

Eileen L. Seeholzer, M.D., M.S.

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Place of Birth : Lakewood, Ohio

Education:

1991 Ohio Wesleyan University, Delaware, Ohio
Bachelor of Arts, cum laude
Medical Microbiology and English Literature

1995 Case Western Reserve University School of Medicine
Medical Degree

Postgraduate Training:

1995 – 1996 Intern in Medicine, MetroHealth Medical Center, Case Western Reserve University
1996 – 1998 Jr. and Sr. Assistant Resident in Medicine, MetroHealth Medical Center
Case Western Reserve University
1998 – 1999 Chief Resident in Medicine, MetroHealth Medical Center, Case Western Reserve University

Postgraduate Education:

1999 – 2004 Masters of Science in Health Services Research, Case Western Reserve University - Concentration in Quality Improvement
1999 – 2000 MetroHealth Faculty Scholar
Quality Improvement Program
2000 - 2002 Senior Quality Scholar Conferences

Academic Appointments:

1999 - 2002 Senior Instructor
Case Western Reserve University
2002- Assistant Professor
Case Western Reserve University

Professional Appointments:

- 1999- Staff Physician, Department of Internal Medicine
MetroHealth Medical Center
- 2003- Director, Weight Management Center, MetroHealth Medical Center
- 2005- Faculty, Center for Health Care Research and Policy
Case Western Reserve University at MetroHealth Medical Center

Honors and Awards

- 1990, 1991 Burns-Shirling Award for Outstanding Achievement in Microbiology, Ohio Wesleyan University
- 2006 - 2008 National Institutes of Health (NIH) Clinical Loan Repayment Program Award.
- 2008 – 2009 Ohio State University School of Medicine. Ambulatory Care Clerkship Teaching Award. Practice-based Research Network and Cancer Control Research Fellowship. \$75,000.
- 2009 – 2010 NCI R25T Practice-based Research Network and Cancer Control Research Fellowship. \$75,000.

Licensure: State of Ohio

Board Certification: Internal Medicine

Memberships:

- North American Association for the Study of Obesity
- Society for General Internal Medicine
- Academy for Healthcare Improvement

Local Academic Participation:

2002 – 2004 Continuous Quality Improvement City-Wide Conference

Professional Service

- 2006 - Reviewer – AHI (Academy for Healthcare Improvement).
- 2007 Advisor to National Association of Public Hospitals for Obesity Treatment and Study.
- 2007 Workshop Review Committee; Quality of Care / Patient Safety. Society for General Internal Medicine.
- 2007 Manuscript Review. New England Journal of Medicine

Institutional Committee Service:

- 1996 - 1998 President, MetroHealth Resident Association
- 1998 - 2005 Catalyst Task Force (Quality Improvement): Member of larger group, facilitator of two different sub-groups, leader of obesity sub-group begun 2/2005
- 1998 - 2002 Domestic Violence Prevention Committee – member
- 2003- Privacy Board – Member – reviews institutional research proposals for compliance to national privacy standards
- 2004-2007 Promotions and Tenure Committee
- 2004 Obesity Clinical Pathway Subgroup
- 2005 Bariatric Oversight Committee
- 2009 - Chair, Quality Data Review Committee
- 2009 - Work-force wellness Initiative

Departmental Committee Service:

- 1998 - Intern Selection Committee
- 2003-2004 Faculty Development Committee

Teaching - Medical Students:

- 1998 Physical Diagnosis 2
- 1999 Physical Diagnosis 3
- 1999 Core Physician Development Program
- 1999- Core Clerkship and Acting Intern supervision
– see description of ward attending below
- 2000-2001 Faculty Supervisor for senior medical student Primary Care Track project: Evelyn Mentari, Jeffrey Fetter
- 2003-04 Primary Care Track second year student supervisor for clinic rotation – ½ day weekly: Almas Kherani
- 2002- Designed and administer 2 stations at Primary Care Track OSCE
- 2004 Clinical Obesity Management month supervisor - Alex Tsai, third year
- 2004-2005 Scholars in Collaboration and Teaching program (SCTL)
Teaching/Faculty development award for faculty members to work for a year with 2 medical students. Project Title: Obesity Teaching throughout the Curriculum.
- 2005 Helping Obese Patients Make a Change in their Lives; Primary Care Track Student Grand Rounds; Case Western Reserve University, Cleveland.

Teaching - Medical Students (Cont'd):

- 2007 Clinical Immersion – Co-Director: Food to Fuel Block – Year 1 Medical Students – Case Western Reserve University, Cleveland
- 2007, 2009 Quality Improvement Project – City Fresh Food Stop – for Buckeye Health Center. Matthew Clark (07) Brian Snitely (09). June – July.
- 2008 - Clinical Immersion – Food to Fuel Block – Obesity theme coordinator – Year 1 Medical Students – Case Western Reserve University, Cleveland
- 2009- Bariatric Surgery and Nutritional Implications: Block 3 Food to Fuel

Teaching Residents

- 1998- Medicine ward attending: 6-8 weeks yearly, includes daily one hour didactic and clinical teaching for house staff and medical students and didactic sessions with medical students
- 2001 - 2008 Preceptor in medical clinic
- 1999, 2004, 2009 Faculty advisor for resident grand rounds – Jill Chavinson, Sumi Jones and Bernice Ly, Pon Tsou (Psychiatry)
- 2001 - Faculty Advisor resident scholarly projects (elective or Primary Care Track): Supervised data analysis and Grand Rounds preparation.
- Sapna Bamrah: *Congestive Heart Failure*; Internal Medicine Grand Rounds (2001)
 - Sumi Jones and Bernice Ly: *Medical Followu-Up after Bariatric Surgery*; Internal Medicine Grand Rounds (2003-4)
 - Quality Improvement project – City Fresh Food Stop – Buckeye Health Center – Elizabeth Jennings, PGY-3. (2007-8)
 - Medical outcomes after bariatric surgery: Paul Cisarik, PGY-2 and PGY-3 (2006-08)
 - STRIDES behavioral program for obesity, supervised obesity research elective, August, 2008 – Anna Tulchinsky, Ohio State University, PGY 4.
 - Resident Research Project. Evaluation of PACE+ Program @ MetroHealth Buckeye Health Center, Cleveland, OH – 2008-9, Grace Sun (PGY-2) Seenia Peechakara (PGY-3)
- 2003 - Obesity Medical Management conference for residents
- 2005 Prescribing Exercise in Obese Patients. Med. Management for Residents
- 2006 - Update in Obesity Assessment and Treatment; Fam. Pract. Teaching Rounds

Teaching – Graduate Students:

- 2004 Faculty advisor for Quality Improvement project: Curriculum development for STRIDES (Steps to Reach Individual Diet and Exercise Solutions)

Teaching - Continuing Medical Education/Grand Rounds:

- 2001 - 02 Asthma CME program: 30-minute section on continuous quality improvement in the office (about 8 yearly)
- 2003 Management of Obesity: 1 hour CME program
Clement Center, Cleveland
- 2003 Obesity in Women: Grand Rounds for Ob/Gyn
MetroHealth Medical Center, Cleveland
- 2003 Obesity Management in Primary Care: Internal Medicine Grand Rounds
MetroHealth Medical Center, Cleveland
- 2004 Preparing Patients for Gastric Bypass Surgery (CME Program)
- 2005 Medications that treat Obesity: Medicines that induce weight gain
Psychiatric and Neurologic agents
- Internal Medicine Grand Rounds
 - Psychiatric Grand Rounds
- MetroHealth Medical Center, Cleveland
- 2006 Update in Obesity Assessment and Treatment
- 2nd Annual Update in Women's Health CME Seminar
 - Advanced Practice Nurses
 - Medicine/Pediatric Grand Rounds
 - Nuts & Bolts Medicine Conference
- MetroHealth Medical Center, Cleveland
- 2006 When Your Stomach Talks Who's Listening
- Internal Medicine Grand Rounds
 - Gastroenterology Conference
- MetroHealth Medical Center, Cleveland
- 2007 The Post-gastric Bypass Patient: What We Know About Changes in Appetite, Satiety, Nutrient Absorption and Weight. Scaling the Many Faces of Obesity (Regional Nutritionists Conference). MetroHealth Medical Center – May.
- 2007 Update in Obesity Assessment and Treatment for Adults. Internal Medicine Nuts & Bolts (Medicine Noon Conference). MetroHealth Medical Center. 08/02/2007
- 2007 Appetite, Satiety, Nutrients and Weight. Cuyahoga County WIC Program – Nutrition In-Service. MetroHealth Medical Center – 10/10/2007
- 2008 Paths to Obesity.
- Internal Medicine Grand Rounds. MetroHealth MedicalCenter (03/20/08)
 - Psychiatric Grand Rounds. MetroHealth Medical Center (04/03/08)
- 2008 Pharmacologic Options for Management of Obesity. Family Practice Grand Rounds. MetroHealth Medical Center. (8/13/08)

2009 Obesity: The Disease and Treatment Basics. Internal Medicine Nuts & Bolts (Medicine Noon Conference). MetroHealth Medical Center (7/31/2009)

Invited Lectures and Presentations:

Covering Obesity Locally: Views from a Medical Obesity Clinician and Health Services Researcher. Association of Healthcare Journalists Regional Conference, Cleveland, Ohio, October 28, 2006.

Trends, Innovations, and Best Practices in Managing Obesity in Public Hospitals. National Association of Public Hospitals (NAPH); Washington, DC; November 7, 2007.

Trends, Innovations, and Best Practices in Managing Obesity. Conference Call for the National Association of Public Hospitals (NAPH). February 4, 2008.

Yokley, J. & Seeholzer, E. (2009, August). Developing A Comprehensive Treatment for Harmful, Abusive Behavior. 117th Annual Convention of the American Psychological Association, Toronto, Ontario, Canada.

Management of Bariatric Patients. Medical Grand Rounds, Huron Hospital, Cleveland, Ohio. March 16, 2009.

Internal Medicine Residency Research Recognition Day. St. Vincent Charity Hospital / St. Luke's Medical Center. May, 2009.

Community/Media Presentations:

Domestic Violence: Keeping Your Family and Friends Safe. MetroHealth Living Well Series, Westlake Recreation Center, Westlake, Ohio; April, 1999

Domestic Violence: Keeping Your Family and Friends Safe. Women's Health Fair, YMCA, Cleveland, May, 1999

What You Don't Know About Your Weight Could Kill You. MetroHealth Living Well Series, Westlake Recreation Center, Westlake, Ohio; Fall, 2000

Take Off Pounds Sensibly (TOPS). Parma Branch Library, Parma, Ohio. Sept., 2001.

Obesity/Weight Management Center. "Golden Opportunities" Talk Show, Aired October 23, 2005.

Radio Program – Buckeye Obesity Program – December 15, 2006.

Radio Program – After 9 – WCPN - Cleveland – guest on call in show "The Obesity Epidemic" addressing obesity 1/9/2009

Television Program (WVIZ)– Diabetes: the Constant Shadow and Radio Program (WCPN)– "Sour on Sweet:The Coming Diabetes Epidemic" July, 2009

Community Service:

1999-2000 Parma Health Ministry

1998-present Westlake-Westshore Arts Council Board of Trustee. Officer 1999-2003.

Current Research Grants Awarded:

Eileen Seeholzer, M.D., M.S. (PI) \$3.3 Million
St. Luke's Foundation 03/01/05 – 02/28/15
Buckeye Health Center
Weight Management and Healthy Lifestyle Initiatives (Adult)
Role: Principal Investigator

The Harry K. Fox and Emma R. Fox Charitable Foundation and \$13,250
Edwin D. Northrup II Fund
Eileen Seeholzer, M.D., M.S. (PI)
Financial support for STRIDES (Steps to Reach Individual Diet and Exercise Solutions)
Program.

Engaging Communities and Institutions to reduce Health Disparities in Cleveland
Project Title: Addressing the Social Context of Hypertension Management
Principal Investigators: Ashwini Seghal, M.D.
Project Principal Investigator: Maghboeba Mosavel, PhD
Award Dates: 2007-2012
Funder: NIH Health Disparity Grant (MD002265)
Major project goals: 1) To determine the social context of hypertension management among minority and poor inner city patients. 2) To train community residents to become hypertension lay health advisors. 3) To perform a pilot randomized controlled trial to test the utility of using hypertension lay health advisors to address the social context of hypertension management
Role: Co Investigator, beginning May, 2008

Completed Research Grants:

Ismael Beigi, PhD. (PI) Salary Support
National Institutes of Health 09/01/04-09/30/05
ACCORD Study (Action to Control Cardiovascular Risk in Diabetes) –UH
Role: Investigator

Ongoing Clinical Projects:

2003- Weight Management Clinic – provides medical management for medically complicated obese patients, nutritional and activity assessments and interventions, behavior modification, preparation for and follow-up from gastric bypass surgery, pharmacologic treatment of obesity, treatment for binge-eating disorder

Publications:

Toossi Z, Mincek M, **Seeholzer E**, Fulton SA, Hamilton BD, Hirsch CS. Modulation of IL-12 by transforming growth factor-beta (TGF-beta) in Mycobacterium tuberculosis-infected mononuclear phagocytes and in patients with active tuberculosis. *J Clin Lab Immunol* 1997; 49(2):59-75.

Sun G, Peechakara S, Thomas CL, **Seeholzer EL**. PACE+ Nutrition and Exercise Counseling for Obese Patients Based on Stage of Change at an Urban Primary Care Clinic. *Journal of Cancer Epidemiology, Biomarkers and Prevention*, March 2010_____.

Other Publications:

Seeholzer, E. No Time for Exercise or Eating Healthy? Consider your Options. *Kaleidoscope, Women's Issue, 2006.* .

Seeholzer, E., Cha, W. Obesity Surgery – It's the Start of Lifelong Changes. *Kaleidoscope, Winter, 2006.*

Seeholzer, E. Helping Healthy Choices Happen: How to do it is the hardest part. *Kaleidoscope, Women's Issue, 2007.*

Seeholzer, E., Cha, W. Your Primary Job After Your Patient's Gastric Bypass. *M.D. News, December/January 2008; 11(1), 17-18.*

Masters Thesis:

A quality improvement initiative and its relation to staff workplace assessment in primary care clinics. Masters Thesis (by Eileen Seeholzer. Printed in 2003, graduation 2004)

Abstracts:

Seeholzer EL, Goldstein G. The inhibition of herpes simplex virus replication by 6-Diazo-5-oxo-L-norleucine. Oral presentation, The American Society for Microbiology Regional Meeting of the Ohio and Allegheny Conferences, Pittsburgh, PA, 10/24/89.

Seeholzer EL, Goldstein G. The inhibition of vaccinia and adeno virus replication by 6-Diazo-5-oxo-L-norleucine. Oral presentation, COSEN Scholar Symposium, Duke University, Durham, September 21, 1990.

Sukol RB, **Seeholzer EL**, Tomm R, Caron A, Headrick L. The BANG: A screening tool to identify individuals at high risk of violent injury. Oral presentation and abstract, National meeting of Society of General Internal Medicine. *J Gen Intern Med* 1998 Meeting Summary Issue.

Seeholzer, EL, Gross M, Chow B. Treating Obesity, Treating the Neighborhood: A Model for Medical Students to Assess Medical and Socioeconomic Issues of Obese Patients. Poster Presentation, International Association for Medical Education, Amsterdam, Holland, August 31, 2005.

Seeholzer, EL, Zepp S, Adams M, Perveiler M, Poprock B, Greco P, Lemieux M, McGinty-Kenderes S. Initial Report of an Improvement Intervention (PACE+) for Obese Patients in an Urban Primary Care Clinic: Patients' Stage of Change; Choice for Change; and Level of Self-Efficacy to Make Changes in Activity and Diet. Poster Presentation, Research Festival 2006, MetroHealth Medical Center, Cleveland, OH, September 27, 2006.

Seeholzer, EL, Zepp S, Adams M, Perveiler M, Poprock B, Greco P, Lemieux M, McGinty-Kenderes S. Initial Report of an Improvement Intervention (PACE+) for Obese Patients in an Urban Primary Care Clinic: Patients' Stage of Change; Choice for Change; and Level of Self-Efficacy to Make Changes in Activity and Diet. Poster Presentation, Institute for Healthcare Improvement. The 18th Annual National Forum on Quality Improvement in Health Care, Orlando, Florida, December 10-13, 2006.

Abstracts (Cont'd):

Seeholzer, EL, Cisarik, P. Weight Loss and Medical Improvement After Gastric Bypass in Patients in a Safety Net System. Accepted to The Obesity Society (NAASO) Annual Meeting, New Orleans, LA October 19-24, 2007.

Seeholzer, EL, Clark, M., Thomas, CL, Mladenov, P., Kaiser, D. Comparisons of attitudes about, barriers to and intake of vegetables and fruit in an urban population at a health clinic with a program to provide inexpensive, locally grown produce. Poster Presentation, Society for General Internal Medicine Annual Meeting, Pittsburgh, PA, April 9-12, 2008.

Seeholzer, EL, Thomas, CL, Lemieux, M, Kaiser, D, Adams, M, Assessment of patient counseling time and independent patient form completion using a lower literacy adaptation of PACE+ in an urban primary care clinic. Accepted for oral presentation to the Society of General Internal Medicine Annual Meeting, Pittsburgh, PA, April 9-12, 2008.

Cisarik, P, **Seeholzer, EL**, Thomas, CL. Weight loss and medical improvement after gastric bypass in patients in a safety net system. 25th Academy Health Annual Research Meeting, Washington, D.C. June 8-10, 2008

Seeholzer, EL, Thomas, C, Lemieux, M, Kaiser, D., Adams, M. Assessment of patient counseling time and independent patient form completion using a lower literacy adaptation of PACE+ in an urban primary care clinic. 25th Academy Health Annual Research Mt, Washington, D.C., June 8-10, 2008.

Seeholzer, EL, Jennings, E, Clark, M, Thomas, CL, Mladenov, P, Kaiser, D. Comparisons of attitudes about, barriers to and intake of vegetables and fruit in an urban population at a health clinic with a program to provide inexpensive locally grown produce. 25th Academy Health Annual Research Meeting, Washington, D.C., June 8-10, 2008.

Seeholzer, EL, Thomas, CL, Lemieux M. Medical weight loss and relation to age, insurance and race in adults attending a weight management clinic in a county academic health center. 25th Academy Health Annual Research Meeting, Washington, D.C., June 8-10, 2008.

LaCortiglia J, Yokley J, Sprague R, **Seeholzer E**. Forensic Foster Care with Social Responsibility Therapy: a Multicultural Treatment Approach for Harmful Behavior. FFTA 22nd Annual Conference on Treatment Foster Care. The Woodlands, Texas, July 13-16, 2008.

Yokley, J, **Seeholzer EL**, LaCortiglia J. The Etiology and Development of Sexually Abusive Behavior: An Evidence-Based Practice Approach. 27th Annual Research and Treatment Association for the Treatment of Sexual Abusers (ATSA). Atlanta, Georgia - October 23 – 25, 2008.

Yokley J, **Seeholzer EL**, LaCortiglia J. Enhancing Relapse Prevention in Sex Offender Treatment: A Social Responsibility Therapy Evidence-Based Practice Approach. Association for Behavior and Cognitive Therapies (ABCT) 42nd Annual Convention. Orlando, Florida - November 13-16, 2008.

Abstracts (Cont'd):

Seeholzer EL, Thomas C, Lemieux M. Medical weight loss and relation to age, insurance and race in adults attending a weight management clinic in a county academic health center. The Obesity Society Annual Scientific Meeting, Phoenix, AZ – October 3-7, 2008.

Cisarik, P, **Seeholzer, EL**, Thomas, C. Low resolution rate of obstructive sleep apnea in extremely obese patients undergoing gastric bypass. Accepted to The Obesity Society (NAASO) Annual Meeting, Washington, DC, October 24-28, 2009.

Sun, G, Peechakara, S, Thomas, C, **Seeholzer, EL**. PACE+ nutrition and exercise Counseling for obese patients based on stage of change at an urban primary care clinic. Poster presentation: The Obesity Society (NAASO) Annual Meeting, Washington, DC, October 24-28, 2009

Sun, G, Peechakara, S, Thomas, C, **Seeholzer, EL**. PACE+ nutrition and exercise Counseling for obese patients based on stage of change at an urban primary care clinic. Selected for oral presentation ASPO (American Society of Preventive Oncology) Annual Meeting. Bethesda, Maryland, March 21-23, 2010.

Abstracts (Cont'd):

Seeholzer EL, Jennings E, Clark M, Thomas CL, Kaiser D, Mladenov P. Enrolee attitudes about barriers to and intake of vegetables and fruit in an urban produce program. . The Obesity Society Annual Scientific Meeting, Phoenix, AZ – October 3-7, 2008.

Seeholzer EL, Kaiser D. Assessment of a lower literacy adaptation of PACE+ in an urban primary care clinic. The Obesity Society Annual Scientific Meeting, Phoenix, AZ – October 3-7, 2008.

Sun G, Peechakara S, Thomas C, **Seeholzer EL**. PACE+ Nutrition and Exercise Counseling for Obese Patients Based on Stage of Change at an Urban Primary Care Clinic. The Obesity Society Annual Scientific Meeting, Washington DC – October 24-28, 2009.

Cisarik P, **Seeholzer EL**, Thomas C. Low Resolution Rate of Obstructive Sleep Apnea in Extremely Obese Patients Undergoing Gastric Bypass. The Obesity Society Annual Scientific Meeting, Washington, DC. October 24-28, 2009.