

Sanford C. Newmark, MD

CURRICULUM VITAE

EDUCATION

Fellowship

Pediatric Integrative Medicine
(detailed description below)
Department of Pediatrics
University of Arizona
Tucson AZ
07/01 – 06/03

Mini-Residency

ADHD & Behavioral Pediatrics
Dr. Michael Cohen
Tucson AZ
03/97 – 04/97

Residency

Pediatrics
University of Arizona
Department of Pediatrics
Tucson AZ
7/84 – 6/87

Medical School

Doctor of Medicine
University of Arizona
Tucson AZ
7/80 – 6/84

Premedical

University of Arizona
Tucson AZ
09/78 – 05/79

Graduate

Master of Arts, Anthropology
University of Arizona
Tucson AZ
09/73 – 06/75

Undergraduate

Bachelor of Arts, Anthropology
Wesleyan University
Middletown CT
09/67 – 06/71

WORK EXPERIENCE

2/09- Present

Physician, Whole Child Wellness, Belmont CA

08/03 – 1/09

Physician and Founder, Center for Pediatric Integrative Medicine, Tucson AZ

7/03 – Present

Faculty, University of Arizona, Arizona Center for Integrative Medicine, Tucson AZ

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WORK EXPERIENCE, continued

09/00 - 1/09	Urgent Care Physician Northwest Urgent Care, Tucson AZ
09/00 – 5/02	Pediatric Hospitalist PHS Specialty Services, Tucson AZ
08/88 – 09/00	Physician, CIGNA, Tucson AZ Pediatric Department Head, 1992 – 2000 Chief of Staff, Plaza Medical Center, 1992 – 1997
07/93 – 8/09	Pediatrician, Children’s Rehabilitative Services Tucson AZ
08/87 – 07/88	Physician, Kachina Pediatrics Tucson AZ
08/87 – 08/88	Clinical Lecturer, Department of Pediatrics University of Arizona, Tucson AZ
01/75 – 05/78	Anthropology Consultant, State of Arizona Alpine AZ
01/74 – 05/75	Research Assistant, Bureau of Ethnic Research Department of Anthropology, University of Arizona Tucson AZ

CERTIFICATIONS

Board Certified in Pediatrics - 1989
Recertified in Pediatrics – 1996
Certified in Clinical Hypnosis, American Society of Clinical Hypnosis - 2005

LICENSURES

Arizona Board of Medical Examiners #16648: 1987 – Present
California Medical Board #88450: 2009 – Present

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PUBLICATIONS

Newmark, Sanford **ADHD Without Drugs” A Parents Guide to the Natural Care of Children With ADHD**, May 2010, Nurtured Heart Press.

Adams JB. Baral M. Geis E. Mitchell J. Ingram J. Hensley A. Zappia I. **Newmark S.** Gehn E. Rubin RA. Mitchell K. Bradstreet J. El-Dahr JM. **The severity of autism is associated with toxic metal body burden and red blood cell glutathione levels.**
Journal of Toxicology. 2009:532640, 2009.

Adams JB. Baral M. Geis E. Mitchell J. Ingram J. Hensley A. Zappia I. **Newmark S.** Gehn E. Rubin RA. Mitchell K. Bradstreet J. El-Dahr J. **Safety and efficacy of oral DMSA therapy for children with autism spectrum disorders: part A--medical results.**
BMC Clinical Pharmacology. 9:16, 2009.

Newmark, Sanford, **Nutritional Interventions in ADHD**, Explore: The Journal of Science and Healing Vol 5 No. 3 May/June 2009 P71-73.

Newmark, Sanford, **Developmental/Behavioral Pediatrics** chapter in **Pediatric Integrative Medicine**, Timothy Culbert, editor, Oxford Press 2009.

Weber W., **Newmark S.**, **Complementary and alternative medical therapies for attention-deficit/hyperactivity disorder and autism.** [Review] [95 refs] Pediatric Clinics of North America. 54(6):983-1006; xii, Dec. 2007.

Newmark, Sanford, **A Pediatricians Perspective on Homemade Blended Formula**, in **Homemade Blended Formula Handbook**, Klein and Morris, Publisher, Mealtime Notions 2007.

Newmark, Sanford, **The Integrative Treatment of Autism** chapter in Rakel, David, ed. **Integrative Medicine**, Second Edition, Saunders 2007, 119-129.

Newmark, Sanford, **Atopic Dermatitis** in **Integrative Medicine**, eds. Kligler, Benjamin and Lee, Roberta, McGraw-Hill, New York, NY, 2004.

Monthly Reviews – **Audio Consult in Integrative Medicine**, Johns Hopkins University and Oakstone Publishing, 2001 – 2003.

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PUBLICATIONS, continued

Newmark, Sanford, *ADHD and Food Sensitivity* (letter) *Alternative Therapies*, May/June 2002 Vol. 8, No.3, P.18.

Newmark, Sanford, *Failure to Thrive*, in *Parent Articles for Early Intervention*, Ed. Dunn-Klein, Marsha, Therapy Skill Builders, Tucson, AZ, 1990.

ORGANIZATIONS

American Academy of Pediatrics
Pima County Medical Society
American Society of Clinical Hypnosis

TEACHING

Ward Attending, Tucson Medical Center, Biannually, 1992 - 1996
Preceptor, Medical Student Preceptor Program, University of Arizona, 1994 – 2000
Preceptor, University Medical Center, College of Nursing, Nurse Practitioner Program, 1996
Preceptor, University of Arizona, Arizona Center for Integrative Medicine, 2003 - Present

PRESENTATIONS

“Integrative Medicine,” Pediatric Grand Rounds, Tucson Medical Center, Tucson AZ, 5/6/03.

“An Integrated Approach to ADHD,” Children’s Research Center Lecture, Tucson AZ, 4/16/04.

“Autism and Allergies - Nutritional Approaches,” Program in Integrative Medicine, Nutrition and Health Conference, Tucson AZ, 3/04.

“An Alternative Approach to Autism,” Pediatric Grand Rounds, St Joseph’s Hospital, Phoenix AZ, 11/05.

“An Alternative Approach to Autism,” Pediatric Grand Rounds, Phoenix Children’s Hospital, Phoenix AZ, 11/05.

“An Alternative Approach to Autism,” Pediatric Grand Rounds, Tucson Medical Center, Tucson AZ, 1/18/05.

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PRESENTATIONS, continued

“Immunity and Nutrition in Children,” Program in Integrative Medicine, Nutrition and Health Conference, Tucson AZ, 3/05.

“Nutritional Treatments in Autism,” Pediatric Integrative Medicine Conference, New York NY, 10/05.

“An Integrative Approach to ADHD,” SALT (Strategic Alternative Learning Techniques Center) Lecture Series, University of Arizona, Tucson AZ, 11/05.

“The Integrative Treatment of ADHD,” Grand Rounds, Tucson Medical Center, Tucson AZ, 4/06.

“Autism Spectrum Disorder,” High Risk Perinatal Program Annual Meeting, Phoenix AZ, 10/06.

“The Integrative Treatment of ADHD,” Symposium of Integrative Medicine Professionals in the Land of Enchantment, Albuquerque NM, 10/06.

“Omega-3 Fatty Acids and Probiotics in Children,” CAMEXPO West Conference and Exposition, Los Angeles CA, 11/06.

“Pediatric Obesity,” American Heart Association, Go Red Luncheon, Tucson AZ, 11/06.

“Integrative Medicine,” Sierra Vista Regional Health Program, CME Series, Sierra Vista AZ, 3/07.

“Pediatrics: Autism/Immunization,” Southwestern Conference on Medicine, Tucson AZ, 3/07.

“Autism,” Pangea Conference, Pediatric Integrative Medicine, San Francisco CA, 10/07.

“Integrative Medicine” Panel Presentation, American Academy of Pediatrics Annual Meeting, San Francisco CA, 10/07.

“Our Children’s Health: Obesity and Nutrition,” Junior League Meeting, Tucson AZ, 10/07.

“The Integrative Approach to ADHD: Do 4 million children really need Ritalin?” Grand Rounds, St Joseph’s Hospital, Phoenix AZ, 11/07.

“Systemic Lupus Erythematosus in Children,” Grand Rounds, Sierra Vista Regional Medical Center, Sierra Vista AZ, 1/08.

“A Pediatric Integrative Medicine Consulting Practice,” Program in Integrative Medicine, Residential Week Lecture, Tucson AZ, 1/08.

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PRESENTATIONS, continued

“ADHD, Diet and Nutrition,” 5th Annual Nutrition and Health: State of the Science & Clinical Applications Conference, Course Director Dr. Andrew Weil, Arizona Grand Resort, Phoenix AZ, 4/08.

“An Integrative Approach to ADHD,” Nurtured Heart Approach Leadership Training Conference, Tucson AZ, 1/09.

“Integrative Approach to Newborns and Infants,” Blossom Birth Parents Group, Tucson AZ, 3/09

“Autism: A Brain Disorder or A Disorder That Affects The Brain?” Parent and Physician Conference, Hawaii Department of Education, Hilo HI, 5/09.

“An integrative Approach to Autism,” Stanford University Resident Conference, Palo Alto CA, 6/09.

“Complementary and Alternative Medical Therapies for ADHD: What is the Evidence?” American Academy of Pediatrics Conference, Pediatrics in the Red Rocks, Sedona AZ, 6/09.

“Complementary and Alternative Medical Therapies for Autism: What is the Evidence?” American Academy of Pediatrics Conference, Pediatrics in the Red Rocks, Sedona AZ, 6/09.

“Complementary and Alternative Medicine in Pediatrics Workshop,” American Academy of Pediatrics Conference, Pediatrics in the Red Rocks, Sedona AZ, 6/09.

“An Integrative Approach to ADHD,” Nurtured Heart Approach Leadership Training Conference, Tucson AZ, 1/10.

“An Integrative Approach to Autism and ADHD,” University of Arizona, Arizona Center for Integrative Medicine, Tucson AZ, 1/10.

COMMUNITY SERVICE

Pediatrician, St. Elizabeth’s Clinic, Tucson AZ, 1988 - 2006

Pediatrician, St. Andrews Clinic, Nogales AZ, 1992 – 2009

Pediatrician, Tucson Community CareFair, Tucson AZ, 1992 – 2000

Board Member, Pilot Parents of Southern Arizona, Tucson AZ, 1995 – 2009

Board Member, Asian Institute of Medicine, Tucson AZ, 2005 - 2009

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FELLOWSHIP in INTEGRATIVE MEDICINE

Since the fellowship in Integrative Medicine is not a typical fellowship, I would like to describe it in some detail. The fellowship was funded from a National Institutes of Health Complementary and Alternative Medicine grant through the Department of Pediatrics at the University of Arizona. The principal investigators on the grant were Dr. Fayed Ghishan, chairman of the Department of Pediatrics, and Dr. Andrew Weil.

It was a combined research and training grant in the scientific investigation and use of complementary and alternative medicine in pediatrics. The clinical aspect of the program was closely associated with Dr. Weil's Program in Integrative Medicine, also at the University of Arizona, where I received most of my clinical training. My work in the fellowship was as follows:

Research - I was regularly involved in research activities. I was part of several grant applications, and worked actively on two research projects. The first was the use of acupuncture and osteopathic manipulation in the treatment of Cerebral Palsy; the second in the use of Progressive Muscle relaxation and Guided Imagery in the treatment of asthma. I was actively involved in performing the guided imagery and relaxation for the project.

Clinical - Although there was very little clinical activity when I began the program, I developed an ongoing consultative practice in Pediatric Integrative Medicine for both outpatients and inpatients. I saw over 60 full outpatient consults and 30 inpatient consults.

Teaching - I developed an excellent working relationship with the pediatric residents at the University of Arizona. I attended at the outpatient clinic, gave attending rounds, and presented short lectures on Pediatric Integrative Medicine to both medical students and residents. The residents on the developmental elective saw patients with me as part of their rotation. Many of the referrals I received came from the residents and pediatric attendings. I take pride in having been able to bring an Integrative Medicine approach much more into the consciousness and practice of the pediatric department there.

Didactic Training - Mainly through Dr. Weil's Program in Integrative Medicine, I received both didactic and hands on training in various complementary and alternative medicine modalities such as botanicals, nutrition, osteopathy, homeopathy, traditional Chinese medicine, energy medicine, and mind-body medicine. I was especially interested in mind-body medicine. I attended several training workshops, and am certified in clinical hypnosis by the American Society for Clinical Hypnosis.