possesses the unique ability to connect to her patients and gain their trust which has allowed her to successfully treat and provide superb patient care.

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Superna Kundra, MD, is an outpatient psychiatrist for the Department of Veteran Affairs in Surprise, Arizona. Dr. Kundra is involved in preventing, diagnosing, and treating a wide variety of psychiatric conditions including mood disorders, anxiety disorders, ADHD, cognitive disorders and serious and persistent mental illness. She strongly believes in a biopsychosocial and holistic approach in helping her patients by integrating psychopharmacology and psychotherapy and family involvement. Dr. Kundra is extremely passionate about working with veterans and serving those who served us. In addition to her role with the Department of Veteran Affairs, she serves as a clinical assistant professor at the University of Arizona College of Medicine-Phoenix. Dr. Kundra has received numerous awards and honors including, a *Superior Performance Award* in 2014. She completed her Bachelor of Medicine, Bachelor of Surgery (MBBS) degree at JMM Medical College in India in 2002. Dr. Kundra moved to the United States to pursue higher education and completed observerships and externships including an externship in psychiatry at Westchester Medical Center in 2007. During that time, she worked under superb mentors

that heightened her interest in psychiatry. These individuals made her realize that having a warm smile, positive personality, and being an empathetic listener and communicator were all traits needed to be a good psychiatrist and she possessed them all. Dr. Kundra was honored with a *CL All Star Team Award* in 2007. She was highly recommended for residency and was offered interviews from all the programs she applied to that year. She completed her residency from 2008-2012 at Hennepin County Medical Center. During her residency, Dr. Kundra received PRITE 90% awards in 2010 and 2012. She also served as chief resident for the residency program from 2011-2012. Dr. Kundra practiced at Park Nicollet Health from 2012-2014 before assuming her current role in 2014. Well respected for her knowledge, professionalism, and dedication, she attributes her success to hard work and the support of her family. In her spare time, Dr. Kundra enjoys traveling, watching movies, trying different cuisines, fitness, hiking, visiting temple and being with family and friends.

“Practicing psychiatry is my passion. I often find myself offering help, advice and support during my non-working hours including workouts at gym, social gatherings and phone calls. There is still a lot of stigma against mental health. We continue to lose a lot of lives to suicide because people are afraid to seek help and would suffer themselves to death then seek help. Let’s all join hands to fight this stigma. If we need help let’s seek help. If we feel someone around us needs help, let’s help him or her seek help. Mental health issues are not just in our head and don’t point to our weakness. Like diabetes and HTN there is a biological component to them. There is help available. There are medications, psychotherapy, devices and several other things now available to treat mental health issues. If I can make a difference in few lives during my practice every day, I feel blessed to be in this field.”

Teo Carlo Straun, MD, is a board certified psychiatrist and the founder of Straun Health. Dr. Straun maintains private practices in East Berlin, Stamford, and New Haven Connecticut and in Worcester, Massachusetts. Dr. Straun's professional passion rests in connecting with patients and communities to maximize individuals' mental health and wellness. He firmly believes that the promotion of mental health and the integration of physical and mental wellness are important factors in determining one's quality of life. Dr. Straun's primary modes of service include psychiatric evaluation, a complementary style of psychotherapy, and medical management of individuals suffering from mental illness and substance use disorders. Among his areas of expertise are 12-Step facilitation, motivational enhancement therapy, cognitive behavioral therapy, auricular acupuncture and other holistic models of recovery. In addition to his practice, Dr. Straun serves as an assistant clinical professor in the Department of Psychiatry at the University of Massachusetts and in the Department of Psychiatry at Yale School of Medicine. His book, *Mind Matters: A Resource Guide to Psychiatry for Black Communities*, is a useful resource for individuals and families affected by mental illness. Dr. Straun has received several prestigious awards and accolades, including, recognition as a *Top Addiction Psychiatrist*. His educational background includes a Bachelor of Science degree from Bloomfield College and a Doctor of Medicine degree from Robert Wood Johnson Medical School. Dr. Straun is also a graduate of Yale School of Medicine. He is a proud member of the American Society of Addiction Medicine, the Massachusetts Medical Society, the American Academy of Addiction Psychiatry, the National Medical Association, and the American Medical Association. Throughout his career, Dr. Straun has been greatly involved in public service work. He developed the Barbershop Health Network, an initiative to improve health outcomes and reduce health disparities in men of color. Black and Latino owned barbershops are a cultural institution that provides an environment of trust, an avenue to disseminate health education information and provide services. The BHN was established in 2010 and has proven to be an effective way to reach men of color where they are. In his spare time, Dr. Straun's interests include sports, good food, music, reading and attending comedy clubs and the theater. Website: www.straunhealth.com | Email: straunhealthteam@gmail.com | Phone: (860) 756-0455



THORACIC SURGERY

Dr. Hiroshi Takita is a board certified thoracic surgeon who has been in practice for over four decades. He is an attending physician in the Department of Cardiothoracic Surgery at Buffalo General Medical Center and is affiliated with several hospitals in the city of Buffalo, NY. Dr. Takita was appointed as the clinical associate professor of surgery by the Medical School of the State University of New York at Buffalo. In addition, he is an emeritus chief of the Department of Thoracic Surgery of the Roswell Park Cancer Institute, the oldest cancer institute in the United States and also spent thirty years as surgeon and researcher at Roswell Park. Dr. Takita is presently engaged in the practice of thoracic surgery, with a focus on thoracic surgical oncology and minimally invasive thoracoscopic surgeries. He has dedicated his life to improving the treatment of

cancers of the chest, specially lung cancer. Dr. Takita pioneered new approaches of lung cancer treatments such as neo adjuvant therapies, immunotherapy, and combined treatment approaches for the treatment of locally advanced cancers. In the 1970s, he carried out a clinical experimental study of adjuvant specific active immunotherapy (the tumor vaccine), and it is said to have been the first clinical study of specific immunotherapy of lung cancer in the United States. Dr. Takita still pursues the immunotherapeutic clinical trials mainly focused on direct local application of immune-modulation. He was also the first clinical researcher to find the beneficial effects of up front chemotherapy for inoperable lung cancer to be successfully converted and respectable for cure. Dr. Takita is the author of approximately 200 publications in refereed scientific journals and 170 abstracts.

Publications: *H. Takita et al. Intra cavitary photodynamic therapy for malignant pleural mesothelioma. Semin Surg Oncol. 11:369, 1995; H. Takita et al. Intra tumor injection of GM-CSF for treatment of metastatic cancer. AACR 43:748, 2002; H. Takita et al. Induction therapy of loco regional non small cell lung cancer with reliable response and low toxicity. Lung Cancer, 63:387, 2009*

OPHTHALMOLOGY



Maria Pefkianaki, MD, MSc, PhD, is an ophthalmic surgeon with special interest in Ocular Oncology, Retinoblastoma, Uveitis and Medical Retina. After receiving her Doctor of Medicine degree, Dr. Pefkianaki underwent ophthalmology residency training in Greece. She earned a Master of Science degree and a Doctor of Philosophy degree and completed three years of clinical fellowship on Uveitis and Medical Retina at Moorfields Eye Hospital in London. Dr. Pefkianaki followed her passion for Ocular Oncology and continued and completed an Ocular Oncology fellowship at Wills Eye Hospital in Philadelphia where she trained under international eye cancer treatment leaders, Jerry A. Shields, MD

and Carol Shields, MD. Subsequently, she completed a research fellowship at Massachusetts Eye and Ear Infirmary of Harvard Medical School. Dr. Pefkianaki has recently enrolled in the Harvard TH Chan School of Public Health to pursue a second master's degree while she is preparing for her next professional step forward. Dr. Pefkianaki's main interests include Uveal Melanoma, Intraocular Lymphoma, Ocular surface tumors such as Conjunctival Lymphoma, and Conjunctival Melanoma with particular interest and passion for Retinoblastoma, the most common primary malignant intraocular cancer in children. When asked why she pursued a career in this field, Dr. Pefkianaki, replied, "Being a physician has been such a wonderful privilege. Personally for me, it's always been about helping people. Ophthalmology provides a combination of medical and surgical work, offers a great deal of job satisfaction and it is particularly rewarding to enable people to see. I enjoy being able to make a real difference in patient's lives, improving their vision so that they can have a better quality of life. The patient with ocular cancer makes you want to explore more, to read more and to figure out why it happened. The first time that I saw a child with retinoblastoma I knew that I would like to be an ocular oncologist and follow this path. You are not dealing with vision you're dealing with a patients' life and for me this is very significant." She also attributes much of her success to her parents. "I would be nothing without the constant support and the love of my incredible parents. They have given me the greatest gift of all: an education, the best legacy that parents can pass on to their child. I cannot thank them enough much for the values they have instilled in me. They have been pillars of support, guidance, and love in my life since the day I was born," she said. Email: maria.pefkianaki@gmail.com

NEUROSURGERY

Dr. Aclan Dogan is a neurosurgeon with expertise in cerebrovascular and skull base neurosurgery. He specializes in the treatment of problems and abnormalities of blood vessels in the brain and spinal cord including aneurysms, arteriovenous malformations, arteriovenous fistulas, cavernous malformations, carotid stenosis, and complex brain tumors. In 2001, Dr. Dogan joined Oregon Health & Science University as a skull base instructor and in 2006 joined the University's faculty of neurological surgery as an assistant professor. In this capacity, he is involved in program development, conducting lectures, and providing guidance to students and residents. Highly regarded by the medical community for his dedication and wide-ranging knowledge, Dr. Dogan attributes his success

to determination, perseverance, and hard work, qualities equally evident in his personal and academic attainments. He obtained his Doctor of Medicine degree in 1986 and subsequently completed residencies in neurosurgery at Ankara University School of Medicine and Oregon Health & Science University, School of Medicine. Dr. Dogan was also awarded fellowships in cerebrovascular neurosurgery, skull base surgery, and neurointerventional surgery. He complements this extraordinary profile with an inspiring agenda of philanthropic projects and through support of several charities that benefit education and the impoverished. In his spare time, Dr. Dogan enjoys music, travel, reading scholarly publications, and the company of his children.



Robert L. Masson, MD, is an internationally recognized neurosurgeon specializing in complex spinal disorders and sports spine medicine. He has performed over 13,000 microsurgical spine procedures in his career and several thousand microsurgical, minimally invasive, lumbar spinal reconstructions and revisions. Dr. Masson is among the most experienced artificial cervical spine surgeons in North America, having over 2000 patients treated with cervical arthroplasty. He is the founder of the Masson Spine Institute and serves as director of the Orlando Health Central Hospital JCAHO accredited Spine Center of Excellence, where patients and surgeons travel from all over the world for advanced microsurgical spine surgery strategies, solutions, techniques, and training. Dr. Masson is himself, a spinal reconstruction patient and lifelong adventurer. He is a passionate advocate for prevention, wellness, fitness and ultimately, extreme recovery in the face of spinal injury. His practice is dedicated to complex spinal disorders and 100% of his practice uses microsurgical and minimally invasive techniques. Dr. Masson received his medical degree with honors from the University of Florida. He completed his Neurological Surgery Residency in 1995 with special training in microneurosurgery and minimally invasive spine surgery. Dr. Masson credits his training and inspiration in microsurgery to Dr. Albert Rhoton, the ‘father’ of modern microneurosurgery. After starting his practice in 1995, he began applying brain microsurgery techniques to spinal surgery total commitment to less traumatic spine surgery solutions. The ultimate product was the creation of a unique symphony of surgical techniques the world of minimally invasive spine surgery had not yet seen. The advances he made enabled

the creation of spinal implants, retractors, templates, delivery devices, techniques, and technology and ultimately, the iMAS surgical symphony, which he invented. Dr. Masson’s iMAS technique—which is short for ‘intervertebral microsurgical access surgery’—is used in lumbosacral spinal reconstruction and he has been responsible for the education, product development, and research for iMAS technology products and techniques. Dr. Masson has served as one of several chairmen, globally, of surgeon training and certification for in the use of the artificial disc, Prodisc. He has trained several hundred surgeons in minimally invasive spine surgery, microsurgical low back and neck reconstruction and artificial cervical disc surgery and is credited with having the least invasive spine reconstruction technique in the world. He has treated a variety of amateur, recreational, professional athletes, and Olympians representing players from the NFL, NBA, MLB, PGA/LPGA tours, US Soccer, UFC, US Boxing, U.S. Ski team, US Cycling and Wakeboarding teams, and is an expert consultant on spine health as it relates to sports and the fitness industry at large. He has given keynote addresses for many spine industry meetings on the modern approach to spine health disorders, technology and innovation. Dr. Masson serves as medical director for the Growing Bolder Media Organization, having contributed to the Growing Bolder television show and magazine, and is the partnered creator of Spine Health and MSI. He is a proud member of several professional organizations including AANS, AO North American Spine, and the Society for Minimally Invasive Spine Surgery. In his spare time, Dr. Masson enjoys being with his children and participating in outdoor activities such as skiing, scuba diving, and surfing. Website: www.massonsi.com

PLASTIC SURGERY



Umbareen Mahmood, MD, is a double Ivy League trained plastic and reconstructive surgeon practicing in New York City. She employs both surgical and non-surgical techniques tailored to the individual needs and desires of her patients. Prior to her current position at Lexington Plastic Surgeons, Dr. Mahmood underwent extensive training in plastic & reconstructive surgery at the University of South Florida. She has also worked at several prestigious institutions such as the Moffitt Cancer Center in Tampa, FL, All Children's Hospital in St. Petersburg, FL, and was actively involved in the medical care of veterans at two large Veteran's hospitals.

Dr. Mahmood is a proud member of the American Society of Plastic Surgeons and the New England Society of Plastic Surgeons. She has published several medical articles relating to the field of plastic surgery including, *Nipple-Sparing Mastectomy via Inframammary Fold: Reconstructive Red Flags in Cancer & Clinical Oncology*, *Lateral Subcutaneous Brow Lift: Updated Technique* in the *Aesthetic Surgery Journal*, articles regarding international burn management including, *Burn Management Capacity in Low and Middle Income Countries; A Systematic Review of 458 Hospitals across*

14 countries, the book chapter, *Abdominal and Thoracic Reconstruction in Plastic Reconstructive and Aesthetic Surgery: The Essentials*, and presented her work at regional and national plastic surgery conferences.

Dr. Mahmood received a bachelor's degree in psychology and brain sciences from Dartmouth College and a Doctor of Medicine degree from Dartmouth Medical School, and was awarded research scholar grants at Memorial Sloan Kettering and the National Institute of Health. Dr. Mahmood subsequently completed a highly competitive integrated six-year plastic surgery residency program at the University of South Florida. Strongly committed to altruistic endeavors, she maintains an active profile in the local community and supports various philanthropic organizations, particularly those that benefit child development and literacy. In her spare time, Dr. Mahmood's interests include fitness, travel, fashion, music, the arts, and enjoying all that New York City has to offer. Email: DrUMahmood@gmail.com





B. Aviva Preminger, MD, MPH, FACS, is an Ivy League educated, board certified plastic surgeon, based in New York City. Dr. Preminger specializes in cosmetic and reconstructive surgery of the face, breast, and body. She offers a wide range of procedures such as CoolSculpting, breast augmentation, breast lift, mommy makeover, tummy tuck, face lift, rhinoplasty, Botox and more. In addition to her private practice, Dr. Preminger holds faculty appointments at Columbia University and Cornell University Medical College as well as several other fully accredited New York hospitals. Dr. Preminger is active in several plastic surgery societies and serves on the Board of the New York Regional Society of Plastic Surgeons and the New York State Society of Plastic Surgeons. She is also a member of the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgeons.

Dr. Preminger graduated *magna cum laude* from Harvard University and received her medical doctorate from Cornell

University Medical College, graduating in the top of her class. She was elected president of the Cornell chapter of *Alpha Omega Alpha*, the national medical student honor society. Dr. Preminger completed her surgical training at the prestigious New York Presbyterian Hospital-Cornell/Columbia, where she had the opportunity to train under some of the most renowned cosmetic and reconstructive surgeons in New York City. She earned a Master of Public Health degree from Columbia University's Mailman School of Public Health. Dr. Preminger also completed a Clinical Research Fellowship in Breast Surgery at Memorial Sloan Kettering.

Dr. Preminger has been honored with countless awards and is frequently featured in the media. She was named a *Top Doctor* by Castle Connolly and was included on *New York Magazine's Top Doctors* list. She has been featured on *People's List*, explaining the slimming effects of CoolSculpting. Dr. Preminger also has a regular spotlight in *NewBeauty*, the first publication devoted to providing news about the latest advances in plastic surgery, dermatology, and other beauty secrets. Dr. Preminger won the *Plastic Surgery Educational Foundation's Arts and Science Essay Contest* for her piece on professionalism and plastic surgery and has also published about other ethical issues in plastic surgery. Dr. Preminger prides herself on warmth, honesty, compassion, and patience. She focuses on the individual patient and cares to tailor the patient encounter to each patient's unique needs. As a female surgeon and mother, she is particularly sensitive to the needs of women and young mothers who want to look their best.

Dr. Preminger is a pillar within the community and supports a number of nonprofit organizations. While attending Harvard, Dr. Preminger served as president of the Harvard chapter of Operation Smile, an organization that provides free surgeries to repair deformities for children around the world. In 2015, she became a member of the Medical Advisory Board of Sharsheret, a national nonprofit organization benefiting young Jewish women with breast cancer. Away from the office and her philanthropic work, Dr. Preminger enjoys being with her husband and their three children, swimming, and traveling.



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Facebook: <https://www.facebook.com/PremingerPlasticSurgery> | Twitter: <https://twitter.com/DrPreminger>

Instagram: <https://www.instagram.com/premingermd> | YouTube: <https://www.youtube.com/channel/UCXXui7xsMzWFlb2ZsX0PluA>



Alfredo Hoyos, MD, is a board-certified plastic surgeon from Bogotá, Colombia. Dr. Hoyos is the inventor of High Definition Liposculpture (HDL), Dynamic Definition Lipoplasty (H4D), and other advanced techniques in body contouring. These techniques have been successfully implemented around the world. He also designed the VASER High Definition Lipoplasty (VHD) procedure, an advanced body contouring technique that introduced a mix of superficial, intermediate, and deep fat extraction combined with fat grafting. The use of VASER technology can produce high muscular definition in both men and women. Dr. Hoyos and his associates have performed more than 5500 VHD procedures with predictable, consistent results. Dr. Hoyos continues to refine these techniques while developing new applications of HD to additional anatomical regions with the help of the cutting edge technology VASER

as a primary tech. He also continues innovating with the combination of VASER with other technologies such as BodyTite, Microair, LipoLoop, and J-Plasma and developing new technologies in the aesthetic surgery field. Dr. Hoyos founded a biotechnology company based in Bogotá that focuses on furthering the development of stromal stem cells derived from adipose tissue. He believes fat is one of the important tools to obtain the most incredible and natural results in patients. Dr. Hoyos is the author of books and several scientific articles that discuss innovations and new technologies that work on body contour. He travels to share his knowledge with cosmetic surgeons and also serves as a consultant for media and non-scientific magazines. Dr. Hoyos has trained hundreds of plastic surgery physicians in the cutting edge liposculpture procedures today. He is also a medical illustrator, painter and sculptor. Dr. Hoyos earned his medical degree from El Rosario University. He also earned a Maxillofacial Surgery International Specialization at Mount Sinai Hospital, New York. Dr. Hoyos completed visiting fellowships in aesthetic surgery at New York University. He is certified by the Colombian Society of Plastic Surgery and is part of different associations around the world such as the International Confederation of Plastic Reconstructive and Aesthetic Surgery (IPRAS), ASAPS, IFATS, ISAPS, and IMCAS. For his career, inventions and great contributions to the field, Dr. Hoyos has received countless awards such as *Best Presentation* at ASAPS New York in 2018, *Best Video* at Cutting Edge in 2014, and an *Outstanding Contribution to Plastic Surgery New Economy Award*.



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www.facebook.com/AlfredoHoyosMD | <https://business.facebook.com/TotalDefinerInt>
www.instagram.com/alfredohoyosmd | www.instagram.com/totaldefiner/?hl=en



Laura Cristina Cala, MD, is a plastic surgeon based in Colombia. Dr. Cala graduated from the Juan N. Corpas University in agreement with the University Hospital Clínica San Rafael. She is the first Colombian plastic surgeon that has been trained in High Definition Liposculpture and works alongside Dr. Alfredo Hoyos, learning first hand his revolutionary techniques and procedures. Dr. Cala has frequently served as a lecturer including at the *First Facial Paralysis Update Symposium* at the University Hospital San Rafael Clinic in February 2017 and at the *1st Conference on Teaching and Research* at the University Hospital Clínica San Rafael in Bogotá in December of 2016. She is the author of the publication, *Characteristics Of Individuals Subjected To Infiltration Of Foreign Materials With Aesthetic Purposes In Whom A Judicial Investigation Was Conducted In Colombia*, which appeared in *Ibero-Latin American Magazine Of Plastic Surgery No 2*, in June 2017. Dr. Cala is frequently sought to serve as a guest speaker for her knowledge and expertise. She is committed to providing patients with education and service that exceeds expectations. Dr. Cala holds herself to the highest standards and makes a commitment to create a positive, nurturing doctor-patient relationship. With extensive experience in High Definition Liposculpture, body contouring, facial plastic surgery and in the use and innovative non technology laser TENTREK, Votiva unit (vaginal rejuvenation) she is well rounded and experienced to change the lives of her patients,

regardless of their particular needs. Away from her career, Dr. Cala's interests include fitness, traveling, and being with family and friends.

"Now that more and more women are incorporating themselves in the field of cosmetic surgery, there is no question that they are inspiring other females to take on this role too. There is also the comfort aspect of it and it seems that a large number of women who would never visit a male surgeon are now going for appointments with females. This is happening because they feel like they are finally able to get help from a gender-based point of view and this is what they always wanted to have."



CARDIOLOGY



Manuel E. Abella, MD, FACC, FCCP, is a renowned interventional cardiologist and vein specialist with more than 25 years of experience. He is the founder of Abella Health and Heart, a leading provider of cardiovascular disease and vein treatment options in Miami, Florida. In addition to his role at Abella Health and Heart, Dr. Abella serves as a Clinical Assistant Professor of Medicine at the Florida International University-Herbert Wertheim College of Medicine and as Clinical Preceptor for the Nurse Practitioner Program at the Nicole Wertheim College of Nursing and Health Sciences at FIU. Dr. Abella is also a student mentor and a member of the admissions interview panel at the FIU College of Medicine. Dr. Abella

has partnered with Medtronic/Covidien as a Master Teacher for other healthcare providers around the nation to learn to perform venous ablation. Dr. Abella was the first physician in South Florida to offer VenaSeal, an FDA approved treatment that permanently treats varicose veins by sealing the affected veins with a safe adhesive agent. Prior to his practice, Dr. Abella held several positions at Columbia Kendall Regional Medical Center, including member of the Medical Executive committee, chairman of the By-Laws Committee, Chairman of the Special Care Committee, secretary/treasurer of the medical staff, Chairman of the Department of Cardiology, and Chairman of the Cardiac Cath Committee. Dr. Abella has been recognized with several prestigious accolades and awards. He was honored with the 2017 *Award for Excellence in Teaching* at FIU and the recipient of the 2014 *Miami's Top Internist Award*. He was also selected for the *Trademark Who's Who Top Doctors Honors Edition* in 2014, *Best Doctors in America* from 2009-2010, *America's Top Physicians in Cardiology*, 2003 edition, and as Mount Carmel Mercy Hospital's *Best PGYI Resident* of 1984-1985. In addition, Dr. Abella is a lifetime member of *Strathmore's Who's Who* and has been featured on the website, *threebestrated.com* as a *Top Cardiologist* in Miami, Florida.

Dr. Abella is frequently sought out by the media for his expertise and has appeared in a number of publications. He is an advisor for *Healthy Miami Magazine* and was featured in *Healthy Hearts* sections of the *Healthy Miami* January 2017 edition. In addition, he was featured in *Indulge*, a publication of the *Miami Herald*, an *Educational Vein Health Campaign* in *The Miami Herald* in April of 2017, among numerous other publications such as *The Naples Daily News*. Well respected by colleagues and patients for his knowledge, skill, and dedication, he attributes his success to ambition, hard work, inherent interest in medicine, and passion for taking care of generations of families. Dr. Abella comes from a long line of doctors who inspired him to also pursue a career in this field. Dr. Abella received undergraduate studies at the University of Miami. He graduated from Universidad Del Este in 1983 with his Doctor of Medicine degree. Dr. Abella went on to complete an internship and residency in internal medicine at Mount Carmel Mercy Hospital and a fellowship in cardiology and interventional cardiology at St. John Hospital in Detroit, Michigan. He is a fellow of the American College of Chest Physicians and the American College of Cardiology. Dr. Abella is a Diplomate of the American Board of Internal Medicine and the Subspecialty Board of Cardiovascular Diseases. Strongly committed to altruistic endeavors, he maintains an active profile in the local community and supports orphanages in Miami as well as non-profit organizations that benefit healthcare. Away from his practice and philanthropic work, Dr. Abella enjoys being with his four children and five grandchildren, traveling, and participating in outdoor activities.

Sreekumar Subramanian, MD, FACS, is one of the world's leading cardiothoracic surgeons. He currently practices at Tristar Cardiovascular Surgery, Centennial Medical Center (HCA) in Nashville, Tennessee. Tristar continues to lead the nation in developing less-invasive cardiac surgical techniques, allowing patients to experience a quicker recovery. Dr. Subramanian was the first person in the world to perform mitral valve repair using the MEMO 4D semi-rigid mitral annuloplasty ring. His path to becoming an internationally known minimally invasive valve surgeon began with his strong interest in medicine and stellar academic record. Due to his exceptional test scores, Dr. Subramanian was accepted into a 7 year BS/MD program. Dr. Subramanian graduated magna cum laude from the program with a Bachelor of Science degree from Union College and with a Doctor of Medicine degree with honors from Albany Medical College. He joined the United States Air Force and completed his general surgery internship, residency and clinical research fellowship at David Grant Medical Center.

Following completion of his general surgery training, Dr. Subramanian was stationed at Spangdahlem Air Base, Germany. During this time, he was deployed to Liberia and Kazakhstan, and served as a combat trauma surgeon in Balad, Iraq in support of Operation Iraqi Freedom. Following military service, Dr. Subramanian completed a thoracic and cardiovascular surgery fellowship at the Cleveland Clinic Foundation, which included a fellowship in (complex) aortic surgery. During this time, he won an Arizona Heart Institute traveling fellowship and spent time in Hannover and Leipzig, Germany. He then worked as an independent cardiac surgeon at the Heart Center Leipzig, while receiving advanced training in percutaneous and minimally invasive valve surgery and innovations. Coincident with FDA approval of transcatheter valve (TAVR) technology, he returned to the US to the University of Arizona Medical Center and served as associate director of the Transcatheter Aortic Valve Program. He was also the local principal investigator of an FDA IDE sutureless aortic valve study.

Dr. Subramanian has authored or co-authored over 60 articles and abstracts in scientific literature. Among these include, *Double Valve Replacement and Reconstruction of the Interventricular Fibrous Body in Patients with Active Infective Endocarditis*. *Eur J Cardiothorac Surg* 2014;45(1):146-52 and *Clinical Outcome after Mitral Valve Surgery Due to Papillary Muscle Rupture*. *Ann Thorac Surg* 2013;95(3):820-4. Throughout his career, Dr. Subramanian has



received a number of prestigious accolades and awards. Among these include, the *Top Doctor Award* in Nashville from 2015-2018, the *Top Doctor Award* in Tucson in 2014, the *Academy of Medical Education Scholars Grant for Medical Education Research* in 2013, and the *Joseph Cash Memorial Award* in 2009, among countless others. He attributes his success to passion, hard work, and a humble background. Dr. Subramanian is a proud member of the German Society for Thorax, Heart and Valve Surgery, the European Association for Cardiothoracic Surgery, *Alpha Omega Alpha Honor Medical Society*, and the Society for Thoracic Surgeons, for which he serves as a reviewer for the *Annals of Thoracic Surgery*.

Passionate about giving back to the community, he supports the Sankara Eye Foundation, Boy Scouts of America, and charities that benefit the impoverished. In his spare time, Dr. Subramanian enjoys tennis, traveling, and being with his wife, Shanmathi and their two children, Shobhini Manikarnika and Sankalp Karthikeya.

CARDIOLOGY SPOTLIGHT

DR. DENNIS SARABI, MD, PHD, FACC

Dennis Sarabi, MD, PhD, FACC, is a renowned cardiologist in Newport Beach, serving clients throughout Southern California. He is internationally respected among medical specialists for his advanced training and skills in cardiac care. Dr. Sarabi specializes in the prevention, diagnosis, and treatment of a wide range of conditions including coronary artery disease, arrhythmias, heart failure, and heart valve abnormalities. His clinical subspecialty is in preventive cardiology as well as advanced cardiac imaging with a focus on Cardiac CTA, Cardiac MRI, Nuclear Cardiology, and Echocardiography, as well as Aggressive and Scientific Primary and Secondary Risk Factor Management.

In addition to his practice, Dr. Sarabi is a venture partner at Analytics Ventures, a venture formation fund with a focus on artificial intelligence, machine learning, and Internet of Things (IoT). Analytic Ventures works with talented entrepreneurs and partnering corporations to create the next generation of AI driven ventures. A sample of recently formed ventures includes: CureMatch-computational DNA analysis for personalized cancer Rx combinations, Curemetrix-next generation of image analysis for mammography, Kazuhm-the first commercialized peer-to-peer data processing solution for all industries, and Tinoro, which is developing the world's fastest and first portable virus and bacteria detection solution.

Dr. Sarabi previously served as a physician advisor and acting director of advanced cardiac imaging and as an active member of the board of medical directors for the Heart and Vascular Institute at Hoag Memorial Hospital in Newport Beach. He was also a post-doctoral fellow at the National Heart, Lung & Blood Institute of the National Institute of Health (NIH) in Bethesda, Maryland. Prior to moving to Newport Beach, Dr. Sarabi served as the director of Cardiac CT and MRI at Albert Einstein Medical Center. Dr. Sarabi received his MD and a PhD in cardiovascular medicine from Uppsala University and completed a postdoctoral fellowship in cardiovascular medicine at Uppsala University. He completed his residency in internal medicine and a fellowship in cardiology at Albert Einstein Medical Center in Philadelphia, Pennsylvania. This residency was followed by a fellowship in cardiac CT and MRI at Advanced Cardiac Imaging Center in New York, New York. Dr. Sarabi is board certified in cardiovascular diseases, nuclear

cardiology, echocardiography, cardiac computed tomography, cardiac MRI and internal medicine. He is a proud member of several professional organizations including the American Board of Internal Medicine, the American College of Cardiology, SCMR, and the Certification Board of Nuclear Cardiology.

Dr. Sarabi has been the recipient of a number of prestigious accolades and awards, including recognition as a *US Top Doctor in Cardiovascular Medicine* by Castle Connolly in 2015. He has authored over 30 scientific manuscripts in his areas of specialty, all of which have been published in prominent national and international medical journals. Dr. Sarabi also wrote the book, *Cardiovascular Risk Factors and Endothelium Dependent Vasodilation*, which is available on amazon.com.

As a frequent speaker and strong advocate for heart health, he educates communities on topics such as diet, exercise and the role of cardiac imaging in prevention and treatment of heart disease. Dr. Sarabi expressed, "We are entering a new and exciting era of cardiac imaging which will dramatically change the way we practice cardiology today. I am committed to remaining on the forefront of new technologies and treatments," In his spare time, Dr. Sarabi enjoys outdoor activities such as sailing, racing Ducati motorcycles, and playing in the rock band, Sky Vox, where he is the lead vocalist and guitarist.

Cardiology Specialties:

- Cardiovascular Diseases
- Echocardiography
- Nuclear Cardiology
- Cardiac CT Angiography
- Preventive Cardiovascular Medicine
- Internal Medicine

Cardiology Services:

- Cardiac MRI
- Diagnostic Testing
- Cardioversion
- Scientific Lifestyle Modification
- General Consultation
- Preoperative Consultation

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RADIOLOGY

Dr. John H. Lohnes is chairman of the board of Wichita Radiological Group, a multi-faceted group of radiologists that specialize in diagnostic and interventional radiological services and therapeutic radiation oncology. WRG provides these services from Wesley Medical Center and their two premiere outpatient women's imaging centers Cypress Women's Imaging - Hillside and Cypress Women's Imaging - East. As chairman, Dr. Lohnes is accountable for the overall strategic planning and operation of the WRG. He is also president of the Kansas Radiological Society, a member of both the Blue Ribbon Commission on Governance for the American College of Radiology and the medical advisory

committee for Blue Cross Blue Shield of Kansas, and a clinical assistant professor at the University of Kansas School of Medicine. Dr. Lohnes has more than twenty-four years of experience in the medical profession and is highly regarded by colleagues for his dedication and vast range of knowledge. He attributes his achievements to determination and hard work, qualities equally evident in his personal and academic attainments. Dr. Lohnes completed undergraduate studies at the prestigious Cornell University and obtained his MD degree from the University of Iowa. Outside of medicine, Dr. Lohnes devotes time to travel, family, and entrepreneurial ventures, which include his Freddy's Frozen Custard franchise.

ANESTHESIOLOGY



Jesse Hebert, MD is board certified anesthesiologist in practice at Northwest Anesthesia in Houston, Texas. Dr. Hebert completed his Bachelor of Science degree at Southwest Texas State University and his Doctor of Medicine degree from the University of Texas at Houston. He completed both an internship in general surgery and his residency in anesthesiology at the University of Tennessee at Knoxville. Dr. Hebert is board certified by the American Board of Anesthesiology. He is a proud member of several professional organizations including the AOA. Dr. Hebert has authored and coauthored a number of well-received articles, which include, *A Randomized, Placebo Controlled, Trial Of Preoperative Sustained Release Betamethasone Plus Non-Controlled Intraoperative Ketorolac Or Fentanyl On Pain After Diagnostic Laparoscopy Or Laparoscopic Tubal Ligation [Isrctn52633712]*. Throughout his life, Dr. Hebert has received countless awards, which include, the Methodist Residency for OB/GYN: *Anesthesiologist of the Year Award*. For his effort and exemplary leadership this award was created for him. Well respected for his diligence, dedication, and knowledge, he attributes his success to hard work, ambition, the support and love of his parents, Mary Elizabeth and the late, Richard Lewis, and his genuine passion for helping people. Dr. Hebert first became interested in the medical field when he as only five years old and treated by

a neurologist. Dr. Hebert stated, "His training and medical knowledge 'fixed my problem' but his gentleness and beside manner changed my life. He passed away before I even graduated college, so I never had the chance to personally tell him the depth of his impact. Part of me thinks he knows but I would have enjoyed the chance to thank him, directly, even years later." In addition to his successful career, Dr. Hebert has always been passionate about giving back to the community. He first became involved in philanthropic work during his residency when he served as a Big brother for Big Brothers Big Sisters in Knoxville. Dr. Hebert loved worked with children and mentoring his "littles". Today, Dr. Hebert donates generously to several softball, basketball, football, and soccer leagues. In his spare time, his interests include live music, scuba diving, fresh and salt-water fishing, and hiking. Contact: hebertdoc@gmail.com

Robert Trujillo, MD, MBA, is an anesthesiologist with nearly three decades of experience. He currently serves on the cardiac anesthesia team at Rogue Valley Regional Medical Center in Medford, Oregon. Dr. Trujillo received a Bachelor of Science degree in biochemistry with a minor in mathematics from the University of California, Los Angeles. He obtained a Doctor of Medicine degree with a concentration in anesthesia from the University of California, San Francisco. Dr. Trujillo is board certified in anesthesia, interventional pain management, and cardiac echocardiography. He also obtained a Master of Business Administration degree from Touro College. Dr. Trujillo is member of several professional organizations including the American Academy of Pain Management and the American Board of Anesthesiology. Dr. Trujillo attributes his success to hard work, passion, and to the mentors who have shaped his life, particularly James Stewart, one of his teachers in junior college who he credits his success to this day as well as other inspirations such as Dr. Wall who led nucleic acid research while he was a student at UCLA. Throughout his life, Dr. Trujillo has served as a volunteer anesthesiologist including at the Oregon Tiger Sanctuary and in Mexico for patients receiving cleft palate repairs. Outside of his career, Dr. Trujillo can be found working out, surfing, managing his 55 acres of land, where he grows organic fruits and vegetables as well visiting his son, Evan, who currently lives in Tokyo, and spending time with his daughter, Marissa. Dr. Trujillo has practiced mixed martial arts since he was twelve years old and holds a 5th degree black belt. He co-owned a successful MMA company for a number of years as well as Ultimate Professional Wrestling, which trained a number of well-known competitors. Dr. Trujillo is currently studying for the LSAT exam in aspiration to also pursue a career in law. Email: robertanesthesia@yahoo.com



SPECIALTY:

- Anesthesiology

SUBSPECIALTY:

- General Anesthesiology
- Pain Medicine

BOARD CERTIFICATIONS:

Anesthesiology

Accredited by: American Board of Anesthesiology

Pain Medicine

Accredited by: American Board of Anesthesiology

HOSPITAL AFFILIATIONS:

- Providence Medford Medical Center
Medford, OR
- Asante Rogue Regional Medical Center
Medford, OR

PAIN MEDICINE



Pascal Scemama de Gialluly, MD, MBA, is an attending anesthesiologist and interventional pain physician at St. Elizabeth's Medical Center (Boston). He serves as associate director of the Center's Pain Fellowship Program. He is also the director of pain management at Carney Hospital (Boston) and an assistant professor at Tufts School of Medicine. Dr. Scemama graduated with a Diplome d'Ingenieur, Ecole Supérieure d'Electricité (ESE), the equivalent to a bachelor's degree with honors in electrical engineering, from a prestigious university in France in 1985. He obtained a Master of Business Administration degree from the University of Michigan in 1987. Dr. Scemama served as a managing director of Bankers Trust Company, as a partner of TGE Associates, as a managing director and head of Risk Management for Global Equity Finance for Merrill Lynch & Co. and as managing director and head of Equity Finance and Trading Risk for Banc of America Securities. At age 40, Dr. Scemama left his career on Wall Street to pursue his lifelong dream of becoming a doctor. He was next the Twin Towers in 1993 when the truck bomb went off below the North Tower. On September 11th, 2001, Dr. Scemama was working at Merrill Lynch in the World Trade Center when the two planes piloted by terrorists smashed into the Towers. Seeing the aftermath of those two horrific events, made him desire to be of more immediate help to people in need. Dr. Scemama began volunteering with the local ambulance squad in Summit, New Jersey. He obtained a Doctor of Medicine degree from UMDNJ, New Jersey Medical School. Dr. Scemama completed a preliminary medicine internship at Morristown Memorial Hospital (NJ) and an anesthesiology

residency and interventional pain fellowship at The Massachusetts General Hospital, Harvard Medical School. "The best thing about being a doctor, is that you always know why you're doing what you're doing: every day you have a patient in front of you and you have to take care of him or her. It is a very special feeling" says Dr. Scemama. He is a proud member of the American Medical Association, the American Society of Anesthesiology, the Spine Intervention Society, the Massachusetts Medical Society, the Massachusetts Anesthesiology Society, and the American Academy of Pain Medicine. He has authored several well-received publications, including, *Radiofrequency Ablation within the 1st Intercoccygeal Disc for Coccygodynia: A Case Report* (Pain Practice 2011) and the book chapter, *Postoperative Pain in Children in The Massachusetts General Hospital Handbook of Pain Management 4th Edition*, Lippincott. Dr. Scemama has had a passion for pain management since his early days of medical school. He treats subacute and chronic pain involving all areas of the human body including the entire spine, joints, chest wall, connective tissues, head, abdomen/pelvis and peripheral nerves. He is particularly active in the application of Regenerative Medicine and implantable Neuromodulation Therapies to the treatment of chronic pain including the use of Platelets-Rich Plasma (PRP), Stem Cells, spinal cord and peripheral nerve stimulators. His clinical and research interests include: hard to diagnose and often missed pain condition such as chronic abdominal wall pain, Bertolotti's syndrome and many others; post-surgical persistent pain and the use of coaching techniques to improve patients' pain coping skills. Email: scemamapmd@hotmail.com

Dr. Scemama featured on CNBC: <https://www.cnbc.com/2015/04/24/medical-school-cures-a-midlife-crisis.html>



Alaa A. Abd-Elseyed, MD, MPH, is medical director of health pain services and section head of chronic pain medicine at UW School of Medicine and Public Health. Dr. Abd-Elseyed joined the faculty of the Anesthesiology Department at the University of Wisconsin in 2014 to provide chronic pain medicine services as part of the multidisciplinary Pain Program. In addition to his work as a pain specialist, Dr. Abd-Elseyed is an active clinical investigator. Current studies include the use of opioids, genetic variations leading to different individual response to opioids, and the use of neuromodulation and peripheral nerve stimulators for the management of neuropathic pain. He also has research interests in fibromyalgia, complex regional pain syndrome (CRPS) and headaches, and is leading a study called "CREATE" to help CRPS patients. Over the course of his career, Dr. Abd-Elseyed has received numerous research grants, published more than 90 peer-reviewed manuscripts and authored several editorials and book chapters. He has presented at more than 100 international and national conferences and has earned more than 20 awards at the state, national and international levels. Recent awards include being named among the *Leading Physicians of the World*, *America's Best Physicians*, and

America's Top Doctors. In addition, he has served as a reviewer for more than 50 journals, including the *Journal of Clinical Anesthesia*, *Anesthesia & Analgesia* and *British Journal of Anesthesia*. Dr. Abd-Elseyed received his medical training at Assiut University Medical School in Egypt, completed a master's degree in public health, research fellowship at Cleveland Clinic, and residency in anesthesiology and pain management fellowship at University of Cincinnati. He is a proud member of several professional organizations including the American Society of Anesthesiologists, the American Society of Regional Anesthesia and Pain Medicine, the Wisconsin Society of Anesthesiologists, the Madison Society of Anesthesiologists, the Dane County Medical Society, the International Association of Healthcare Professionals, the North American Neuromodulation Society, and the American Society of Interventional Pain Physicians. Dr. Abd-Elseyed played a major role in combating the opioid epidemic at the State of Wisconsin and the national levels. He did so through his service on the Medical Examining Board at the State of Wisconsin, working with Governor Scott Walker and other state legislators. He travels all around the nation to educate about the hazards of opioids and available alternatives.

ORTHOPAEDIC SURGERY



Randall S. Peyton, MD, is an award-winning orthopaedic total joint surgeon, specializing in minimally invasive and complex surgery of the hip and knee. He is the president and chief executive officer of Arthritis & Sports Orthopaedics & Physical Therapy, which he founded in January 1998. Skilled in arthroscopy, total joint replacement and revision surgery, Dr. Peyton has helped thousands of patients in Northern Virginia. He was the first to perform bilateral hip replacement in Northern Virginia, the first in the Northern Virginia/DC metropolitan area to implant the Oxford Unicompartmental Knee, and the first in the world to implant the Biomet Taperloc Microplasty Stem. Dr. Peyton also assisted in the design of the “Simplified Tensor” for Total Knee Arthroplasties (TKA) and the Biomet Taperloc Total Hip System. In addition to his work at Arthritis & Sports, Dr. Peyton is proud to support the continued training of other orthopaedic surgeons, as well as the training of future orthopaedic surgeons. In 2016, Dr. Peyton created Arthritis & Sports’ first fellowship program, which focuses on adult hip and knee reconstruction. Additionally, Dr. Peyton is regularly featured as a guest speaker at surgeon education courses throughout the country. These courses address relevant concepts and techniques for total hip and knee replacement surgeries that comprise the foundation for the development of new and more complex surgical skills. Since 2014, Dr. Peyton has presented on anterior hip replacements during numerous courses, including beginner, advanced, and revision courses in Atlanta, Las Vegas, and Miami, as well as leading master courses in Chicago.

Well respected by patients and the medical community, Dr. Peyton has been honored with several prestigious accolades and awards. Among these include recognition as a *Top Doctor* by *Northern Virginia Magazine*, *Castle Connolly*, and *Washington Magazine*. Dr. Peyton obtained his Doctor of Medicine degree from the Medical College of Virginia. His residency in orthopaedic surgery was completed at The Johns Hopkins Hospital, where he later acted as chief resident in orthopaedic surgery. Dr. Peyton then completed his fellowship training in adult reconstruction and total joint replacement surgery at the prestigious Rothman Institute of the Thomas Jefferson University in Philadelphia. Dr. Peyton is a fellow in the American Academy of Orthopaedics Surgeons and belongs to several professional organizations including the American Association of Hip and Knee Surgeons and the Arthroscopy Association of North America.

PROCEDURES:

- Total Hip Replacement
- Anterior Approach
- Total Knee Replacement
- Custom Knee Reconstruction
- Revision Total Knee
- Revision Total Hip

SPECIALTIES:

- Total Joint Replacement
- Arthritis
- Hip/Knee Replacement
- Revision Total Joint Surgery
- Robotic Assisted Surgery
- Sports Medicine

CONTACT:

Arthritis & Sports-Sterling
21475 Ridgetop Cir., Suite 150
Sterling, Virginia 20166
Phone: 733.444.5000
www.arthritisandsports.com/randall-payton-md

Jose A. Rodriguez, MD, is an orthopedic surgeon, at The Hospital for Special Surgery, the top ranked New York hospital for orthopedics and rheumatology, and a Professor of Clinical Orthopaedic Surgery at Weill Cornell Medical School. Dr. Rodriguez began his practice with Dr. Chitranjan Ranawat at Lenox Hill Hospital in 1995 and became an attending surgeon at the Hospital for Special Surgery in 1996. Prior to returning to HSS full time, Dr. Rodriguez was chief of adult reconstruction, and director of the Fellowship in Adult Reconstruction at Lenox Hill Hospital. Dr. Rodriguez specializes in minimally invasive and complex surgery of the hip and knee. He is skilled in arthroscopy, total joint replacement and revisions as well as fracture surgery. Dr. Rodriguez maintains an active research program; with 73 peer-reviewed publications, five ongoing prospective studies and two ongoing randomized studies in the field of hip and knee surgery. He serves on the editorial boards of the *Journal of Arthroplasty*, *Bone and Joint Journal*, *Clinical Orthopedics and Related Research*, and the *HSS Journal*. The focus of his research has been documenting the effect of different surgical techniques on surgical outcomes and optimizing patient function.

Well respected by patients and the medical community, Dr. Rodriguez attributes his success to diligence, passion, and to his mother, who instilled in him the value of hard work and pushed him to pursue a career in medicine. Dr. Rodriguez has been the recipient of several prestigious accolades and awards, including, the *Maurice H. Cowen Award for Excellence in Medical Education* for several years from the Lenox Hill Hospital *Orthopedic Residency Program*, a feature in the *2014 Best Doctors* by *New York Magazine*, and the *2011 America's Top Orthopedists Award* from the Consumer Research Council of America, among countless others. Dr. Rodriguez is a fellow of the American Academy of Orthopedic Surgery and is a proud member of the American Association of Arthritic Hip and Knee Surgeons and the Eastern Orthopedic Association Medical Strollers of New York. Dr. Rodriguez obtained a Bachelor of Arts degree in Biochemistry and Molecular Biology from Harvard University. He



is a graduate of the Columbia University College of Physicians and Surgeons. Following an internship at the Columbia-Presbyterian Medical Center, he completed his residency at Hospital for Special Surgery. His fellowship in Surgical Arthritis and Joint Reconstruction at Lenox Hill Hospital was completed under Chitranjan S. Ranawat, MD and followed by the Maurice E. Muller Fellowship in Hip Surgery in Bern, Switzerland, under Professors Muller and Ganz. Strongly committed to philanthropic endeavors, Dr. Rodriguez maintains an active profile in the local community and has served as a board member of the Bronx Children's Museum. Dr. Rodriguez is also a retired US Army Reserve Major, having served two tours of duty in Iraq. www.hss.edu/physicians_rodriguez-jose.asp

Procedures:

- Total Hip Replacement
- Anterior Approach
- Total Knee Replacement
- Custom Knee Reconstruction
- Revision Total Knee
- Revision Total Hip Replacement

Specialty:

- Orthopedic Surgery
- Hip/Knee Replacement
- Special Expertise
- Total Hip Replacement
- Total Knee Replacement
- Revision Total Joint Surgery

Contact::

Hospital for Special Surgery
East River Professional Bldg.
523 E. 72nd Street, 9th Floor
New York, New York 10021
Phone: 212.606.1276
Fax: 212.774.7071



Ajoy Kumar Sinha, MD, is an orthopaedic surgeon with more than three decades of experience. Dr. Sinha is the founder and head of Sinha Orthopedics. He treats patients in the Queens and surrounding New York City area suffering from arthritis, muscle tears, fractures, and bone defects.

Dr. Sinha and his staff speak six different languages: English, Spanish, Bengali, Hindi, Polish, and Punjabi. Dr. Sinha has also served as the chief of orthopaedic surgery at Mount Sinai Queens, acting chairman of The New York Hospital Queens, and chief of arthritis and adult reconstruction at The North Shore Hospital. Dr. Sinha is also an assistant clinical professor at Icahn School of Medicine at Mount Sinai.

Dr. Sinha received his medical degree from Mahatma Gandhi Memorial College and then completed several residencies and fellowships across the world, including a fellowship and clinical assistantship with John Hopkins University. He is a member of the Medical Society of New York, the American Medical Association, the Canadian Orthopedic Association, the American Academy of Sports Medicine, and an active member of the American Arthroscopic Association of North America.

Dr. Sinha has been involved in extensive research and implant development. He has served as a design consultant for the Exactech Anterior Rough Cut (ARC) Low Profile Instrumentation (LPI) Technique, the Exactech Optetrak Distal First LPI Technique, and the Exactech Novation Comprehensive Hip System.

ORTHOPEDIC RESIDENCIES:

New York - Presbyterian Queens
General Surgery - Flushing, NY
Booth Memorial Medical Center
Surgery - Flushing, NY
University of Ottawa
Surgery & Orthopedics - Ontario, Canada



Website: www.sinhaorthopedics.com
Email: office@sinhaorthopedics.com

SPECIALTIES:

Knee Replacement
Minimally Invasive Cartilage Repair
ACL Repair/Sports Medicine
Meniscus/Ligament Repair
Rotator Cuff/Soft Tissue Repair
Fractures: Ankles, Wrists, And Elbows

CONTACT:

Musculoskeletal Arthritis
Joint Care Center.
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F: 718-661-3747

Andrew Dold, MD, FRCSC, is a fellowship-trained orthopedic surgeon who specializes in arthroscopic procedures of the hip, knee, and shoulder. He has been in practice in the Dallas, Texas area since 2016 and is the director of sports medicine at Star Orthopedics and Sports Medicine, based in Frisco, Texas. Dr. Dold is widely considered an expert in biologic treatments including platelet-rich plasma (PRP) and stem cell therapies for the management of cartilage and other musculoskeletal sports-related injuries. He completed medical school at Trinity College, University of Dublin in Ireland. Dr. Dold then completed his orthopedic surgery residency training at the University of Toronto in Canada. After residency, he completed a fellowship in orthopaedic sports medicine and arthroscopy at New York University's Langone Medical Center and the Hospital for Joint Diseases. Dr. Dold's research interests have included platelet-rich plasma (PRP) and stem cell therapy for arthritis and cartilage injuries, hip arthroscopy, labral reconstruction of the shoulder, meniscal repair of the knee, and anterior cruciate ligament (ACL) reconstruction of the knee. He has published numerous book chapters and scientific papers in peer reviewed journals including, *American Journal of Sports Medicine (AJSM)*, *Clinical Orthopaedics and Related Research (CORR)*, *Knee Surgery, Sports Traumatology, and Arthroscopy (KSSTA)*, *Clinical Journal of Sports Medicine*, *Journal of Arthroscopy*, and *The Journal of the American Academy of Orthopaedic Surgeons (JAAOS)*. Dr. Dold's research has been presented at numerous regional, national, and international conferences. He is a principal reviewer for *Journal of Arthroscopy*, *American Journal of Sports Medicine*, and *Orthopaedic Journal of Sports Medicine (OJSM)*. He continues to serve as a lead author and senior editor for *OrthoBullets.com*. Dr. Dold has served as team physician and surgical consultant for both the men's and women's Canadian Rugby Teams, the Mississauga Steelheads of the Ontario Hockey League, and the NFL Scouting Combine in Indianapolis. He is currently the head team physician for Reedy High School (Frisco ISD), Dallas Reds Rugby Football Club, and Dallas Griffins Rugby Club of Major League Rugby (MLR). Dr. Dold is the medical director of the Gatorade Sports Science Institute (GSSI) at The Star. He has received a number of prestigious awards and honors, including a *Top Doctor Award* from the International Association of Orthopaedic Surgeons in 2017 and a *Rising Star Award* from *SuperDoctors* in 2018. Dr. Dold was also named to the *Top 40 Under 40* list by *USA Top 100 Magazine* in 2018. He is a proud member of the American Academy of Orthopaedic Surgeons, American Orthopaedic Society for Sports Medicine, Arthroscopy Association of North America, International Society of Hip Arthroscopy, and the Texas Medical Association. www.DoldMD.com



Dr. Brian M. Culp is an orthopaedic surgeon in Princeton, New Jersey. Dr. Culp provides special expertise on knee replacement surgery, including minimally invasive partial and total knees, as well as complex revision surgery. He also performs minimally invasive hip replacement surgery from anterior and posterior approaches, as well as complex revisions. In addition, Dr. Culp offers outpatient joint replacement surgery to the appropriate candidates, and is the program director for the outpatient replacement program. He is also the outgoing surgical director of the hip fracture program. Dr. Culp graduated *magna cum laude* with a Bachelor of Science degree in molecular genetics from The Ohio State University and earned his Doctor of Medicine degree from The Ohio State University College of Medicine. He completed an internship in general surgery as well as his orthopaedic surgery residency at UMDNJ Robert Wood Johnson Univ. Hospital, where he was recognized as *Resident of the Year* twice. His sub-specialty training occurred at RUSH, renowned as one of the top joint replacement programs in the world. Dr. Culp has co-authored a number of well-received publications, including topics on hinged knee replacement, the management of infections with antibiotic beads, the treatment of extensor mechanism deficits, among others. Dr. Culp is well respected for his attention to his patients, and attributes his success to his mentors and his personal commitment to providing the best-personalized care for his patients. Dr. Culp is a proud member of the American Orthopaedic Association Emerging leaders program, the American Academy of Orthopedic Surgery (AAOS), and American Association of Hip and Knee Surgeons (AAHKS). Away from the hospital, Dr. Culp enjoys exercise, reading, and spending time with his wife, Irene and daughter, Abigail. BrianCulp1@gmail.com



FEATURED



Wendy Anne Arnold, MD, is a physician in the United States Navy and currently the 1st Marine Logistics Group surgeon on Camp Pendleton, CA. As the 1st MLG Surgeon, she is a special staff advisor to the Commanding General for an organization that has 8,500 Sailors and Marines and an annual budget of \$100 million. Dr. Arnold earned her Bachelor of Arts degree from the University of Pittsburgh with a dual major in business administration and journalism in 1994. After college, she was commissioned in the United States Marine Corps following completion of Officer Candidates School in Quantico, VA. Dr. Arnold then graduated from Alpha Company of The Basic School in April 1995 where she was selected to be the first student company commander for 250 peers. After TBS, she completed Ground Supply Officer School at Camp Johnson. Dr. Arnold's Marine duty stations included the FMF (Fleet Marine Force,) drill field, recruiting, and ceremonial duties at Marine Barracks Washington, DC. One month prior to being promoted to major in the Marine Corps, Dr. Arnold resigned her commission and accepted a Naval officer commission in order to attend medical school at the Uniformed Services University in Bethesda, MD. While there, she served as the Naval Student Company Commander for four years, graduating with a Doctor of Medicine degree in 2008. She then completed Family Residency training at Naval Hospital Camp Lejeune on June 2011. During this residency she was selected to attend acupuncture training with McMaster University and is currently certified in this unique, complementary medicine technique. She was also voted the residency's First Resident Teacher of the Year in 2011. Her utilization tour was as the 2nd Marine Special Operations Battalion

Surgeon with MARSOC. There she deployed for combat in Afghanistan as the first female Special Operations Task Force Surgeon. While at this command, she was selected for the *Competitive Female Leadership Symposium* associated with the annual *Mhs Conference*. She was then selected for the only naval family medicine Obstetrics fellowship, at which she spent a year learning cesarean deliveries and complicated obstetrics. She completed her utilization tour for this fellowship as family medicine faculty and Associate Program Director for NH Camp Pendleton residents. During this tenure, she was voted for three consecutive years as the *Family Medicine Staff of the Year* by over forty residents. Dr. Arnold also recently earned her second board certification in integrative medicine in addition to nutrition coaching certification from Precision Nutrition. She is one of only two physicians in the Navy board certified in this field. Dr. Arnold is a proud member of a number of professional organizations including the American Academy of Family Physicians, North Carolina Medical Society, Institute for Functional Medicine, and the Academy of Integrative Health and Medicine. In addition to her accolades and awards, she was the recipient of a *Meritorious Service Medal*, three Navy and USMC *Commendation Medals*, and a Navy and USMC *Achievement Medal*. Well respected for her dedication, knowledge, and exemplary leadership, she attributes her success to hard work, genuine passion for the field of medicine, and the excellent mentorship and training she has received throughout her career. With her unique military and medical background, her niche is in leadership and wellness, for which she is available as a coach through her business, DR. WAVE, Inc. In her spare time, Dr. Arnold enjoys being with her husband, Michael. Website: www.dr-wave.com | Email: wendyarnold.md@gmail.com

Monica Gilbert, a Board Certified Behavior Analyst and Licensed Mental Health Counselor, is the founding president and lead clinical director of Crystal Minds New Beginning Inc. in Doral, Florida. Ms. Gilbert has provided Applied Behavior Analysis (ABA) services to children, adolescents, and adults for over ten years and has worked with infants and toddlers as an Infant Toddler Developmental Specialist (ITDS). She is a qualified supervisor for clinicians who want to obtain their certification in ABA (RBT, BCaBA and BCBA) and licensure as Mental Health Counselors. Ms. Gilbert has co-authored articles in *Parents of Children with Special Needs* magazine and has been featured in newsletters and online magazines. Additionally, Ms. Gilbert is an adjunct instructor at Albizu University (AU), where she teaches ABA. She has served as a member of the Southern Region Agency for Persons with Disabilities Local Review Committee, where together with other members she provided ongoing technical assistance and consultation as well as approvals for behavior plans presented by other analysts in the region. She has conducted various presentations, didactics, and workshops in both English and Spanish. Her most recent workshop was nationally, in Denver, Colorado and San Diego, California and internationally in Paris, France for the Association of Behavior Analysis International (ABAI). Ms. Gilbert graduated from Florida International University with a bachelor's degree in psychology and a minor in behavior analysis and went on to earn a Master of Science degree in education with a mental health counseling minor. She earned a second Master of Science degree in psychology from AU. Currently, Ms. Gilbert is in the process of obtaining her doctorate in clinical psychology (PsyD) to acquire yet more knowledge in the application of treatments and testing with children and adults. During her training, she has conducted gifted, neurological, psychoeducational and psychological evaluations. Passionate about giving back, she maintains an active profile in the local community and supports Autism organizations. In her spare time, Ms. Gilbert enjoys spending time with her team of clinicians, her family and friends.

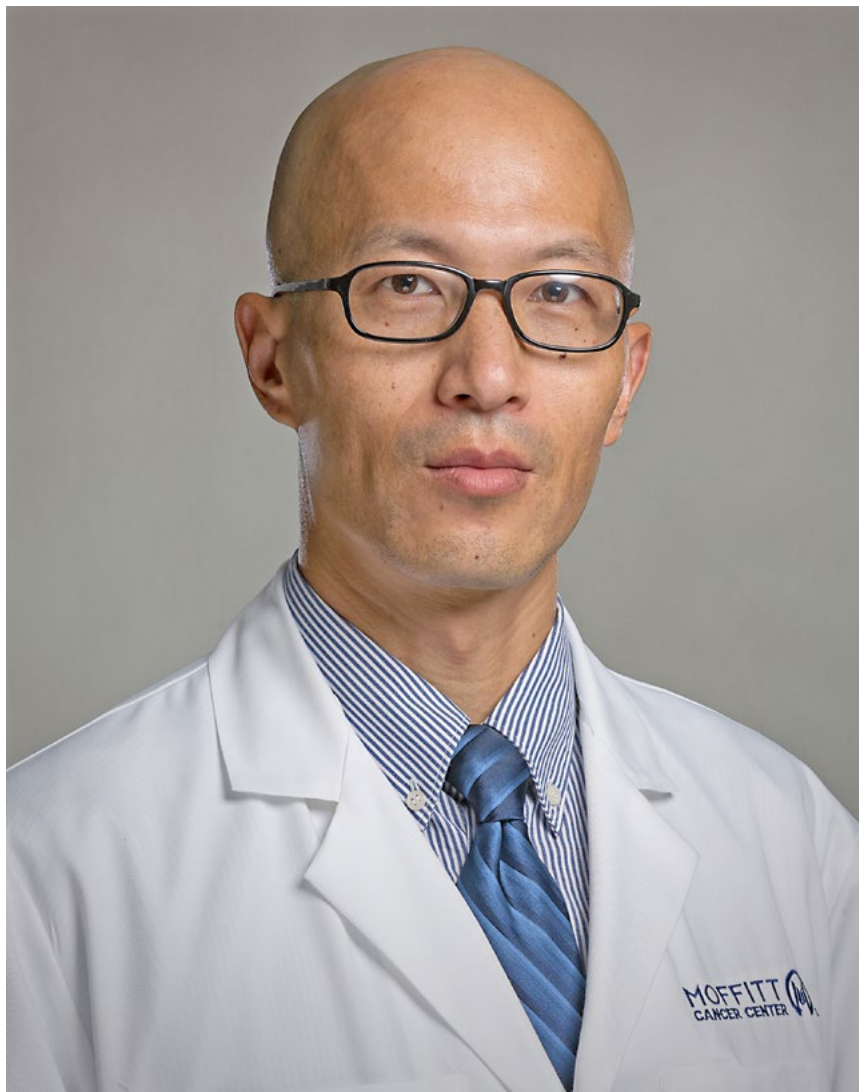


Website: www.cmnbtherapy.com | Email: info@cmnbtherapy.com | Phone: (786) 269-3502

Aleksandra Michalik, DO, is a board certified ophthalmologist and glaucoma specialist currently in practice at SightMD. Dr. Michalik specializes in the medical and surgical treatment of cataracts and glaucoma. She graduated *cum laude* with a Bachelor of Science degree in biological sciences from Cornell University. Dr. Michalik worked as an analytical chemist at Estée Lauder and obtained her Holistic Health Practitioner license from the Institute for Integrative Nutrition, affiliate to the Teachers College of Columbia University. She received her medical degree, with honors, from the New York College of Osteopathic Medicine of NYIT. Dr. Michalik completed her ophthalmology residency at St. John's Episcopal Hospital, Interfaith Medical Center, Brookdale University Hospital and Medical Center, and South Nassau Communities Hospital. Her interest in glaucoma stems from working and conducting research with Dr. Jeffrey Freedman, who helped pioneer the use of implantable devices for the surgical treatment of glaucoma. Dr. Michalik completed her glaucoma fellowship at the University of Wisconsin School of Medicine and Public Health, where she continued her research involvement, with Yao Liu, MD, in a multi-center study evaluating the potential effect of increased carotenoid intake on lowering the risk and progression of glaucoma. While at UW, she was also involved in the *Aerie Mercury 1 Trial* that assessed the safety and efficacy of Roclatan™ 0.02%/0.005%, a newly developed glaucoma medication awaiting FDA approval. Dr. Michalik continues to be a proponent of continuing research and optimization of techniques in the field of ophthalmology. She is a proud member of the American Glaucoma Society, American Academy of Ophthalmology, and the American Osteopathic College of Ophthalmology & Otolaryngology. In her spare time, her interests include traveling, outdoor activities, art, nutrition, and being with family and friends.



Website: <https://www.sightmd.com/ophthalmologists-long-island/aleksandra-michalik-d> Email: amichalik@sightmd.com



Kun Jiang, MD, PhD, is a board certified pathologist at Moffitt Cancer Center, a nonprofit cancer treatment and research center in Tampa, Florida, and the only NCI-designated comprehensive cancer center in Southeastern US. Dr. Jiang's clinical interest is in gastrointestinal diseases, pancreatobiliary and liver disease diagnoses, including both neoplasms and medical processes. His research interests are to identify tumor markers during cancer initiation and progression in these organs and sites, so as to improve the diagnoses and prognostication of these deadly diseases. Since joining Moffitt Cancer Center in 2013, Dr. Jiang has been giving bi-weekly GI pathology lectures coupled with conferences to the USF medical students, pathology residents and fellows. For three of the last four years, he was presented with the Outstanding Teaching Award for a pathologist by the USF College of Medicine residency program. Dr. Jiang is also an active teaching faculty member of the Osler Institute, with over 20 invited lectures and teaching courses. Dr. Jiang completed his Doctor of Medicine degree and PhD in Molecular Biology at Beijing Medical University. He conducted post-graduate research and first-authored multiple articles in peer-reviewed medical journals such as *Nature Immunology*, *Journal of Immunology*, *Blood*, and *Journal of Biological Chemistry*. Following his residency

training at Penn State University Hershey Medical Center, Dr. Jiang completed surgical pathology and GI, pancreatic and hepatobiliary fellowships at Emory University School of Medicine. Dr. Jiang has authored 50 peer-reviewed articles, three book chapters, and has presented 55 first- or senior-authored abstracts at national or international meetings, including *The Best Poster Presentation Award* of ASCP in 2014. Among his published works, some include: *Primary Liver Cancers-Part 1: Histopathology, Differential Diagnoses, and Risk Stratification*; *Primary Liver Cancers, Part 2: Progression Pathways and Carcinogenesis*; *Linking Circulating Long Non-coding RNAs to the Diagnosis and Malignant Prediction of Intraductal Papillary Mucinous Neoplasms of the Pancreas*; *Cancer Antigen 125 (CA125, MUC16) Protein Expression in the Diagnosis and Progression of Pancreatic Ductal Adenocarcinoma*; *Mucinous Cystic Neoplasm of the Liver Masquerading as an Echinococcal Cyst: Radiologic-pathologic Differential of Complex Cystic Liver Lesions*. Away from his career, Dr. Jiang's interests include spending time with family, tennis, long distance running, weight lifting, classical music, painting, and hiking.

Cancer Types Diagnosed: Anal Cancer and Anal Dysplasia, Appendiceal (Appendix) Cancer, Cholangiocarcinoma (Bile Duct Cancer), Colon Cancer, Colorectal Cancer, Esophageal Cancer, Gallbladder Cancer, Gastrointestinal Carcinoid Tumor, GIST (Gastrointestinal Stromal Tumor), Liver Cancer and various Hepatitis, Neuroendocrine Tumor, Pancreatic Cancer, Peritoneal Disease, Small Intestine Cancer, Stomach (Gastric) Cancer, and Metastatic Cancer Involving GI Tract.

Website: www.moffitt.org



Joseph Mikhael, MD, MEd, FRCPC, FACP, is a world-renowned multiple myeloma expert and the chief medical officer of the International Myeloma Foundation. As CMO, Dr. Mikhael works closely with the IMF's chair of the board (Dr. Brian Durie) to advance the mission of the organization in research, education, advocacy, and patient care to improve the lives of patients with multiple myeloma. Dr. Mikhael is passionate about mentoring junior faculty and providing education for the next generation of physicians. He serves as a professor of applied cancer research and drug discovery in the Translational Genomics Research Institute (TGen), adjunct clinical professor of City of Hope Cancer Center, and adjunct professor of Arizona State University, College of Health Solutions. In addition, Dr. Mikhael serves as a councilor on the American Society of Hematology (ASH) Executive committee and is heavily involved in training the next generation of hematologists. Dr. Mikhael's primary research interest is in multiple myeloma and its related conditions (Waldenstrom's Macroglobulinemia and amyloidosis). He also pursues research in medical education, communication skills, and pharmacoeconomics. Dr. Mikhael has conducted dozens of clinical trials and has contributed to the development of many novel drugs. He is committed to providing extraordinary patient care, bringing new cancer drugs to impoverished countries, mentoring junior faculty, and educating physicians worldwide about the advancements in cancer that have been made. Dr. Mikhael has been published in a number of journals, including *Journal of Clinical Oncology*, *Blood*, *Journal of General Internal Medicine*, *American Journal of Hematology*, *Blood Cancer Journal*, and *Journal of Cancer Epidemiology*.



Dr. Mikhael has received numerous teaching awards, including *Educator of the Year* at both the University of Toronto and Mayo Clinic. The *Dr. Joseph Mikhael Medical Education Award* has been created in his honor to recognize excellence in medical education in Canada. Dr. Mikhael previously served as a professor of medicine in the Division of Hematology/Oncology at Mayo Clinic Arizona, and as the Clinic's associate chair of education for the Department of Internal Medicine, deputy director of The Mayo Clinic Cancer Center, and associate dean of the Mayo School of Graduate Medical Education. He also served as medical director of development. Dr. Mikhael obtained his Doctor of Medicine degree from the University of Ottawa Faculty of Medicine in Ottawa, Canada. He completed a residency in internal medicine at the University of Ottawa followed by a residency in hematology at the University of Toronto. Dr. Mikhael went on to become chief resident in the Adult Hematology program at the University of Toronto and then earned a master's degree in education from Ontario Institute for Studies in Education, University of Toronto. He completed a multiple myeloma fellowship at Princess Margaret Hospital.

Website: www.myeloma.org | Email: jmikhael@myeloma.org

Dr. Pervez Ahmed is the founder, chairman, and managing director of Aapka Urgicare Pvt. Ltd, a pioneering healthcare initiative in India that provides high quality and affordable urgent care to individuals in need of unscheduled emergency medical attention. Positioned to bridge the gap between primary care doctors and hospital emergency rooms, the standalone urgent care centers offer walk-in care by providing treatment facilities for injuries or illnesses that need immediate medical attention. Currently, three urgent care centers have been established in the densely populated areas of New Delhi. Prior to establishing Aapka Urgicare Pvt. Ltd, Dr. Ahmed was the chief executive officer and managing director of Max Healthcare Institute Ltd., a major private hospital network in India. Dr. Ahmed also served as the Institute's executive medical director from 2007-2009 and as a board member from 2005-2007. During his tenure, he has been pivotal in the establishment

of new medical programs that have marked the network's foray into the super tertiary and quaternary care space. Dr. Ahmed contributed immensely to the development of critical care standards in New York. An avid and articulate speaker, he has represented the Institute at many national and international forums including the *IFC International Healthcare Conference*. He earned his MBBS from Armed Forces Medical College in Pune and thereafter proceeded to New York, where he completed his residency in internal medicine and fellowship in cardiology. Dr. Ahmed is board certified in internal and cardiovascular disease and is also a certified medical director. He complements this extraordinary profile with an impressive agenda of altruistic undertakings and donates generously to organizations that benefit education and the impoverished. In his spare time, Dr. Ahmed enjoys golf, travel, being outdoors, reading, and the company of friends and family.



Hena A. Khaja, MD, is a board certified ophthalmologist currently in practice at Vision Quest. Dr. Khaja has completed extensive training in ophthalmic disease and ocular surgery and provides expertise in these fields as well as in lens implantation and retinopathy. Her recent research focuses on dangling lens phacoemulsification, a novel technique for phacoemulsification and lens implantation and on acute maculopathy. She has also conducted extensive performance analysis of various vitreoretinal instruments. Dr. Khaja graduated *cum laude* from the University of Texas with a bachelor's degree in human biology with a focus on pathogenesis and immunity and a minor in business. She completed her Doctor of Medicine degree from the Mayo Clinic College of Medicine, earning honors in surgery and ophthalmology. While at the Mayo Clinic, she presented clinical research on trabectome ablation arc and research on the incidence and clinical characteristics of epiretinal membranes in children. As chief resident at the University of Cincinnati, Dr. Khaja presented idiopathic retinal phlebitis, lupus retinopathy, and cancer-associated retinopathy at the University's grand rounds forum. Dr. Khaja is a proud member of the American Academy of Ophthalmology and the Dallas Muslim Medical Alliance. Well respected by colleagues and patients for her skill and dedication, she attributes her success to passion, hard work, and commitment to quality patient care. "I have a strong desire to improve the ocular health of my patients through surgical intervention as well as doing continued research in the field of ophthalmology," she said. Dr. Khaja also attributes much of her success to her mentor, Dr. Wesley Herman, a renowned innovator in the field of ophthalmic microsurgery. Dr.

Khaja was inspired to pursue a career in the medicine by her parents, Yousuf and Majida Khaja and brother and two sisters, who are also in the field and have shown her tremendous support. Passionate about giving back to the community, Dr. Khaja supports nonprofit organizations such as Helping Hands. In her spare time, her interests include working out, bike riding, reading, watching movies, and traveling. Dr. Khaja also speaks Hindi, Urdu, and Spanish, which allows her to serve a diverse range of patients. Website: www.visionquestdallas.com/meet-our-doctors/dr-hena-khaja-md | Email: khaja@vquest.org



Seren Tokumura, MD, is a highly respected physician based in Hawaii. She is the owner of Personalized Medicine Hawaii, an exclusive concierge medical practice in high demand with local celebrities, professional athletes and corporate executives. Dr. Tokumura also works in the community as an urgent care doctor, a consultant physician and an independent medical examiner. She frequently serves as an event physician, including at the *Aloha World Sevens Rugby Tournament*, *Da Hui Paddle Board Races*, *Da Hui Backdoor Shootout*, *Xterra Trail Run World Championships*, *Ho'okuikai I Pu'ukohola*, and the *Iron Man World Championships*. Dr. Tokumura has co-authored a number of well-received publications, notably, *Assessment of Injuries During Brazilian Jiu Jitsu Competition and Mixed Martial Arts(MMA): Assessment of Injuries in Competition*. Well respected for her unique breadth of experience and knowledge, she attributes her success to passion,

persistence, and hard work, qualities she exercises in all of her pursuits. Dr. Tokumura graduated *magna cum laude* with a Bachelor of Science degree in biology from the University of California San Diego and obtained a Doctorate of Medicine from the University of Hawaii. She completed her internship in general surgery, with an emphasis on trauma surgery and acute critical care at the University of Colorado at Denver and went on to obtain board certification in family medicine. When she is not treating patients, Dr. Tokumura enjoys exploring the outdoors, traveling, and spending time with family and friends. She is also a 3x gold medalist in Taekwondo and practices Muay Thai and Gracie Brazilian Jiu Jitsu. Dr. Tokumura is also an accomplished classical ballet dancer and a certified PADI and NAUI open water scuba diver. Email: personalmedhi@gmail.com

Mário de Melo Galvão Filho, MD, PhD, MBA is the former medical director of Horizon Care Services Inc. Dr. Galvão completed his Doctor of Medicine degree in 1991 from the renowned Escola paulista de Medicina, UNIFESP, among the top three medical schools in Brazil. He completed his residency in radiology and oncoradiology in 1994 and obtained a PhD in 1998. Dr. Galvão also completed two fellowships in the United States, one in radiology at Boston University School of Medicine in 2000 and the second in 2016 at the radiology department of the University of Miami/Jackson Memorial Hospital. He began his career as a professor at EPM University and also worked at Hospital Sao Luiz-Rede Dór as an on call radiologist. For over twenty-six years, Dr. Galvão served in many capacities with the Hospital, including roles such as coordinator of the radiology department and director of the emergency department, radiology, and medical clinics. He also served as a doctor and coordinator for Grupo Fleury, the largest private group in diagnostic centers in Brazil. Eager to expand his business knowledge, he obtained a Master of Business Administration degree in 2009 and Master of Business Administration in Healthcare in 2011. In 2012, Dr. Galvão and his wife decided to move to the United States. They fell in love with the country as teenagers, while visiting Walt Disney World and Dr. Galvão was eager to bring his medical and business knowledge to the country. In 2014, Dr. Galvão and his wife obtained their E11 visa green cards. Well respected for his knowledge, skill, and dedication, Dr. Galvão attributes his success to his marketing expertise, creativity, and solid analytical, organizational, problem solving, and multitasking skills that have allowed him to be successful in both Brazil and the United States. He is a proud member of Conselho Regional de Medicina do Estado de São Paulo (CREMESP), Conselho Federal de Medicina (CFM), Colegio Brasileiro de Radiologia (CBR), the American Roentgen Ray Society (ARRS), and the Radiological Society of North America (RSNA). Attentive to philanthropic endeavors, Dr. Galvão maintains an active profile in the community and supports Associação de Assistência a Criança Defeituosa (AACD) and Grupo de Apoio a Criança com Câncer (GRAACC). In his spare time, he enjoys traveling and being with family. Website: www.lumieredetoxecenter.com | Email: mariomgalvaof@gmail.com



Vikas Kumar, PhD, has nearly a decade of research and teaching experience in aquaculture and nutritional biochemistry. He currently serves as assistant professor of fish nutrition at the University of Idaho's Department of Animal and Veterinary Science. Dr. Kumar is involved in the development of new undergraduate and graduate courses in aquatic and terrestrial animal nutrition, feed technologies, nutrigenomics and metabolism. He also performs extensive research work with the goal of developing nutritionally balanced, environmentally sound and cost-effective seafood production through aquaculture. For his outstanding contribution to research and teaching in the global fisheries sector, Dr. Kumar was awarded the *Dr. T.V.R. Pillay and Dr. M.V. Gupta Best Overseas Fisheries Scientist Award* by the *Professional Fisheries Graduate Forum (PFGF) India*, and *Best Young Researcher Award (Yggdrasil Scholarship)* for investigation and learning in Norway. Dr. Kumar is currently serving as an editorial board member of *Scientific Reports* by the Nature Publishing Group, and as leading associate editor for the *Journal of the World Aquaculture Society*. He has authored more than 70 papers in peer-reviewed journals, 12 book chapters and 30 magazine articles. Recently, he published a book entitled, *Enzymes in Human and Animal Nutrition: Principles and Perspectives* via Elsevier, Academic Press. Dr. Kumar also has an impressive educational background. "My strong fascination towards aquatic organisms provided me a foundation for my undergraduate degree in fisheries science and Master of Science degree in fish nutrition and biochemistry. Growing up in India, I became acutely aware of the necessities to develop new ways to manage aquatic resources and nourish millions of malnourished people. In my early graduate work, I began to develop a schema that connected my work to the need to reduce hunger and malnutrition through expansion of efficient water management for fish and shellfish production, and maximize utilization of food resources without compromising the natural (water) environment. To translate my research desire into reality, I moved to the University of Hohenheim, Germany to complete my Doctoral study which focused on exploring the potentiality of enhance production and performance of aquatic animals," he said. Dr. Kumar is a life member of the PFGF and a proud member of the American Oil Chemists' Society, the World Aquaculture Society, and the Idaho Aquaculture Society.



Dr. Sami Hashim is the former chief of the Division of Metabolism at St Luke's-Roosevelt Hospital. Dr. Hashim has served the Hospital as a clinician in the field of metabolism and nutrition for over forty years. He is currently an attending physician in the Division of Endocrinology and Metabolism.

Dr. David Denning is an integral constituent of the new movement, LIFE (Leading International Fungal Education), which advocates for improved access to fungal infection diagnostics and treatments worldwide. His principal career service is presently to the University of Manchester, as a professor of medicine and medical mycology.

Dr. Stephen P. Warman is a principal partner of Ear, Nose & Throat Associates of New York P.C., one of the largest ENT and allergy practices in the New York Metropolitan area. Among his specialties are injectables (Radiesse, Sculptra, Restalyne, Juvederm, and Botox), rhinoplasty, otoplasty, face lifts, chin implants, and laser resurfacing.

Dr. Eric Cerrati earned his medical degree from Medical University of South Carolina and completed his residency at New York University Langone Medical Center. He recently completed a Facial Plastic & Reconstructive Surgery fellowship at the University of Illinois at Chicago.

Dr. Ronald Hamner is the chief executive officer of Renal Associates one of the largest nephrology and kidney specialist groups in South Texas. Dr. Hamner joined Renal Associates in 1983 and accepted his current appointment in 2004. He serves patients in the San Antonio area as well as in Jourdanon.

Dr. Nigma Talib, ND is world-renowned naturopathic doctor utilizing a personalized medical approach to determine the underlying cause of disease rather than suppressing symptoms. She has clinics based out of Los Angeles and London and is the best selling author of *Younger Skin Starts In The Gut*.

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