

## Curriculum Vitae

**Name:** David P. Rakel    Degrees:        MD

**Title:**             Professor and Chair  
                  Department of Family and Community Medicine  
                  University of New Mexico School of Medicine  
                  Albuquerque, NM

**Formal Education:****Undergraduate:**

1983-1987      Colorado College  
                  Colorado Springs, Colorado

**Medical School:**

1987-1991      Baylor College of Medicine  
                  Houston, Texas

**Post-Graduate:**

1991-1994      Family Medicine Residency at North Colorado Medical Center  
                  Greeley, Colorado

**Fellowship:**

1999-2001      Integrative Medicine  
                  Department of Medicine  
                  University of Arizona Health Sciences Center  
                  Tucson, Arizona

2001-2002      Medical Education Development and Leadership Program  
                  Course in Program Design  
                  University of Wisconsin School of Medicine and Public Health  
                  Madison, Wisconsin

2004-2005      University of Wisconsin Health Faculty Physician Leadership Academy  
                  Training for the development of physician leaders  
                  University of Wisconsin Hospital and Health System  
                  Madison, Wisconsin

**Certificate:**

2020              Harvard **Program for Chairs of Clinical Services**. January 26<sup>th</sup>-February  
                  7<sup>th</sup>. Harvard T.H. Chan School of Public Health Executive and Continuing  
                  Professional Education. Boston, MA. (Pending)

**Licensure and Registration:**

2016-date      Licensed by the State of New Mexico  
 2001-2016      Licensed by the State of Wisconsin in Medicine and Surgery  
 1999-2001      Licensed by the State of Arizona in Medicine and Surgery  
 1994-1999      Licensed by the State of Idaho in Medicine and Surgery  
 1993-1999      Licensed by the State of Wyoming in Medicine and Surgery  
 1992-1995      Licensed by the State of Colorado in Medicine and Surgery

**Board Certification:**

1994	Diplomate, American Board of Family Practice Re-certified in 2001, 2008 and 2016
1999	Certificate of Added Qualification: Sports Medicine
1999	Fellow, American Academy of Family Physicians
2001	Certified and founding diplomate of the American Board of Integrative Holistic Medicine. Re-certified 2008
2001	Certified, Academy for Guided Imagery

## Positions Held:

### Faculty Appointments:

1994-1999	Affiliate Faculty, Family Practice Residency Program Idaho State University, Pocatello, Idaho
1994-1999	Preceptor for 2 <sup>nd</sup> year medical students University of Washington School of Medicine Rural/Underserved Opportunities Program
2000-2001	Program Director Elective in Integrative Medicine for 1 <sup>st</sup> and 2 <sup>nd</sup> year medical students University of Arizona Health Science Center Tucson, Arizona
2001-2010	Assistant Professor Department of Family Medicine University of Wisconsin School of Medicine and Public Health Madison, Wisconsin
2010-2016	Associate Professor with Tenure Department of Family Medicine University of Wisconsin School of Medicine and Public Health Madison, Wisconsin
2012-2016	ACAP Medical Student Mentor Elected as one of 5 faculty mentors for the medical student body University of Wisconsin School of Medicine and Public Health Madison, Wisconsin.
2016	Professor with Tenure Department of Family Medicine and Community Health University of Wisconsin School of Medicine and Public Health Madison, Wisconsin.
2016-date	Professor and Chair with Tenure Department of Family and Community Medicine University of New Mexico School of Medicine Albuquerque, New Mexico.

### Administrative Appointments:

1994-1999	Medical Director Grand Targhee Ski Resort Alta, Wyoming
1997-1998	Chief of Staff

2001-2016	Teton Valley Hospital Driggs, Idaho Founder and Director
2001-2016	University of Wisconsin Integrative Medicine Program Madison, Wisconsin Clinic Director
2008-2013	UW Health Integrative Medicine Clinics Clinic Director
2010-2016	UW Department of Family Medicine Integrative Family Medicine Primary Care Clinic Executive Leadership Committee
2016	UW Department of Family Medicine Madison, Wisconsin Medical Director
2016-Present	UW Health, The American Center of Wellness Madison, Wisconsin Chairperson, Department of Family & Community Medicine The University of New Mexico School of Medicine Albuquerque, New Mexico

#### **Professional Appointments:**

2002-2012	Founding Board Member American Board of Integrative Holistic Medicine
2004-2006	Medical Board, University of Wisconsin Hospital and Clinics
2005-2008	Commission on Continuing Professional Development for Clinical Content (CCS) for the American Academy of Family Medicine
2006-2012	Elected to the Executive Committee for the Consortium of Academic Health Centers for Integrative Medicine (CAHCIM). Re-elected for a 2 <sup>nd</sup> term in 2009.
2011-2014	Elected by Peers to be one of 6 faculty to sit on the Board of Directors for the University of Wisconsin Medical Foundation (UWMF) for a three-year term representing over 1200 physicians.
2011-2016	Chair, University of Wisconsin School of Medicine and Public Health Committee for Medical Student Health and Resiliency.
2013-2014	University of Wisconsin Medical Foundation (UWMF) Executive Governance Committee, Faculty Director.
2015-2016	Scientific Advisory Panel on the Evidence-Base for Patients & Family Engaged Care. National Academy of Medicine.
2019-Present	University of New Mexico Medical Group (UNMMG) Board Member
2019-Present	New Mexico Human Services. Chair of the Primary Care GME Expansion Board. Strategic think tank to grow primary care residency positions in the state.

#### **Honors and Awards:**

1993-1994	<b>Chief Resident</b> North Colorado Family Practice Residency Program Greeley, Colorado
1994	<b>Resident Teacher of the Year</b> Society of Teachers of Family Medicine North Colorado Family Practice Residency Program
2003	<b>Hansen Lecturer Award</b>

- 2003-2004 Awarded to UW junior faculty member who shows excellence in education and innovation that supports the field of family medicine.  
**University of Wisconsin Department of Family Medicine Faculty Excellence Award**  
In recognition of individuals within the department who have demonstrated a degree of excellence and a willingness to go beyond the routine in areas of Leadership, Teaching, Research, Clinical Care and Community Service.  
Awarded by peers.
- 2003-2004 **Baldwin E. Lloyd, MD Clinical Teacher Award**  
Awarded by resident physicians, University of Wisconsin Family Medicine Residency Program.
- 2005-2016 **Faculty Retention Award.** Monetary stipend to retain faculty at the University of Wisconsin.
- 2008-2016 Voted "**Top Doc of Madison**" by peers  
For complementary and alternative medicine  
Madison Magazine, 2008 to 2016.
- 2009 UW Integrative Medicine Clinic was awarded "**Star Performer**" for rating in the top 10% of clinics for excellence in customer service and patient satisfaction.
- 2011-date Selected as one of the **Best Doctors in America.**
- 2012 UW Integrative Medicine Clinic awarded "**Top Clinic**" for patient experience for seeing patients on time.
- 2013 UW Integrative Medicine Clinic awarded "**Top Clinic**" for winning the Avatar MVP Award for scoring 100% for staff and physician clinical service.
- 2014 **Gold Humanism Honor Society**  
Elected by University of Wisconsin School of Medicine medical students for faculty that practice patient-centered care by modeling the qualities of integrity, excellence, compassion, altruism, respect and empathy.
- 2014 **Leonard Tow Award**  
This award is given to those who demonstrate the Gold Foundation's ideals of outstanding compassion in the delivery of care; respect for patients, their families and healthcare colleagues; and clinical excellence.
- 2015 **Second Faculty Retention Award.** Monetary support of 10% FTE to retain faculty at the University of Wisconsin.
- 2016 **Top Responder** at the University of Wisconsin Hospital for thorough documentation vital to patient care needs.
- 2017 University of New Mexico Health System, **Distinguished Keynote Speaker Award.** Leading to Excellence Conference, March, 2017.
- 2018 Voted "**Top Doc of Albuquerque**" by peers For Family Medicine, Albuquerque Magazine, 2018, 2019.
- 2018 **Outstanding UNM Outpatient Resident Preceptor.** Awarded by UNM Family Medicine Residents. June, 2018.
- 2018 **President's Award, New Mexico Academy of Family Physicians.** Awarded by the president of NMAFP for a leader in service to the health of New Mexico. Santa Fe, NM. July, 2018.

## Publications:

### Peer Reviewed Publications

1. Pennachio D, Cott , Fugh-Berman A, **Rakel DP**. Drug-herb interactions: How vigilant should you be? *Patient Care*, 2000; 34(19):41-69.  
*Conceptualization: 20%, Writing: 20%*
2. **Rakel D**. Prostate health. *Clinics in Family Practice*, 2002; 4(4):967-983.
3. Barrett B, Marchand L, Scheder J, Plane MB, Maberry R, Appelbaum D, **Rakel D**, Rabago D. Themes of holism, empowerment, access and legitimacy define complementary, alternative and integrative medicine in relation to conventional biomedicine. *Journal of Alternative and Complementary Medicine* 2003; 9(5):937-947.  
*Conceptualization: 20%, Analysis: 10% Writing: 10%*
4. **Rakel D**, Rindfleisch JA. Optimal healers: Igniting the spark and fanning the flame. Training Academic Medical Faculty in Optimal Healing. *Journal of Alternative and Complementary Medicine* 2004;10(Supplement 1):S113-120.  
*Conceptualization: 80%, Writing: 70%*
5. **Rakel D**, Rindfleisch JA. Inflammation: Nutritional, botanical, and mind-body influences. *Southern Medical Journal* 2005; 98(3):303-310.  
*Conceptualization: 90%, Analysis: 70% Writing: 70%*
6. Barrett B, Muller D, **Rakel D**, Rabago D, Marchand L, Scheder J. Placebo, meaning and health. *Perspectives in Biology and Medicine* 2006; 49(2):178-198.  
*Conceptualization: 30%, Analysis: 10% Writing: 20%*
7. Maizes V, Silverman H, Lebensohn P, Koithan M, Kligler B, **Rakel D**, Schneider C, Kohatsu W, Hayes M, Weil A. The integrative family medicine program: an innovation in residency education. *Academic Medicine* 2006; 81(6):583-589.  
*Conceptualization: 30%, Analysis: 20% Writing: 15%*
8. Sierpina V, Kreitzer MJ, **Rakel D**, Shelley B, Hedgecock J, Prasad A. Innovations in integrative healthcare education: The AMSA CAM education projects and the University of New Mexico integrative medicine program. *Explore: Journal of Science and Healing* (NY). 2006; 2(4):368-370.  
*Conceptualization: 80%, Writing: 100%*
9. **Rakel DP**. Practical controlled trials: Researching the therapeutic ritual and all its parts. *Am Pain Society Bulletin* 2006; 16(3):1-5.
10. **Rakel DP**. The power of nonspecific variables on health. *Patient Care* 2007; 41(15):35-36.
11. **Rakel DP**. The root of emotions, the root of health. *Patient Care*, 2007; 41(16):24-25.
12. **Rakel DP**. Getting it off my chest: Disclosure of emotions and health. *Patient Care*, 2007; 41(17):22-23.
13. Elder W, **Rakel D**, Heitkemper M, Hustedde C, Harazduk N, Gerik S, Haramati, A. Using complementary and alternative medicine curricular elements to foster medical student self-awareness. *Acad Med* 2007; 82(10):951-955.  
*Conceptualization: 50%, Analysis: 40% Writing: 50%*
14. **Rakel D**. Creating expertise in health and healing. *J Am Board Fam Med* 2007; 20(6):611.
15. **Rakel D**. Mind over blood pressure or, lessons from a yogi. *Patient Care* 2007; 41(27):29-30.
16. Barrett B, **Rakel D**, Chewning B, et al. Rationale and methods for a trial assessing placebo, echinacea, and doctor-patient interaction in the common cold. *Explore* (NY). 2007; 3(6):561-572.  
*Conceptualization: 30%, Analysis:20%, Writing: 20%*
17. **Rakel D**, Guerrera MP, Bayles BP, Desai GJ, Ferrera E. CAM education: Promoting a salutogenic focus in health care. *The Journal of Alternative and Complementary*

- Medicine* 2008; 14(1):87-93.  
*Conceptualization: 90%, Analysis: 80%, Writing: 80%*
18. **Rakel D.** The salutogenesis-oriented session: Creating space and time for healing in primary care. *Explore* 2008; 4:42-47.
  19. Elder WG, Hustedde C, **Rakel DP**, Joyce J. CAM curriculum activities to enhance professionalism training in medical schools. NIH Public Access, National Institutes of Health. *Complementary Health Practice Review*, 2008: Vol. 13, No. 2, 127-133.  
*Conceptualization: 30%, Writing: 10%*
  20. Wald A, **Rakel D.** Behavioral and complementary approaches for the treatment of irritable bowel syndrome. *Nutrition in Clinical Practice*, a publication of the American Society for Parenteral and Enteral Nutrition June/July 2008; 28(3):284-292.  
*Conceptualization: 45%, Writing: 55%*
  21. **Rakel D**, Hedgecock J. Healing the healer: A tool to encourage student self-reflection towards health. *Medical Teacher* 2008; 30(6):633-635.  
*Conceptualization: 90%, Writing: 90%*
  22. Maizes V, **Rakel D**, Niemiec C. Integrative medicine and patient-centered care. Paper commissioned for the Institute of Medicine of the National Academies Summit on Integrative Medicine and the Health of the Public, February, 2009. Accessed at <http://www.iom.edu/CMS/28312/52555/62252/62351/62353.aspx> .  
*Conceptualization: 40%, Writing: 35%*
  23. **Rakel DP.** A new model of care. Letter to the Editor. *Academic Medicine* 2009; 84(3):289-290.
  24. **Rakel DP.** Number 406, "standard". *Fam Med.* 2009;41(4):289-90.
  25. Kligler B, Lebensohn P, Koithan M, Schneider C, **Rakel D**, Cook P, et al. Measuring the "whole system" outcomes of an educational innovation: experience from the integrative family medicine program. *Fam Med.* 2009;41(5):342-9.  
*Conceptualization: 40%, Analysis: 30% Writing: 15%*
  26. **Rakel DP**, Hoefft TJ, Barrett BP, Chewning BA, Craig BM, Niu M. Practitioner empathy and the duration of the common cold. *Fam Med.* 2009;41(7):494-501.  
*Conceptualization: 60%, Analysis: 40%, Writing: 70%*
  27. **Rakel DP.** Show health the money. *Wisconsin Medical Journal.* 2009; 108(6):295.
  28. **Rakel D**, Bolles S, Knutson L, Herman P, Hiza D, Weeks J. Medical Homes: Defining cost-effective health care teams. *Alternative and Complementary Therapies.* 2009; 15(5):248-250.  
*Conceptualization: 70%, Writing: 90%*
  29. Maizes V, **Rakel D**, Niemiec C. Integrative medicine and patient-centered care. *EXPLORE: The Journal of Science and Healing.* 2009; 5(5):277-289.  
*Conceptualization: 40%, Writing: 35%*
  30. Jonas W, **Rakel D.** Putting healing into healthcare reform: will physicians and healthcare practitioners lead? *Alternative Therapies.* 2009; 15(6):8-9.  
*Conceptualization: 30%, Writing: 20%*
  31. Sridhar S, **Rakel D.** Peppermint oil as a therapeutic agent for irritable bowel syndrome. *Evidence-Based Practice.* 2010; 13(2):1-2.  
*Conceptualization: 40%, Writing: 20%*
  32. Kuphal G, **Rakel D.** Is saw palmetto helpful for benign prostatic hyperplasia? *Evidence-Based Practice.* 2010; 13(2):3-4.  
*Conceptualization: 40%, Writing: 60%*
  33. **Rakel D.** Does Empathy Matter in Treating the Common Cold? *Evidence-Based Practice.* 2010; 13(5):6
  34. Pierce SJ, **Rakel D.** Is Therapeutic Yoga Helpful for Chronic Low Back Pain? *Evidence-Based Practice.* 2010; 13(8):4

- Conceptualization: 40%, Writing: 30%*
35. Fortney L, **Rakel D**, Rindfleisch JA, Mallory J. Introduction to integrative primary care: The health-oriented clinic. *Prim Care*. 2010; 37(1):1-12.
- Conceptualization: 40%, Writing: 30%*
36. Podein RJ, Hernke MT, Fortney LW, **Rakel DP**. Sustainability, synthetic chemicals, and human exposure. *Explore (NY)*. 2010; 6(3):186-188.
- Conceptualization: 20%, Writing 20%*
37. Kolan A, **Rakel D**. Can Slow Breathing Exercises Lower Blood Pressure? *Evidence-Based Practice*. 2010; 13(12)
- Conceptualization: 40%, Writing: 30%*
38. Barrett B, Brown R, **Rakel D**, et al. Echinacea for treating the common cold: A randomized trial. *Ann Intern Med*. 2010; 153(12):769-777.
- Conceptualization: 30%, Analysis: 20%, Writing: 25%*
39. **Rakel D**, Fortney L, Sierpina VS, Kreitzer MJ. Mindfulness in medicine. *Explore (NY)*. 2011; 7(2):124-126.
- Conceptualization: 90%, Writing: 80%*
40. **Rakel DP**, Barrett B, Zhang Z., et al. Perception of Empathy in the Therapeutic Encounter: Effects on the Common Cold. *Patient Educ Couns*. 2011;85(3):390-397.
- Conceptualization: 40%, Analysis: 70%, Writing: 80%*
41. **Rakel DP**. Mindfulness Cognitive Therapy for Preventing Relapse in Depression Compared to Pharmacotherapy. *Evidence-Based Practice*. 2011; 14(6)
42. Lessens DM, **Rakel DP**. Does Chocolate Reduce Blood Pressure? *Evidence-Based Practice*. 2011; 14(9)
43. Barrett B, Brown R, **Rakel D**, Rabago D, Marchand L, Scheder J, Mundt M, Thomas G, Barlow S. Placebo effects and the common cold: A randomized controlled trial. *Annals of Family Medicine*. 2011; 9(4):312-22
44. Khan S, Calloway SA, Maida IT, **Rakel D**. Dietary Built Environment Assessment in a Latino Community. *Am J Health Ed*. 2012; 43(2): 74-82.
45. Barrett B, Hayney MS, Muller D, **Rakel D**, et al. Meditation or exercise for preventing acute respiratory infection: A randomized controlled trial. *Ann Fam Med*. 2012; 10(4):337-346.
46. Fortney L, Luchterhand C, Zakletskaia L, Zgierska A, **Rakel D**. Abbreviated Mindfulness Intervention for Job Satisfaction, Quality of Life, and Compassion in Primary Care Clinicians: A Pilot Study. *Ann Fam Med*. 11(5); 412-420. 2013
47. **Rakel D**, Mundt M, Ewers T, Fortney L, Zgierska A, Gassman M, Barrett B. Value associated with mindfulness meditation and moderate exercise intervention in acute respiratory infection: The MEPARI Study. *Family Practice*. 2013; doi: 10.1093/fampra/cm008
48. **Rakel D**. Integrative Medicine's Pragmatic Mission. *Journal of Participatory Medicine*. Vol. 5, June 26, 2013
49. **Rakel, D. P.** "Mindfulness in Clinician–Patient Encounters: Improving Health Outcomes with Empathy." *Alternative and Complementary Therapies* 19(5): 247-250. 2013
50. **Rakel D**, King H, Kurisu M, Schubiner H. Chronic Low Back Pain. Spotlight Expert Roundtable. *The Medical Roundtable*. Vol 1, Issue 4. 2014.
51. Minichiello VJ, **Rakel D**. Are acupuncture and acupressure effective in the management of labor pain? *Evidence-Based Practice*. Vol 17 (5). May 2014.
52. Takahashi, J., and **Rakel, D**. Do probiotics decrease the frequency of upper respiratory infections (URIs) in young children? *Evidence Based Practice* 18(9). 2015.
53. Luchterhand C, **Rakel D**, Haq C, Grant L, Byars-Winston A, Tyska S, Engles K.

- Creating a Culture of Mindfulness in Medicine. *Wisconsin Medical Journal*, Vol 114, no.3. 2015.
54. Henriquez KM, Hayney MS, **Rakel DP**, Barrett B. Procalcitonin Levels in Acute Respiratory Infection. *Viral Immunol* 2016;29:128-31.
  55. Barrett B, Ricco J, Wallace M, Kiefer D, **Rakel D**. Communicating statin evidence to support shared decision-making. *BMC Fam Pract* 2016;17:41.
  56. Katharine A. Atwood, ScD; Stephen R. Shamblen, PhD; Tracy Gaudet, MD; Adam Rindfleisch, MD; David A. Collins, PhD; Christine Milovani, MSW; Russell Greenfield, MD; David Kiefer, MD; **David Rakel, MD**. Impact of a Clinical Educational Effort in Driving Transformation in Health Care. *Fam Med*. 48. 2016
  57. Barrett B, Hayney MS, Muller D, **Rakel D**, Brown R, Zgierska AE, et al. Meditation or exercise for preventing acute respiratory infection (MEPARI-2): A randomized controlled trial. *PLoS ONE* 13(6): 2018.

### Books

1. **Rakel DP** (Editor), *Integrative Medicine*: W.B. Saunders, Philadelphia, PA. 2003.
2. **Rakel DP**, Faass N. *Complementary Medicine in Clinical Practice*. Jones and Bartlett Publishing, Sudbury, MA. 2005.
3. **Rakel DP** (Editor), *Integrative Medicine 2<sup>nd</sup> Edition*. Elsevier Medical Publishing, Philadelphia, PA. 2007
4. Rakel RE, **Rakel DP**. *Textbook of Family Medicine, 8<sup>th</sup> Edition*. Elsevier Medical Publishing. Philadelphia, PA. 2011.
5. **Rakel DP** (Editor), *Integrative Medicine 3<sup>rd</sup> Edition*. Elsevier Medical Publishing. Philadelphia, PA. 2012.
6. **Rakel DP**, Sanders K. *Project Health: The Inter-disciplinary Salutogenic Team of Madison, WI*. iBook. Published April, 2013. <https://itunes.apple.com/us/book/project-health/id634725466?ls=1>
7. Rakel RE, **Rakel DP**. *Textbook of Family Medicine, 9<sup>th</sup> Edition*. Elsevier Medical Publishing. Philadelphia, PA. 2015.
8. **Rakel DP**. (Editor), *Integrative Medicine 4<sup>th</sup> Edition*. Elsevier Medical Publishing. Philadelphia, PA. 2017
9. **Rakel DP**. *The Compassionate Connection*. W.W. Norton & Company. San Francisco, CA. April, 2018 (*All profits donated to medical education*).
10. Kellerman, **Rakel**. 2019 *Conn's Current Therapy*. Elsevier Medical Publishing. Philadelphia, PA. 2019.
11. Kellerman, **Rakel**. 2020 *Conn's Current Therapy*. Elsevier Medical Publishing. Philadelphia, PA. 2020. (In Print)

### Book chapters

1. Rakel DP. Controlling Epistaxis. In Rakel RE et al: *Saunders Manual of Medical Practice*, Philadelphia, Saunders pp. 55-57, 1996. Revision for 2nd ed. pp.80-83, 2000.
2. Rakel DP. Hiccups. In Rakel RE et al: *Saunders Manual of Medical Practice*, Philadelphia, Saunders, 2<sup>nd</sup> edition. pp. 90-92, 2000.
3. Rakel DP, Shapiro DE. Mind-Body Medicine. In Rakel RE et al: *Textbook of Family Practice*, Philadelphia, Saunders, pp. 52-64, 2002.  
*Conceptualization: 90%, Writing 85%*
4. Rakel DP. Benign Prostatic Hypertrophy. In Kohatsu W. et al: *Complementary and Alternative Medicine Secrets*, Philadelphia, Hanley & Belfus Medical Publishers.



- pp. 276-280, 2002.
5. Rakel DP. Hepatitis. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003.
  6. Rakel DP. Insulin Resistance Syndrome. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003.
  7. Rindfleisch JA, Rakel DP. Neck Pain. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003.  
*Conceptualization: 30%, Writing 20%*
  8. Rakel DP, McClure M. Prevention of Prostate Cancer. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003.  
*Conceptualization: 80%, Writing 90%*
  9. Rakel DP, Weil A. Philosophy of Integrative Medicine. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003. Revision for 2<sup>nd</sup> Ed, 2007.  
*Conceptualization: 85%, Writing 90%*
  10. Rakel DP, Gurgevich S. Self-Hypnosis Techniques. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003.  
*Conceptualization: 75%, Writing 90%*
  11. Rakel DP, Rossman ML. Guided Imagery and Interactive Guided Imagery. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003.  
*Conceptualization: 80%, Writing 90%*
  12. Rakel DP. Learning to Meditate. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003.
  13. Rakel DP, Muller D. Integrative Approach to Rheumatology. In Kliegler, B & Lee, R: Integrative Medicine: Principals for Practice. McGraw-Hill, 2004. pp. 667-693.  
*Conceptualization: 70%, Writing 60%*
  14. Rakel DP. Recommending Meditation. In Rakel DP, Faass N: Complementary Medicine in Clinical Practice. Jones and Bartlett Publishing, Sudbury, MA. 2005.
  15. Rakel DP. Breathing Exercises. In Rakel DP, Faass N: Complementary Medicine in Clinical Practice. Jones and Bartlett Publishing, Sudbury, MA. 2005.
  16. Rakel DP. The Healing Power of Relationship Centered Care. In Rakel DP, Faass N: Complementary Medicine in Clinical Practice. Jones and Bartlett Publishing, Sudbury, MA. 2005.
  17. Rakel DP. Prescribing Relaxation Techniques. In Rakel DP, Faass N: Complementary Medicine in Clinical Practice. Jones and Bartlett Publishing, Sudbury, MA. 2005.
  18. Rakel DP. Perspectives in Integrative Medicine. In Rakel DP, Faass N: Complementary Medicine in Clinical Practice. Jones and Bartlett Publishing, Sudbury, MA. 2005.
  19. Rakel DP, Rindfleisch JA. Integrative Medicine. In: Rakel RE (ed) Essentials of Family Medicine: Fundamentals and Case Studies. WB Saunders. Philadelphia, PA. pp. 132-141, 2006.  
*Conceptualization:75%, Writing 60%*
  20. Rakel DP. Prescribing Relaxation Techniques. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003. Revision for 2<sup>nd</sup> Ed, 2007.
  21. Rakel DP. Herpes Simplex Virus Infection. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003. Revision for 2<sup>nd</sup> Ed, 2007.
  22. Rakel DP. Cholelithiasis. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003. Revision for 2<sup>nd</sup> Ed, 2007.
  23. Rakel DP. Benign Prostatic Hyperplasia. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003. Revision for 2<sup>nd</sup> Ed, 2007.
  24. Rakel DP, Riley M. Recurring Aphthous Ulcerations. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003. Revision for 2<sup>nd</sup> Ed, 2007.

- Conceptualization: 90%, Writing 90%*
25. Rakel DP. The Anti-inflammatory Diet. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003. Revision for 2<sup>nd</sup> Ed, 2007.
  26. Rakel DP. The DASH Diet. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003. Revision for 2<sup>nd</sup> Ed, 2007.
  27. Rakel DP. Breathing Exercises. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003. Revision for 2<sup>nd</sup> Ed, 2007.
  28. Rakel DP. Journaling. In Rakel DP: Integrative Medicine. W.B. Saunders, 2003. Revision for 2<sup>nd</sup> Ed, 2007.
  29. Jonas W, Rakel DP. Developing Optimal Healing Environments in Family Medicine. In Rakel RE, et al: Textbook of Family Medicine 7<sup>th</sup> Edition, Philadelphia, Saunders, pp. 15-24, 2007.
  30. Rakel DP. Integrative Medicine. In Heidelbaugh, JJ: *Clinical Men's Health*, Philadelphia, Saunders pp. 419-435, 2008.
  31. Rakel DP. Benign Prostatic Hyperplasia. In Bonakdar, R: The H.E.R.B.A.L. Guide: Evidence-Based Dietary Supplement Resources for the Clinician. Mosby Publications. Philadelphia, PA. 2010.
  32. Rakel DP. Evolving from Disease to Health Care Systems. In Page-Reeves, Janet (ed.) *Well-Being as a Multidimensional Concept: Understanding Connections Between Culture, Community, and Health*. Lexington Books of Rowman & Littlefield. Lanham, Maryland. 2019.

#### Other publications

1. Rakel DP. From hysteria to DSM-IV. Editorial. *Patient Care* 1999; 33(13):9.
2. Rakel DP. Journaling: the effects of disclosure on health. *Alternative Medicine Alert* 2004; 7(1):8-11.
3. Rakel DP, Hernke M. Gross National Health. *Common Dreams*. March 28<sup>th</sup>, 2010.
4. Rakel D. As Editor-in-Chief for Elsevier's Primary Care [Practiceupdate.com](http://Practiceupdate.com), I write weekly commentaries on the latest research in primary care. These go out to more than 50,000 primary care clinicians across the globe. For a list of these commentaries, [click here](#). 2013 to Present.

#### Abstracts:

1. Roussos S, Turner S, Anand G, Guerrero M, Lie D, Rakel D, Hedgecock J, Kohatsu W. Curricula and support for complementary and alternative medicine in medical schools: An assessment of student perceptions and recommendations. *American Public Health Association*. Paper #108478, 2005.
2. Roussos S, Turner S, Anand G, Guerrero M, Lie D, Rakel D, Hedgecock J, Kohatsu W. Integrating complementary and alternative medicine curricula into medical education: A 3-year study of student perceptions and recommendations. The Alternative and Complementary Health Practices of the 135<sup>th</sup> Annual Meeting & Exposition, Washington, DC, 2007.
3. Rakel DP, Hedgecock J. Healing the Healer Web Tool. Our first patient is ourselves. American Medical Student Association (AMSA): *Family Medicine Digital Resource Library*, 2007.

#### Grants and Monetary Awards:

2002-2007      **NIH National Center for Complementary and Alternative Medicine**

- Placebo: Physician or Pill? A randomized trial in a common cold model.*  
\$1,423,841  
Role: Co-Investigator (Bruce Barrett; PI)  
Purpose: to study the placebo effect (Practitioner or Pill?)  
Contribution: 10%
- 2003-2004 **Hilldale Undergraduate/Faculty Research Fellowship**  
*Determining the Use of and Need for Culturally Traditional Healthcare in Madison's Hispanic Community*  
\$5000  
Role: Co-Advisor (with Bruce Barrett, MD, PhD, Patricia Tellez-Giron, MD)  
Purpose: faculty mentor for Ben Schumaker to study the cultural influences on health in the Latino population in Madison, Wisconsin.  
Contribution: 3%
- 2003-2007 **NIH National Center for Complementary and Alternative Medicine**  
*Educational Development for Complementary and Alternative Medicine*  
\$105,500/ 5 yrs  
Role: Co-Principal Investigator (PI: Joan Hedgecock)  
Purpose: curriculum development grant through the American Medical Student Association (AMSA) to provide support for medical schools to develop complementary and alternative medicine (CAM) curriculum.  
Contribution: 15%
- 2004 **Herman Shapiro Summer Research Award** (Lisa Schroeder, MS)  
*Integrative Medicine Outcomes: A pilot study of the effects of integrative care on health care measures, resource allocation and patient satisfaction*  
\$2000/ 8 wks.  
Role: Advisor  
Purpose: medical student research project  
Contribution: 2%
- 2006 **University of Wisconsin Medical Foundation and Physicians Plus Insurance Ambulatory Care Innovation Grant**  
*Providing educational resources to empower physicians to use non-pharmaceutical therapies for common disease*  
\$19,924/ 1 yr  
Role: Primary Investigator  
Purpose: To develop educational resources to empower physicians to use non-pharmaceutical therapies for common disease.  
Contribution: 90%
- 2008 **Weight Management Needs Assessment Surveys for Patients and Primary Care Practitioners at Odana Atrium Clinic**  
\$4000  
Role: Co-Investigator (Sarah Khan, PI)  
Purpose: Needs assessment survey of patients and health care practitioners in treating obesity.  
Contribution: 30%
- 2008-2009 **University of Wisconsin Institute for Clinical and Translational Research (ICTR) Intervention for Adults with Obesity: Feasibility Study**  
\$40,000/1 yr  
Role: Co-Investigator (Sarah Khan; PI)  
Purpose: To create an interdisciplinary team to empower patients to obtain their ideal weight.  
Contribution: 5%

- 2008-2011     **NIH Pilot Study**  
*Alternative Treatments of Unexplained Chronic Fatigue*  
\$188,250/ 3 years  
Role: Co-Investigator (Arthur Hartz; PI. University of Utah)  
Purpose: Pilot site to investigate if integrative medicine approach has an effect on patients with a chronic fatigue syndrome.  
Contribution: 3%
- 2009-2010     **Weil Foundation Grant**  
Integrative Medicine Fellowship: Creating Leaders in Salutogenesis  
\$24,000/1 year  
Role: Principal Investigator  
Purpose: To train future leaders in health and healing oriented care through family medicine fellowship training.  
Contribution: 90%
- 2009-2012     **Ira and Ineva Reilly Baldwin Wisconsin Idea Endowment Award.**  
*Artist-in-Residence Program: Making Art Transforms Hospital Patients and Staff.*  
\$119,438/ 3 yrs  
Role: Co-PI (Sara Petto Project Leader)  
Purpose: To use personalized art projects with hospitalized patients in rehab, oncology and burn units to help define their healing process.  
Contribution: 5%
- 2010-2011     **Mental Insight Foundation**  
Primary Care for Primary Care Physicians  
\$28,829/1 year  
Role: Principal Investigator  
Purpose: We propose that investing in the health of the clinician and providing an environment to do this for patients will have positive effects on both. Grant pays for mindfulness training for clinicians who will be followed for career satisfaction and resiliency.  
Contribution: 90%
- 2010-2011     **Weil Foundation Grant**  
Integrative Medicine Fellowship: Creating Leaders in Salutogenesis  
\$15,000/1 year.  
Role: Principal Investigator  
Purpose: To train future leaders in health and healing oriented care.  
Contribution: 90%
- 2011-2012     **Mental Insight Foundation**  
Primary Care for Primary Care Physicians  
\$15,000/1 year  
Purpose: We propose that investing in the health of the clinician and providing an environment to do this for patients will have positive effects on both. Grant pays extending data collection to 12 mths after intervention and for web site development.  
Contribution: 90%
- 2013-2014     **Pacific Institute for Research and Evaluation (PIRE)**  
Clinical Education Curriculum Development  
\$1,752,656.00/15 mths  
Purpose: To create curriculum for on-site and on-line education towards assisting the Veterans Health Administration towards transforming to Patient Centered Medical Care for VA clinics across America.  
Contribution: 100 % initial, Team process following awarded contract.
- 2015-2019     **Pacific Institute for Research and Evaluation (PIRE)**

Clinical Education Curriculum Development  
\$1,100,000.00 per year, renewable for 5 years.  
Purpose: To create curriculum for on-site and on-line education towards assisting the Veterans Health Administration towards transforming to Patient Centered Medical Care for VA clinics across America.  
Contribution: 70 % initial, Team process following awarded contract.

## Selected Presentations

### Invited Lectureships or Professorships:

- Nov 2000 Rakel D. Mind body medicine: Practical application in primary care. University of Iowa Family Practice Department Grand Rounds. Iowa City, Iowa.
- Jan 2001 Rakel D. Mind body medicine: Practical application in primary care. University of Michigan Dept. of Family Medicine Grand Rounds. Ann Arbor, Michigan.
- Jan 2001 Rakel D. An integrative approach to inflammation: A case study of rheumatoid arthritis. University of Michigan Complementary and Alternative Medicine Research Center distinguished visiting lecturer series. Ann Arbor, Michigan.
- Feb 2002 Rakel D. Integrative medicine: A new philosophy in health care. University of Minnesota Medical Students, **Bakken Lecture Series**, University of Minnesota Center for Spirituality and Healing. Minneapolis, Minnesota.
- Feb 2002 Rakel D. Integrative approach to inflammation: Getting at the root of disease progression. **Bakken Lecture series**. University of Minnesota Center for Spirituality and Healing. Minneapolis, Minnesota.
- Oct 2003 Rakel D. Invited Speaker, Rural medicine, hippie medicine and academics: One physician's journey. For the, "**Compassion and the Art of Medicine**" lecture series at Baylor College of Medicine. Houston, Texas.
- Mar 2004 Rakel D. Invited Speaker, How hugs heal: The interaction of mind and body in health and, an integrative approach for the prevention of prostate and breast cancer. University of Wisconsin's Bascom Hill Society and Alumni Association, Wisconsin Weekend Away Conference. Charleston, South Carolina.
- Apr 2005 Rakel D. Invited Speaker, Healing oriented medicine: How integrative medicine is changing health care. Abbott Northwestern Hospital Health and Healing Lecture Series. Minneapolis, MN.
- Jul 2006 Rakel D. You: Your first patient. Presented to 1<sup>st</sup> and 2<sup>nd</sup> year medical students and Health and healing oriented care: To the evidence and beyond. Presented to faculty. Kansas City University of Medicine and Biosciences (Osteopathic Medical School). Kansas City, Missouri.
- Jul 2007 Rakel D. Nutritional supplement use in primary care. Collaborative botanical research project between the University of Iowa and Iowa State Universities. Iowa City, Iowa.
- Jul 2007 Rakel D. Creating time and space for healing in primary care: The S.O.S. University of Iowa, Department of Family Medicine Grand Rounds. Iowa City, Iowa.
- Jan 2008 Rakel D. The Art of Lecturing. University of Wisconsin Health Sciences Learning Center. Madison, Wisconsin.
- Mar 2008 Rakel D. Integrative medicine and health-oriented care. Medical College of Wisconsin Medical Students. Milwaukee, Wisconsin.
- Sep 2008 Rakel D. Integrative medicine and the medical home: Investing in salutogenesis before pathogenesis. **Keynote** for the University of Michigan Integrative Medicine 10<sup>th</sup> Anniversary Symposium. Ann Arbor, Michigan.

- Oct 2008 Rakel D. The healing effects of the clinician in the patient encounter. University of New Mexico, Symposium on Integrative Medicine in the Land of Enchantment. Santa Fe, New Mexico.
- Apr 2009 Rakel D. Integrative Medicine and the medical home: Creating interdisciplinary health-oriented teams in primary care. Mayo Clinic Conference on Complementary and Alternative Medicine. **Plenary Speaker**. Scottsdale, Arizona.
- May 2009 Rakel D. The gut-immune effect: Repairing intestinal dysfunction. 6<sup>th</sup> Annual University of Arizona Nutrition and Health Conference: State of the Science and Clinical Application. Chicago, Illinois.
- May 2009 Rakel D. Nutritional aspects of patient care: case studies panel. 6<sup>th</sup> Annual University of Arizona Nutrition and Health Conference: State of the Science and Clinical Application. Chicago, Illinois.
- July 2009 Rakel D. **Plenary**: The healer within. University of Colorado Integrative Medicine Conference: A Focus on Mind-Body Medicine. YMCA of the Rockies. Estes Park, Colorado.
- March 2010 Rakel D. Clearing the Clutter: Finding meaning in our work. University of Wisconsin, Lacrosse. Two lectures: One for student body and one for faculty and staff. Lacrosse, WI.
- March 2010 Rakel D. Integrative Medicine: A focus for change in health care delivery. Talk for faculty and medical students at the University of North Dakota School of Medicine, Grand Forks, ND
- October 2010 Rakel D. Practitioner vs Pill: How the art of the clinician is more powerful than what is prescribed. Tufts University, Department of Family Medicine Residency Program. Boston, MA.
- October 2010 Rakel D. Invited consultant, Boston University Integrative Medicine Program. Department of Family Medicine. Boston, MA.
- January 2011 Rakel D. Invited consultant and guest lecturer on starting an integrative medicine program. University of California San Diego Department of Family and Preventive Medicine. San Diego, CA.
- March 2011 Rakel D. Invited lecturer and visiting consultant, Mayo Graduate School of Medicine and Mayo Clinic Complementary and Integrative Medicine Program. Rochester, MN.
- April 2011 Rakel D. Invited consultant, Allina Health Care Innovation in Primary Care Renovation retreat. Minneapolis, MN.
- January 2012 Rakel D. Invited Lecturer for Faculty Development. Ross University Medical School. Dominica, West Indies.
- February 2012 Rakel D. Invited Lecturer. University of Arizona Health Sciences Center. Department of Family and Community Medicine Grand Rounds and Educational Activity for 1<sup>st</sup> and 2<sup>nd</sup> year med students.
- July 2012 Rakel D. Invited Lecturer. University of South Carolina-Greenville Medical School. Department of Internal Medicine Grand Rounds.
- Sept 2012 Rakel D and MaCoon D. Society of Teachers of Family Medicine Behavioral Health Conference: "Pause, Presence and Proceed: Mindfulness in Medicine," **Plenary Speaker**, Sept 2012. Audience: approx. 350 family medicine educators from programs from across the country
- Oct 2012 Rakel D. Planetree Organization's National Convention: The Clinician Effect. **Keynote Speaker**, Palm Desert, CA. 1,800 attendees from hospitals and health systems across the country.
- Nov 2013 Rakel D. **Allen M Boyden Memorial Lectureship**. Providence Health Care System. Portland, OR. Grand Rounds and Evening dinner with Providence leadership.
- Feb 2014 Rakel D. **The Marcel and Josephine Patterson Memorial Lecture in Family Medicine and Jesse B. Heath Lectureship in Family Medicine**. University of Texas Medical Branch-Galveston, TX.

June 2014	Rakel D. Featured Innovator, Leadership for a Better World, Global Summit. University of Wisconsin Center for Inclusive and Engaged Leadership. Madison, WI.
Feb 2015	Rakel D. Salutogenesis: The Next Frontier in Primary Care. The University of Arizona Dept of Family and Community Medicine. Tucson, AZ.
June 2015	Rakel D. <b>The Dr. Khushman V. Sanghvi Memorial Lectureship</b> . University of Cincinnati Department of Family Medicine and Community Health. Cincinnati, OH.
March 2016	Rakel D. Recruiting the Patient's Health Goals. National Academy of Medicine Scientific Advisory Panel for Patient and Family Engaged Care. International On-line Conference sponsored by Planetree.
March 2016	Rakel D. Clearing the Clutter from our Minds and our Computers. EPIC Electronic Medical Records. Employee wellness lecture series. Madison, WI.
October 2017	Rakel D, Tomlinson Lee, The Medical Clinic of the Future. <b>Keynote Speaker</b> , Academy of Integrative Health and Medicine. San Diego, CA.
Sept 2018	Rakel D. Artificial Intelligence AND Authentic Intelligence: Creating a true HEALTH system for the future. <b>TED Abq Main Event</b> . Albuquerque, NM.
Nov 2018	Rakel D. The Health Care Clinic of the Future. <b>The Sam and Elizabeth Nixon Honorary Lectureship</b> in Family Medicine. UT Health, Dept of Family & Community Medicine. Houston, TX.
Aug 2019	Rakel D. <b>The Rita Kaplan Lectureship</b> . Allina Hospitals and Clinics. Minneapolis, MN.
Oct 2019	Rakel D. <b>The Sischy Honorary Lectureship in Humane Medicine</b> . The University of Rochester, Depts. of Family Medicine and Psychiatry. Rochester, NY.

#### Professional Development Organization

2004	Medical Director, Pathways to Health and Healing: Implementing an Integrative Approach. Focus on Headaches, Heart Disease and Myofascial Pain. University of Wisconsin Continuing Medical Education Conference, April 22-23, 2004.
2006	Medical Director, Pathways to Health and Healing: Creating Optimal Healing Environments. With a focus on GI health. University of Wisconsin Continuing Medical Education Conference, September 14-15, 2006.
2008	Medical Director, Green Medicine: Healthy People, Healthy Planet. University of Wisconsin Continuing Medical Education Conference, April 14-15, 2008.
2011	Host and Organizer: Consortium of Academic Health Centers Annual Spring Steering Committee conference. Fluno Center, Madison. May 22 <sup>nd</sup> -24 <sup>th</sup> , 2011.
2013	Co-Chair, International Congress for Clinicians in Complementary & Integrative Medicine. October 29-31 <sup>st</sup> , Chicago, Ill.
2018	Head of Planning Committee. 2019 WONCA World Rural Health Conference, University of New Mexico, Albuquerque Convention Center, October 15-19 <sup>th</sup> , 2019.

#### Committees:

##### Departmental:

2001-2011	Residency Education Committee, UW Family Practice Residency
2010-2016	Executive Leadership Committee, UW Dept of Family Medicine
2010-2016	Madison Coordination of Care Committee, UW Department of Family Medicine

##### Medical School/Hospital:

1999-2001	Editorial Committee Associate Integrative Medicine Fellowship
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	University of Arizona Health Sciences Center Tucson, Arizona
2003-2004	University of Wisconsin Hospital Nutrition Committee
2006-2016	Co-founder: University of Wisconsin Hospital Committee for Health and Healing
2008-2016	Planning Committee, Pain Management for the Primary Care Practitioner. University of Wisconsin Continuing Medical Education Conference.
2010-2011	Education Implementation Subcommittee (UW School of Medicine and Public Health). Committed towards curriculum innovation to implement education that will foster health for Wisconsin Communities.
2016-present	Chair of the Primary Care Council. A strategic inter-professional and interdepartmental team to improve access and health outcomes for Northern New Mexico.

### Professional Service:

#### Editorship:

1997-2008	Patient Care Journal Medical Editorial Board Peer review and manuscript editing
1999	Special issue medical editor: Anxiety and Depression Handbook. <i>Patient Care</i> 1999;33(13).
2001-2005	Practical Reviews; Complementary & Alternative Medicine: An evidence-based approach Audio Journal, <i>Oakstone Medical Publishing</i> Editorial board, peer review and audio literature reviews
2003-2007	Evidence Based Integrative Medicine Journal International Journal of New Zealand Editorial board
2008-2009	Andrew Weil's Optimal Health Newsletter Medical advisor on medical accuracy and scientific research in CAM
2003-date	Integrative Medicine (1 <sup>st</sup> -4 <sup>th</sup> Editions) Founding Editor ( <i>Elsevier Medical Publishing</i> )
2009-date	Textbook of Family Medicine (8 <sup>th</sup> and 9 <sup>th</sup> Editions) Co-Editor ( <i>Elsevier Medical Publishing</i> )
2009-date	Evidence Based Practice Section Editor: Integrative Medicine
2009-2015	ABC News On Call + CAM Content editor and contributor.
2009-2012	First Consult (On-line Medical Reference) Editorial Board ( <i>Elsevier Medical Publishing</i> )
2012-date	eDoc America Editorial Board On-line medical information
2013-date	Editor in Chief Primary Care Practice Update. ( <a href="http://www.practiceupdate.com">www.practiceupdate.com</a> ) ( <i>Elsevier Medical Publishing</i> )
2018-date	Conn's Current Therapy (Annual Publication) Co-Editor ( <i>Elsevier Medical Publishing</i> )
2018-date	Board Member, Journal of Health Design, <a href="http://www.journalofhealthdesign.com">www.journalofhealthdesign.com</a>



## Media

### Radio Interviews

Green Pharmacy (NPR): *Integrative Medicine*  
National Public Radio: *Interview of Complementary and Alternative Medicine*  
Here on Earth: Radio Without Borders (Wisconsin Public Radio): *Integrative Medicine Man*  
WellMed Radio (San Antonio, TX)  
*Integrative Medicine and Health Care Reform*  
Voice America: *Healing Presence*  
On Point, NPR. [Your New Prescription: Empathy](#)

### TV-Internet

ABC News Content Editor: ABC News On Call + CAM  
Interviews with local news stations: *Multiple Topics*  
[New Mexico in Focus](#)

### Magazine/Periodicals

Interviews for the following:  
*Runners' World*  
*Wall Street Journal*  
*Outside Magazine*  
*Prevention*  
*Health*  
*Body and Soul*  
*Others.*

### Outside Reviews for Promotion

University of Connecticut  
University of Texas, Galveston (UT Medical Branch)  
Tufts University  
University of Arizona  
Syracuse University  
University of Miami  
University of Minnesota  
Medical College of Wisconsin

### Departmental Review

The University of Cincinnati Department of Family & Community Medicine

### Peer Review:

Preventing Chronic Disease (E-Journal, NIH)  
Annals of Family Medicine  
Archives of Internal Medicine  
Explore: The Journal of Science and Healing  
The Journal of Alternative and Complementary Medicine  
American Family Physician  
Journal of the American Medical Association (JAMA)  
Evidence-Based Practice  
Cochrane Database  
Academic Medicine

Wisconsin Medical Journal

**Personal:**

My wife Denise and I have three children, Justin (31), Sarah (28) and her husband Adam and Lucas (24). Outside of work, I enjoy bicycling, wood working, nature photography and stimulating conversations with good friends over a tasty meal.