

HANA FARHANG KHOEE, FRCSC, MD, MSc, BMSc

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HOSPITAL APPOINTMENTS

ASSOCIATE ACTIVE STAFF <i>Windsor Regional Hospital, Windsor ON</i>	Aug 2017-Dec 31, 2019
CLINICAL ASSOCIATE <i>St Michael's Hospital, University of Toronto, Toronto ON</i>	July 2016-Aug 2017

UNIVERSITY APPOINTMENTS

ADJUNCT PROFESSOR <i>Department of Surgery, Schulich School of Medicine & Dentistry Western University, London ON</i>	Nov 2017 – present
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EDUCATION

BREAST RECONSTRUCTION AND MICROSURGERY FELLOWSHIP <i>Memorial Sloan Kettering Cancer Centre, New York NY</i>	July 2015-June 2016
RESIDENCY IN PLASTIC & RECONSTRUCTIVE SURGERY <i>PGY 2-5 McMaster University, Hamilton ON PGY 1 Dalhousie University, Halifax NS Certificate in Research Methodology</i>	July 2010-June 2015
DOCTOR OF MEDICINE <i>University of Toronto, Toronto ON</i>	Aug 2006-April 2010
MASTER OF SCIENCE <i>University of Western Ontario, London ON Project: Investigating the Pathogenesis of Chronic Diabetic Complications</i>	Sept 2004-May 2006
BACHELOR OF MEDICAL SCIENCE <i>University of Western Ontario, London ON Honours Physiology, Certificate in Writing Program, Graduated with Distinction</i>	Sept 2000-April 2004

LICENSURE

AMERICAN BOARD OF PLASTIC SURGERY <i>Successful completion of the Plastic Surgery Oral Examination</i>	Dec 2018
<i>Successful completion of the Plastic Surgery Written Examination</i>	Dec 2015
ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF CANADA <i>Successful completion of the Plastic Surgery Written and Oral Examinations</i>	June 2015
<i>Successful completion of the Surgical Foundations Examination</i>	April 2012
MEDICAL COUNCIL OF CANADA <i>Successful completion of the Medical Council of Canada Qualifying Examination (MCCQE) Part 2</i>	Oct 2012
<i>Successful completion of the MCCQE Part 1</i>	May 2010
NATIONAL BOARD OF MEDICAL EXAMINERS <i>Successful completion of the United States Medical Licensing Examination (USMLE) Step 3</i>	Dec 2012
<i>Successful completion of the USMLE Step 2 CS</i>	Nov 2011
<i>Successful completion of the USMLE Step 2 CK</i>	May 2010
<i>Successful completion of the USMLE Step 1</i>	Aug 2008

HONOURS AND AWARDS

ERIE ST CLAIR REGIONAL CANCER CENTRE – SUMMIT AWARD <i>Recognized for developing the Breast Reconstruction Program at Windsor Regional Hospital</i>	Nov 2018
MCMASTER UNIVERSITY PLASTIC SURGERY RESEARCH DAY <i>McMaster University, Department of Plastic Surgery; \$300 prize for the best scientific presentation</i>	Sept 2013
CANADIAN SOCIETY OF PLASTIC SURGERY – BEST SCIENTIFIC POSTER AWARD (\$500) <i>16th Congress of the International Confederation for Plastic, Reconstructive, and Aesthetic Surgery, Vancouver, BC; \$500 prize for the best poster presentation by a resident</i>	May 2011
CREMS SUMMER PROGRAM AWARD <i>University of Toronto, Faculty of Medicine; \$5,500 scholarship for clinical research</i>	June 2008
MACH-GAENSSLEN FOUNDATION GRANT <i>University of Toronto, Faculty of Medicine; Recognized for medical research in Cardiology</i>	June 2008
THE JOHN BRADLEY DOCH-II AWARD <i>University of Toronto, Faculty of Medicine; Recognized for commitment to the Determinants of Community Health</i>	April 2008
CREMS SUMMER PROGRAM AWARD <i>University of Toronto, Faculty of Medicine; \$5,500 scholarship for clinical research</i>	June 2007
CANADIAN INSTITUTE OF HEALTH RESEARCH (CIHR) DOCTORAL AWARD <i>PhD scholarship (\$30,000 salary; \$5,000 research allowance); Declined grant to enter medical school</i>	April 2006
HEART AND STROKE FOUNDATION OF CANADA (HSFO) DOCTORAL RESEARCH AWARD <i>PhD scholarship (\$21,000 salary; \$1,000 research allowance); Declined grant to enter medical school</i>	April 2006
DR. CAMERON WALLACE GRADUATE STUDENT AWARD <i>University of Western Ontario, Department of Pathology; \$1,500 for the best research & academic achievements</i>	April 2006
DUTKEVICH MEMORIAL FOUNDATION AWARD <i>University of Western Ontario, Department of Pathology; \$500 award for scientific research</i>	June 2005
WESTERN GRADUATE RESEARCH SCHOLARSHIP <i>University of Western Ontario; \$7,000 scholarship for graduate studies</i>	May 2005
DUTKEVICH MEMORIAL FOUNDATION AWARD <i>University of Western Ontario, Department of Pathology; \$500 award for scientific research</i>	Oct 2004
NSERC POSTGRADUATE SCHOLARSHIPS <i>Natural Sciences and Engineering Research Council of Canada (NSERC) Postgraduate Scholarship for Master's students (\$34,600 over 2 years)</i>	Sept 2004
JOHN D. SCHULTZ SCIENCE STUDENT SCHOLARSHIP <i>Heart and Stroke Foundation of Ontario (HSFO); \$4,000 summer scholarship to pursue research</i>	June 2004
ROBERT AND RUTH LUMSDEN SCIENCE AWARD <i>University of Western Ontario; \$1,000 for academic achievements in undergraduate courses</i>	Feb 2002
AIMING FOR THE TOP TUITION SCHOLARSHIP <i>Ministry of Training, Colleges and Universities; \$14,000 over 4 years for academic excellence</i>	Sept 2000
WESTERN'S SCHOLARSHIP OF EXCELLENCE <i>University of Western Ontario; \$2,000 for achieved minimum of ninety percent in OAC courses</i>	Sept 2000
MARTIN L. WILLIS SCHOLARSHIP <i>Heart and Stroke Foundation of Ontario (HSFO); \$3,500 summer scholarship as a research assistant</i>	July 1999

SUMMARY OF RESEARCH

ARTICLES	
Total	20
BOOK CHAPTERS	
Chapter Editor	2
Section Author	2
Total	4
ABSTRACTS	
Published and Presented at Scientific Meeting	11
Published for Scientific Meeting	7
Total	18
PRESENTATIONS	
Poster Sessions at National/International Conferences	12
Invited Presentation	3
Research Days	10
Total	25

PEER-REVIEWED PUBLICATIONS

Farhangkhoe H, Matros E, Disa J. Trends and Concepts in Post-Mastectomy Breast Reconstruction. *Journal of Surgical Oncology*. 113 (8), 891-4, 2016

Chin B, Cheung K, **Farhangkhoe H**, and Thoma A. Persistent spontaneous synovial drainage from digital flexor sheath in proliferative tenosynovitis: two case reports and a review of the literature. *Can J Plast Surg*. 23 (2): 108-110, 2015.

White CP, **Farhangkhoe H**, and Hynes N. Response to "Limitations of the horizontal (no vertical scar) breast reduction". *Aesthet Surg J*. 34 (1), 197, 2014.

Farhangkhoe H, E Li, and Thoma A. Local Anesthetics for Skin Grafts and Local Flaps. *Clin Plast Surg* 40 (4): 537-49, 2013.

White CP, **Farhangkhoe H**, Kattan AE, Farrokhyar F, and Hynes N. A Prospective Survey of Breast Reduction Scars: a Patients' Preference. *Aesthet Surg J*. 33 (6): 817-21, 2013.

Farhangkhoe H, Lalonde J, and Lalonde D. Teaching Medical Students and Residents How to Inject Local Anesthesia Almost Painlessly. *Can J Plast Surg* 20 (3): 169-172, 2012.

Farhangkhoe H, Cross K, Koljonen V, Ghazarian D, and Fish J. Evaluation of Ki-67 as a Histological Index of Burn Damage in a Swine Model. *J Burn Care Res* 33 (2): 55-62, 2012.

Farhangkhoe H, Lalonde J, and Lalonde D. Wide-Awake Approach to Basal Joint Trapeziectomy. *Hand* 6 (4): 466-467, 2011.

Chiu J, Khan ZA, **Farhangkhoe H**, and Chakrabarti S. Curcumin Prevents Diabetes-associated Abnormalities in the Kidneys by Inhibiting p300 and Nuclear Factor kB. *Nutrition* 25: 964-72, 2009.

Chiu J, **Farhangkhoe H**, Xu BY, Chen S, George B, and Chakrabarti S. PARP Mediates Structural Alterations in Diabetic Cardiomyopathy. *J Mol Cell Cardiol*. 45: 385-93, 2008.

Farhangkhoe H, Khan ZA, Chen S, Chiu J, Karmazyn M, and Chakrabarti S. Differential Effects of Curcumin on Vasoactive Factors in the Diabetic Rat Heart. *Nutr Metab*. 3: 27, 2006.

Khan ZA, **Farhangkhoe H**, Mahon JL, Bere L, Gonder JR, Chan BM, Uniyal S, and Chakrabarti S. Endothelins: Regulators of Extracellular Matrix Protein Production in Diabetes. *Exp Biol Med*. (Maywood). 231: 1022-9, 2006.

Farhangkhoe H, Khan ZA, Kaur H, Xin X, Chen S, and Chakrabarti S. Vascular Endothelial Dysfunction in Diabetic Cardiomyopathy: Pathogenesis and Potential Treatment Targets. *Pharmacol Ther*. 111: 384-99, 2006.

Khan ZA, **Farhangkhoe H**, and Chakrabarti S. Towards a Newer Molecular Target for Chronic Diabetic Complications. *Curr Vasc Pharmacol*. 4: 45-57, 2006.

Khan ZA, Chan B, Uniyal S, Barbin YP, **Farhangkhoe H**, Chen S, and Chakrabarti S. EDB Fibronectin and Angiogenesis – A Novel Mechanistic Pathway. *Angiogenesis*. 8: 183-96, 2005.

Khan ZA, **Farhangkhoe H**, Barbin YP, Adams P, and Chakrabarti S. Glucose-mediated Expression of Novel Iron Transporters in Endothelial Cells. *Free Radic Res*. 39: 1203-10, 2005.

Farhangkhoe H, Khan ZA, Barbin YP, and Chakrabarti S. Glucose-induced Upregulation of CD36 Mediates Oxidative Stress and Microvascular Endothelial Cell Dysfunction. *Diabetologia*. 48: 1401-10, 2005.

Khan ZA, Barbin YP, **Farhangkhoe H**, Beier N, Scholz W, and Chakrabarti S. Glucose-induced Serum- and Glucocorticoid-regulated Kinase Activation in Oncofetal Fibronectin Expression. *Biochem Biophys Res Commun*. 329: 275-80, 2005.

Fukuda G, Khan ZA, Barbin YP, **Farhangkhoe H**, Tilton RG, and Chakrabarti S. Endothelin Mediated Remodeling in Aortas of Diabetic Rats. *Diabetes Metab Res Rev*. 21: 367-75, 2005.

Farhangkhoe H, Khan ZA, Mukherjee S, Cukiernik M, Barbin YP, Karmazyn M, and Chakrabarti S. Heme Oxygenase in Diabetes-induced Oxidative Stress in the Heart. *J Mol Cell Cardiol*. 35: 1439-1448, 2003.

BOOK CHAPTERS

Farhangkhoe H, Ray E, Disa J. (Section Authors). Delayed Tissue expansion. In Operative Techniques in Plastic Surgery. In preparation.

Farhangkhoe H. (Section Author). Steven Morris (Editor). Medial Sural Artery Perforator Flap. In Flaps, Cadaver Dissection Course. 2nd Edition. Dalhousie University, 2011.

Farhangkhoe H, Papp S, and Saltzman I. (Section Editors). Barolet A, and Oreopoulos G (Faculty Reviewer). The Peripheral Vascular Exam In *Essentials of Clinical Examination Handbook*. 6th Edition. University of Toronto, 2010.

Farhangkhoe H, Hendry, M, and Leung JJ. (Chapter Editors). The Department of Plastic Surgery (Faculty Reviewers). Plastic Surgery Section. In *Toronto Notes*. 26th Edition. University of Toronto, 2010.

ABSTRACTS AND PRESENTATIONS

Abstract Published and Presented at Scientific Meetings

Farhangkhoe H, White CP, Kattan AE, Farrokhyar F, and Hynes N. A Prospective Survey of Breast Reduction Scars: a Patients' Preference.

Published: *Can J Plast Surg* 21(2), 122, 2013.

Presented: 67th Annual Meeting of the Canadian Society of Plastic Surgeons, Calgary, AB, May 2013.

Farhangkhoe H, Lalonde J, Lalonde D. Teaching Local Anesthetic Injections to Medical Students and Residents: Can Learners Administer it Painless?

Published: *Atlantic Society of Plastic Surgery Meeting*, A12, 2011.

Presented: 16th Meeting of the Atlantic Society of Plastic Surgeons, Wallace, NS, Sept 2011.

Farhangkhoe H, Lalonde J, Lalonde D. Teaching Local Anesthesia Injection for Carpal Tunnel Surgery: Can Learners Achieve a "Hole-In-One"?

Published: *Can J Plast Surg* 19 (Suppl A), 134, 2011.

Presented: 16th International Confederation of Plastic Reconstructive and Aesthetic Surgery, Vancouver, BC, May 2011.

Farhangkhoe H, Cross K, Koljonen V, Ghazarian D, and Fish JS. Evaluation of Ki-67 as a New Histological Index of Burn Damage in a Swine Model.

Published: *Can J Plast Surg* 18 (2), 61, 2010.

Presented: 64th Annual Meeting of the Canadian Society of Plastic Surgeons, Halifax, NS, June 2010.

Farhangkhoe H, Khan ZA, and Chakrabarti S. CD36 Regulates Glucose-induced Endothelial Nitric Oxide Synthase and Oxidant Injury in Microvascular Endothelial Cells.

Published: *Diabetes* 55 (Suppl 1); A 1910, 2006.

Presented: 66th American Diabetes Association Conference, Washington, DC, June 2006.

Farhangkhoe H, Khan ZA, Cukiernik M, Feng Q, and Chakrabarti S. Endothelial Nitric Oxide Synthase Regulates Angiogenic Factors: Implications for Proliferative Diabetic Retinopathy.

Published: *Diabetes* 54 (Suppl 1); A 905, 2005.

Presented: 65th American Diabetes Association Conference, San Diego, CA, June 2005.

Farhangkhoe H, Khan ZA, Cukiernik M, Feng Q, and Chakrabarti S. Endothelial Nitric Oxide Synthase in Diabetic Cardiomyopathy.

Published: *Diabetes* 54 (Suppl 1); A 2001, 2005.

Presented: 65th American Diabetes Association Conference, San Diego, CA, June 2005.

Farhangkhoe H, Khan ZA, Chen S, Barbin YP, Feng Q, and Chakrabarti S. eNOS-caveolin-CD36 Axis in Diabetes-induced Oxidative Stress.

Published: *Can J Diabetes* 28 (Suppl 1); A128, 2004.

Presented: 8th Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism Professional Conference, Quebec City QC, October 200

Farhangkhoe H, Khan ZA, Barbin YP, and Chakrabarti S. Glucose-mediated Upregulation of CD36 in Microvascular Endothelial Cell Dysfunction.

Published: *Diabetes* 53 (Suppl 2); A1854, 2004.

Presented: 64th Annual American Diabetes Association Conference, Orlando FL, June 2004.

Farhangkhoe H, Khan ZA, Karmazyn M, and Chakrabarti S. Curcumin Regulates Nitric Oxide Bioavailability in Diabetic Rat Hearts.

Published: *Diabetes* 53 (Suppl 2); A1699, 2004.

Presented: 64th Annual American Diabetes Association Conference, Orlando FL, June 2004.

Farhangkhoe H, Khan ZA, Mukherjee S, Cukiernik M, Barbin YP, and Chakrabarti S. Heme Oxygenase in Diabetes-induced Oxidative Stress in the Heart.

Published: *Can J Diabetes* 27 (Suppl 1); A249, 2003.

Presented: 7th Annual Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism Professional Conference, Ottawa ON, October 2003.

Abstract Published

White CP, **Farhangkhoe H**, Kattan AE, Farrokhyar F, and Hynes N. A Prospective Survey of Breast Reduction Scars: a Patients' Preference. 39th Annual Meeting for the Canadian Society of Aesthetic Plastic Surgery, 2012.

Chiu J, Khan ZA, **Farhangkhoe H**, and Chakrabarti S. Curcumin Treatment May Prevent Diabetes-Induced Alteration of Vasoactive Factors and Extracellular Matrix Proteins in the Kidney. *Diabetes* 55 (Suppl 1); A 329, 2006.

Chen S, Xin X, **Farhangkhoe H**, Chiu J, Majumdar P, Xu B, and Chakrabarti S. Intravitreal Delivery of siRNA Targeted Towards Transcriptional Co-activator p300 Prevents Diabetes-Induced Extracellular Matrix Protein Upregulation. *Diabetes* 55 (Suppl 1); A 818, 2006.

Chakrabarti S, Khan ZA, **Farhangkhoe H**, Xin X, Kaur H, and Chen S. Endothelins and Extracellular Matrix Protein Production in Diabetes. *Proceedings of the Ninth International Conference on Endothelin, Exp Biol Med*. P023, 2006.

Chakrabarti S, Khan ZA, **Farhangkhoe H**, Chan B, Uniyal S, Mahon J, and Bere L. Endothelin-1 Mediated Production of EDB+ Fibronectin in Diabetic retinopathy *Proceedings of the Ninth International Conference on Endothelin, Experimental Biology and Medicine Exp Biol Med*. P101, 2006.

Harkiran K, Shali C, Khan ZA, **Farhangkhoe H**, and Chakrabarti S. Regulation of PARP Activity in Diabetes. *Diabetes* 54 (Suppl 1); A 664, 2005.

Cukiernik M, **Farhangkhoe H**, Mukherjee S, Hileeto D, Karmazyn M, and Chakrabarti S. Heme Oxygenase in the Diabetic Rat Heart. *Can J Diabetes* 26 (Suppl 1); A175, Sept 2002.

Presentations

Farhangkhoe H, and Avram R. Limb Threatening Complication Caused by Catheter-Directed Thrombolysis for Late Free-Flap Salvage: *McMaster University Plastic Surgery Research Day*. Hamilton, ON, Jan 2015.

Farhangkhoe H, McKee D, and Avram R. Limb Threatening Complication Caused by Catheter-Directed Thrombolysis for Late Free-Flap Salvage: A Case Report. 15th International Course on Perforator Flaps, New York City, NY, Nov 2013.

Farhangkhoe H, Cross K, Koljonen V, Ghazarian D, and Fish J. Evaluation of Ki-67 as a Histological Index of Burn Damage in a Swine Model. *McMaster University Plastic Surgery Research Day*. Hamilton, ON, Sept 2013.

Farhangkhoe H, White CP, Kattan AE, Farrokhyar F, and Hynes N. A Prospective Survey of Breast Reduction Scars: a Patients' Preference. *McMaster University Plastic Surgery Research Day*. Hamilton, ON, Sept 2012.

Farhangkhoe H, Lalonde J, and Lalonde D. Wide-Awake Approach to Basal Joint Trapeziectomy. *McMaster University Surgical Foundations Research Day*. Hamilton, ON Jan 2012.

Farhangkhoe H, Lalonde J, Lalonde D. Teaching Local Anesthesia Injection for Carpal Tunnel Surgery: Can Learners Achieve a "Hole-In-One"? *McMaster University Plastic Surgery Research Day*. Hamilton, ON, Sept 2011.

Farhangkhoe H, and Barolet, A. The Impact of Coronary Angioplasty on Symptoms in Patients Without Detectable Ischemia. *Ontario Medical Student Research Day*, Toronto, ON, April, 2009.

Farhangkhoe H, and Barolet, A. A Pilot Study of the Impact of Coronary Angioplasty on Symptoms in Patients Without Detectable Ischemia. *Comprehensive Research Experience for Medical Students, Research Day*, Toronto, ON, January, 2008.

Farhangkhoe H, Khan ZA, Barbin YB, and Chakrabarti S. Glucose-induced Upregulation of CD36 Mediates Oxidative Stress and Microvascular Endothelial Cell Dysfunction. *Comprehensive Research Experience for Medical Students, Research Day*, Toronto, ON, January, 2007.

Farhangkhoe H. CD36 and Endothelial Nitric Oxide Synthase in Endothelial Cell Dysfunction and Diabetic Cardiomyopathy. *Heart Failure Group Lecture Symposium*, London ON, May 2006.

Farhangkhoe H, Khan ZA, Barbin YB, and Chakrabarti S. Glucose-mediated Augmentation of CD36 Regulates Oxidative Stress in Microvascular Endothelial Cells. *Margaret P. Moffat Graduate Research Day*, London, ON, May 2005.

Farhangkhoe H, Khan ZA, Lou J, Cukiernik M, Feng Q, and Chakrabarti S. The Role of Cardiac Endothelial Nitric Oxide Synthase in Diabetic Cardiomyopathy. *Understanding Heart Failure: State of the Art and Future Directions in Understanding Heart Failure*, London ON, May 2005.

Farhangkhoe H, Khan ZA, Barbin YB, and Chakrabarti S. The Role of CD36 in Hyperglycemia-induced Oxidative Stress: Implications for Endothelial Cell Dysfunction. *Pathology Research Day*, London, ON, April 2005.

Farhangkhoe H. Glucose-induced Upregulation of CD36 in Microvascular Endothelial Cell Dysfunction. *Biennial Heart and Stroke Foundation of Ontario Research Day*, University of Western Ontario, London ON, June 2004.

Farhangkhoe H. Heme Oxygenase in Diabetes-induced Oxidative Stress in the Heart. *Heart Failure Group Lecture Symposium*, London ON, November 2003.

CONFERENCE ATTENDANCE

3rd Canadian Peripheral Nerve Symposium, London, ON Nov 2019

73rd Annual Meeting of Canadian Society of Plastic Surgery, St John's, NF June 2019

72nd Annual Meeting of Canadian Society of Plastic Surgery, Jasper, AB June 2018

1st Canadian Peripheral Nerve Symposium, London, ON Nov 2017

44th Canadian Society of Aesthetic Plastic Surgery Meeting (CSAPS), Toronto, ON October 2017

17th Annual Breast Surgery Symposium, Toronto, ON April 2017

47th Annual Aesthetic Plastic Surgery Symposium, Toronto, ON April 2017

70th Annual Meeting of Canadian Society of Plastic Surgery, Ottawa, ON June 2016

2016 American Society for Reconstructive Microsurgery Annual Meeting, Scottsdale Arizona, Jan 2016

2015 NYU Langone Reconstructive Microsurgery Meeting, New York City, NY, Nov 2015

2014 American Society for Reconstructive Microsurgery Annual Meeting, Kauai, Hawaii, Jan 2014

5th International Course on Perforator Flaps, New York City, NY, Nov 2013

67th Annual Meeting of Canadian Society of Plastic Surgery, Calgary, ON May 2013

66th Annual Meeting of Canadian Society of Plastic Surgery, Toronto, ON May 2012

16th Meeting of the Atlantic Society of Plastic Surgeons, Wallace, NS Sept 2011

16th International Confederation of Plastic Reconstructive and Aesthetic Surgery, Vancouver, BC May 2011

11th Annual Breast Surgery Symposium, Toronto, ON April 2011

41st Annual Aesthetic Plastic Surgery Symposium, Toronto, ON April 2011

64th Annual Meeting of the Canadian Society of Plastic Surgeons, Halifax, NS June 2010

66th American Diabetes Association Conference, Washington, DC June 2006

65th American Diabetes Association Conference, San Diego, CA June 2005

8th Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism Professional Conference, Quebec City QC Oct 2004

64th Annual American Diabetes Association Conference, Orlando FL June 2004

7th Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism Professional Conference, Ottawa ON June 2003

EXTRA-CURRICULAR ACTIVITIES

ASSOCIATIONS

American Board of Plastic Surgery

Nov 2018 – Present

Essex County Medical Society

Aug 2017 – Present

Royal College of Physicians and Surgeons of Canada

Aug 2015 - Present

American Society for Reconstructive Microsurgery

Jan 2014-Present

American Society of Plastic Surgery

July 2011-Present

Canadian Society of Plastic Surgery

Sept 2012-Present

Canadian Medical Association

Sept 2006 – Present

Ontario Medical Association

Sept 2006 – Present

ATHLETICS AND HEALTH PROMOTION

Yoga/Pilates/Boxing/Boot camp

June 2000– Present

Crossfit Endurance Classes, Hamilton ON

Dec 2013-May 2015

Sulphur-Springs Trail Run 100 Mile Relay, Hamilton ON

May 2013

Hamilton 30K Around the Bay, Hamilton, ON

March 2013

Hamilton Road2Hope Half Marathon, Hamilton ON

Nov 2012

Strides for the General Hospital, 10K Race, Hamilton ON

Sept 2012

Healthy Living Initiatives, University of Toronto

Sept 2008

TD Waterfront Half Marathon, Toronto ON

Sept 2008

Forest City Road Races, 10K, London ON

May 2007

Goodlife Fitness Member, Canada

1999-Present

COMMUNITY SERVICE

Kids to Hear; University of Toronto
Intensive Care Unit: London ON
Canadian Diabetes Association; London ON

Jan-May 2008
June 2005-July 2006
May 2001-Feb 2005

EDUCATIONAL ROLES

Medical Student and Residency Teaching
Clinical Skills Mentorship Club; University of Toronto
Educator for Canadian Diabetes Association; London ON

Sept 2010 – Present
Jan-May 2008
Sept 2003-Feb 2005

STUDENT GOVERNMENT ASSOCIATIONS

Wightman-Berris Academy Representative; University of Toronto
Basic Sciences Gender Issues Committee; University of Western Ontario
Science Student Council; University of Western Ontario
Physiology Ombudsperson; University of Western Ontario

Sept 2006-May 2007
Feb-Nov 2005
Sept 2003-April 2004
Sep 2002-April 2003

STUDENT ORGANIZATIONS

Residency Training Committee
Residency Admissions; Dalhousie University and McMaster University
MD Admissions, University of Toronto
Canadian Blood Services, University of Toronto
MD Orientation Officer, University of Toronto
Operation Smile, University of Western Ontario
Off Campus Orientation Officer, University of Western Ontario
Science Orientation Officer, University of Western Ontario

July 2014-June 2015
Feb 2011-June 2015
Feb 2008
Oct 2007
Aug 2007
Sept 2003-April 2004
Sept 2003
Sept 2002