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Curriculum Vitae
Revised September 1, 2016

EDUCATION:

1973 – 1977 Stanford University, B.S. Biology, with distinction
Phi Beta Kappa
Honors Thesis in Philosophy
National Merit Scholar
California Heart Association Research Scholar

1977 – 1981 Harvard Medical School, M.D.
Chairman of “Medicine and Society” Student Group
Independent Study in Medical Computing
National Health Services Corps Scholar

HOSPITAL TRAINING:

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

LICENSURE: State of California G51760

BOARD CERTIFICATION:

1984 –Present American Board of Internal Medicine
1988 – 1998 Added Certificate in Geriatric Medicine

PROFESSIONAL POSITIONS:

1984 – 1986 National Health Services Corps Physician, San Ysidro Health
Center

1986 – 1987 Medical Director of San Ysidro Health Center

1987 – Present Primary Care Internal Medicine private practice

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

TEACHING ACTIVITIES:

- 1988 –2005 Teaching Staff, Scripps Mercy Hospital
- 1988 –Present Introduction to Clinical Medicine Preceptor, UCSD School of Medicine
- 1990 – 1992 Clinical Instructor in the Department of Medicine, UCSD School of Medicine
- 1993 – 1998 Assistant Clinical Professor in the Department of Medicine, UCSD School of Medicine
- 1993 – 2005 Coordinator of "A Survey of Alternative Medicine"—Course for UCSD Medical Students

1999 –Present Associate Clinical Professor (Voluntary) in the Department of Medicine, UCSD School of Medicine

INVITED LECTURES:

- 1990 – 2012 Yearly lectures for the Insurance Education Association (IEA) on "Topics on Internal Medicine Injuries in the Workplace"
- 1990 "Geriatrics Overview" Board Review for Scripps Mercy Hospital and UCSD House Staff
- 1991 "Geriatrics Overview" Board Review for Scripps Mercy Hospital and UCSD House Staff
- 1994 "Mind-Body Medicine" Scripps Mercy Senior Program
- 1995 "Alternative Medicine" Grand Rounds, Scripps Hospital, Encinitas
- 1996 "Effective Treatments for Obesity" Continuing Medical Education Association (CMEA), National Meeting for Physicians
- 1996 "Effective Treatments for Obesity" CMEA
- 1996 "Effective Treatments for Obesity" CMEA
- 1996 "Alternative Medicine" UCSD/SDSU General Preventive Medicine Residency Program
- 1997 "Alternative Medicine: A Review for the Practicing Physician" UCSD Department of Internal Medicine National Conference, "Topics in Internal Medicine"
- 1997 "Obesity: A Multidimensional Approach" A Roundtable Presentation for Community Physicians.
- 1997 "Overview of Diabetes and Standards of Care" American College of Physicians Symposium in Philadelphia Sponsored by Baylor College of Medicine
- 1997 "Pharmacologic and Surgical Treatments of Obesity" American Association of Bariatric Nurses
- 1997 "Effective Treatments for Obesity" CMEA

- 1997 "Effective Treatments for Obesity" Family Practice Update, 1997. A National Conference Sponsored by the San Diego Academy of Family Physicians
- 1998 "Alternative and Herbal Medicine: Lessons for Primary Care" Grand Rounds, Scripps Mercy Hospital
- 1998 "Alternative Medicine and Managed Care," UCSD Extended Studies
- 1998 "Alternative Medicine as Cultural Messenger," San Diego Museum of Man
- 1999 "Where's The Beef: An Evidence-Based Review of Complementary and Alternative Medicine" Grand Rounds, Scripps Mercy Hospital
- 2000 "A Review of Complementary and Alternative Medicine" Pacific College of Oriental Medicine
- 2001—2008 Alternative Medicine for UCSD Annual Undergraduate Course on American Healthcare
- 2001 "An Overview of Complementary and Alternative Medicine (CAM)" Scripps Mercy Hospital Medical Residents' Conference
- 2001 Scripps Mercy Hospital Residents' Conference, "Methodological and Philosophical Considerations in CAM"
- 2001 Scripps Mercy Hospital Residents' Conference, "Lifestyle Medicine"
- 2001 Scripps Mercy Hospital Residents' Conference, "CAM as Cultural Messenger"
- 2002 Scripps Mercy Hospital Residents' Conference, Review of CAM
- 2002 Scripps Mercy Hospital Residents' Conference, "Medicine & Poetry"
- 2002 Scripps Mercy Hospital Residents' Conference, "Selected Controversies in Nutritional Medicine"
- 2003 Scripps Mercy Hospital Residents' Conference, "Nutritional Medicine"

- 2003 Cal Western Law School “The Hospital Biomedical Ethics Committee”
- 2003 Scripps Mercy Hospital Conference, "Case Studies in Biomedical Ethics”
- 2003 Pacific Bariatrics Medical Group; “Overview of the Obesity Epidemic”
- 2004 Cal Western Law School; “The Hospital Biomedical Ethics Committee”
- 2004 Scripps Mercy Hospital Residents’ Conference, “Review of CAM”
- 2004 Scripps Mercy Hospital Residents’ Conference, “Biomedical Ethics”
- 2004 Scripps Mercy Hospital Residents’ Conference, “Medicine and Poetry”
- 2005 Scripps Mercy Hospital Residents’ Conference, “Biomedical Ethics”
- 2005 Scripps Mercy Hospital Residents’ Conference, “Medicine and Poetry”
- 2006 Scripps Mercy Hospital Residents’ Conference, “Biomedical Ethics”
- 2006 Scripps Mercy Hospital Residents’ Conference, “Medicine and Poetry”
- 2007 Scripps Mercy Hospital, Grand Rounds, “Biomedical Ethics”
- 2010 “The Bioethics of End-Of-Life Dilemmas” for the National Conference of Medical Directors for Vibra Hospitals
- 2011 Scripps Mercy Hospital Grand Rounds on Bioethics
- 2011 “Congestive Heart Failure in the geriatric population,” lecture for the Directors of Nursing of Shea Skilled Nursing Facilities
- 2011 “Pneumonia in the geriatric population,” lecture for the Directors of Nursing of Shea Skilled Nursing Facilities

2011	San Diego Hospice Bioethics Committee Conference Presentation
2010—present	Bi-Monthly Clinical Lectures to the Nursing Staff of Mission Hills Post-Acute Care on Issues related to Geriatric Medicine
2016	Scripps Mercy Hospital Grand Rounds on The End of Life Options Act
2016	Scripps Mercy Hospital Palliative Care Fellows Lecture on Biomedical Ethics and Palliative Care

PUBLICATIONS:

- "Universal Particulars," in *San Diego Physician*, March 2002
- "Inventory of the Everyday Miraculous," in *San Diego Physician*," May 2002
- "Clinical Vignettes", in *San Diego Physician*, January 2004
- "A Doctor's Walk to Work", in *San Diego Physician*, July 2004
- "Alzheimer's Disease", in *San Diego Physician*, April 2005
- "Mourning", in *San Diego Physician*, September 2005
- "Sole Searches", in *Harvard Medical Alumni Bulletin*, Winter 2005
- "Randomness and Compassion", in *San Diego Physician*, April 2006
- "Blancas," in *San Diego Physician*, February 2010
- "Natural Laws," in *San Diego Physician*, September 2010
- "Knock Knock...Who's There? Incorporating Patient-Centered Spirituality into Ethics Consultations," in *San Diego Physician*, December 2010
- "Stopping Time and Seeing," in *San Diego Physician*, November 2012
- "Practice Makes Practice," in *San Diego Physician*, December 2012
- "Early Morning Awakenings," in *San Diego Physician*, January 2013
- "Undressed," in *San Diego Physician*, February 2013
- "Counting by Cancer," in *San Diego Physician*, March 2013

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

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

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

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

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

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

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

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

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

“Touched,” in *San Diego Physician*, February 2014

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

“The Face of Courage,” in *San Diego Physician*, April 2014

“Fate,” in *San Diego Physician*, August 2014

“Photographs, Stopwatches,” in *San Diego Physician*, October 2014

“The Promise and Limits of ‘Personalized Medicine’,” in *San Diego Physician*, January 2015

“Thanks for Nothing,” in *San Diego Physician*, February 2015

“The Ever-Present Possibility of Loss,” in *San Diego Physician*, March 2015

“Picasso’s Sketch,” in *San Diego Physician*, April 2015

“Infinitesimal Change,” in *San Diego Physician*, May 2015

“Lost and Found,” in *San Diego Physician*, September 2015

“Just a Bit Ahead of Me in Line,” in *San Diego Physician*, July 2016

“You Say You Lost Your Mother,” in *San Diego Physician*, August 2016

AWARDS:

**San Diego Medical Society Peer-Selected Top Doctors Selection:
2004, 2005, 2007, 2008, 2010, 2011, 2013, 2015.**