



CURRICULUM VITAE

TOM RIFAI MD PC

PERSONALIZED MEDICAL WEIGHT LOSS SERVICES,
NUTRITIONAL COUNSELING & LIFESTYLE COACHING

MEDICAL DIRECTOR, METABOLIC NUTRITION AND WEIGHT MANAGEMENT
ST JOSEPH MERCY OAKLAND HOSPITAL-PONTIAC, MICHIGAN
BOARD OF DIRECTOR MEMBER - AMERICAN BOARD OF PHYSICIAN NUTRITION SPECIALISTS
D.O.B. – AUGUST 30, 1968

BOARD CERTIFICATIONS

AMERICAN BOARD OF INTERNAL MEDICINE, 8.2003
AMERICAN BOARD OF PHYSICIAN NUTRITION SPECIALISTS, 11.2003

FINANCIAL DISCLOSURE

ASTRAZENECA, NATIONAL LIPID MANAGEMENT AND PROMOTIONAL FACULTY SPEAKER
FOR CRESTOR – ETHICAL CONSIDERATION: CRESTOR IS MY PREFERRED STATIN CLINICALLY
AND I THEREFORE WILL NOT, AND HAVE CONSISTENTLY REFUSED TO, SPEAK FOR COMPANIES
PROMOTING OTHER STATINS THAT I USE LESS FREQUENTLY.

EDUCATION

7/00-6/03	WILLIAM BEAUMONT HOSPITAL, ROYAL OAK, MI INTERNAL MEDICINE RESIDENCY
8/94-6/99	WAYNE STATE UNIVERSITY SCHOOL OF MEDICINE (WSU-SOM) DETROIT, MI DEGREE: M.D.
9/88-7/92	MICHIGAN STATE UNIVERSITY, E. LANSING, MI DEGREE: BACHELOR OF SCIENCE – AWARDED WITH ‘HIGHEST HONOR’ MAJOR: PSYCHOLOGY, WITH PRE-MED REQUIREMENT COMPLETION

HEALTH RELATED VOLUNTEER WORK, EMPLOYMENT & POSITIONS

1/10	HAVE COMPLETED A COMPREHENSIVE LIFESTYLE MEDICINE ONLINE CME FOR HARVARD MEDICAL SCHOOL ON THE MANAGEMENT OF METABOLIC SYNDROME TO BE MADE AVAILABLE LATER THIS YEAR
11/09-PRESENT	ONE OF ONLY 52 OBESITY MANAGEMENT EXPERT PHYSICIANS IN THE US INVITED TO AUTHOR QUESTIONS FOR THE UPCOMING, REVISED OBESITY MEDICINE CERTIFICATION EXAM UNDER THE AUSPICES OF TOS (THE OBESITY SOCIETY)
7/09-PRESENT	MEDICAL DIRECTOR, METABOLIC NUTRITION AND WEIGHT MANAGEMENT ST JOSEPH MERCY OAKLAND HOSPITAL, PONTIAC MICHIGAN
6/09-PRESENT	INVITED TO BECOME A BOARD OF DIRECTORS MEMBER-AT-LARGE FOR THE AMERICAN BOARD OF PHYSICIAN NUTRITION SPECIALISTS (ABPNS)
4/09-PRESENT	CONSULTANT TO MICHIGAN’S 15,000 STUDENT WARREN CONSOLIDATED SCHOOLS DISTRICT NUTRITIONAL SERVICES DEPT, AT THE INVITATION OF SUPERINTENDENT DR ROBERT LIVERNOIS AND NUTRITIONAL SERVICES DIRECTOR, CARL MERKLE TO REVISE AND UPDATE THE SCHOOL LUNCH PROGRAM CONSISTENT WITH ADDRESSING THE OBESITY AND METABOLIC SYNDROME EPIDEMIC IN MICHIGAN’S CHILDREN
2/09-PRESENT	FORMULATED AND ESTABLISHED, WITH NATIONALLY RENOWN EXECUTIVE CHEF JIM OPPAT OF THE ANDIAMO RESTAURANT CORPORATION, THE 1ST SERIOUS MEDICAL GOURMET MENU AVAILABLE AT A COMMERCIAL, EXECUTIVE LEVEL, GOURMET RESTAURANT GROUP IN THE USA – “ANDIAMO LEAN” (WWW.ANDIAMOITALIZ.COM)
1/09-PRESENT	CHIEF MEDICAL ADVISOR - PRITIKIN LONGEVITY CENTER, AVENTURA, FLORIDA
1/08-11/08	ASSOCIATE MEDICAL DIRECTOR, PRITIKIN LONGEVITY CENTER (WWW.PRITIKIN.COM), THEN IN AVENTURA (NOW IN MIAMI), FLORIDA
2004-08	ASTRAZENECA (AZ) SPEAKER FACULTY FOR CRESTOR (ROSUVASTATIN), INCLUDING ROLE AS EDUCATOR OF AZ PROMOTIONAL SPEAKERS, SPEAKING THROUGHOUT USA
1/05-11/07	DIRECTOR, UNASOURCE COMPREHENSIVE WEIGHT LOSS PROGRAMS- UNASOURCE MEDICAL CENTER (WILLIAM BEAUMONT HOSPITAL AFFILIATED), TROY, MICHIGAN

8/03-12/04	CLINICAL NUTRITION/INTERNAL MEDICINE BARIATRIC MEDICAL SPECIALIST AT THE MULTIDISCIPLINARY NORTHPOINTE HEALTH CENTER (WILLIAM BEAUMONT HOSPITAL AFFILIATED)
2006-PRESENT	CLINICAL ASSISTANT PROFESSOR OF MEDICINE AT WSU-SOM, DETROIT, MI FOR CLINICAL-OUTPATIENT-BASED TEACHING OF NUTRITIONAL AND INTERNAL MEDICINE TO MEDICAL STUDENTS
2005-2006	ANNUAL LECTURES GIVEN FOR THE MEDICAL SCHOOL'S DEPT. OF NUTRITION MEDICAL NUTRITION FOR CARDIOMETABOLIC SYNDROME (CONTACT: DR VISH. SARDESAI, PHD) AND THE AUTHORIZING OF QUESTIONS FOR WSU-SOM MEDICAL EXAMS REGARDING THE SUBJECT MATTER
9/07-PRESENT	ADVISOR TO THE MICH. DEPT. OF COMMUNITY HEALTH HEALTHY KIDS, HEALTHY MICHIGAN PROJECT: A COLLABORATIVE EFFORT BETWEEN THE NAT'L GOVERNORS ASSN, THE OFFICE OF GOVERNOR JENNIFER GRANHOLM, THE OFFICE OF MICHIGAN'S SURGEON GENERAL DR KIMBERLY DAWN WISDOM AND THE MICHIGAN DEPT. OF COMMUNITY HEALTH TO ADDRESS PUBLIC HEALTH POLICY IN MICHIGAN REGARDING CHILDHOOD OBESITY
4/03-2/09	MEMBER OF MICHIGAN DEPARTMENT OF COMMUNITY HEALTH CARDIOVASCULAR ALLIANCE HEALTH TASK FORCE FOR THE DEVELOPMENT OF PUBLIC POLICY GUIDELINES FOR HEART DISEASE, STROKE AND OBESITY PREVENTION UNDER THE AUSPICES OF MICHIGAN GOVERNOR, JENNIFER GRANHOLM
1/07-12-07	NUTRITION AND LIPID DISORDER CLERKSHIP SITE DIRECTOR FOR EDUCATION OF BEAUMONT HOSPITAL'S PRIMARY CARE TRACK INTERNAL MEDICINE RESIDENTS
JUNE, 2006	ADVISORY ROLE TO MAYO CLINIC, JACKSONVILLE, FL FOR REGARDING THEIR INTENSIVE, MULTI-DISCIPLINARY WEIGHT LOSS PROGRAM
2/04-2006	MEMBER OF THE HEALTH ADVISORY COMMITTEE TO THE DETROIT NEWS NEWSPAPER TOGETHER WITH SURGEON GENERAL OF MICHIGAN, KIMBERLYDAWN WISDOM, MD, MS.
2003	FORMALLY ADVISED TO WAYNE STATE UNIVERSITY SCHOOL OF MEDICINE IN DEVELOPING EDUCATIONAL CURRICULUM FOR CLINICAL EVALUATION AND TREATMENT OF THE OVERWEIGHT AND OBESE PATIENT (CONFIRMATORY CONTACT: ROBERT R. FRANK, 2003 ASSOCIATE DEAN FOR ACADEMIC AND STUDENT PROGRAMS)
2004-2005	SUBMITTED MEDICAL EXAMINATION QUESTIONS ON THE ANNUAL MEDITERRANEAN DIET AND METABOLIC SYNDROME FOR SECOND YEAR MEDICAL STUDENTS AT WAYNE STATE UNIVERSITY SCHOOL OF MEDICINE, DETROIT, MICHIGAN
7/00-6/03	ELECTED BY INTERNAL MEDICINE CLASS OF 2003 TO REPRESENT CLASS ON THE BEAUMONT HOSPITAL INTERNAL MEDICINE RESIDENCY EDUCATION COMMITTEE
11/01-11/03	FOUNDING AND STEERING COMMITTEE MEMBER OF THE OAKLAND COUNTY, MICHIGAN, COMMUNITY HEALTH DEPARTMENT'S CHILDHOOD OBESITY INITIATIVE
6/02-12/02	CHIEF RESIDENT, BEAUMONT HOSPITAL - WEIGHT CONTROL CENTER
12/02-6/03	RESIDENT LIAISON TO THE BEAUMONT HOSPITAL WEIGHT CONTROL CENTER
JUNE 1995	ONE MONTH ROTATION AT WILLIAM BEAUMONT HOSPITAL DEPT. OF NUTRITION, PREVENTIVE MEDICINE & WEIGHT CONTROL UNDER DEPT. DIRECTOR CHARLES LUCAS, MD, FACP
8/92-6/94	PATIENT LIFESTYLE COUNSELOR AND MEDICAL ASSISTANT AT THE DIABETES AND ENDOCRINOLOGY CENTER OF BLOOMFIELD HILLS, MI, UNDER THE DIRECTION OF CENTER DIRECTOR AND CLINICAL ASSOCIATE PROFESSOR OF MEDICINE AT WAYNE STATE UNIVERSITY SCHOOL OF MEDICINE, ALI ABBASI, MD, FACP

HONORS, AWARDS & MILESTONES

2005-PRESENT	CONSISTENTLY RECEIVE NOTABLY HIGH REGARD AND POSITIVE FEEDBACK TO ALL LIFESTYLE, NUTRITION, DIABETES AND WEIGHT CONTROL ASSOCIATED PUBLIC SPEAKING – BOTH INFORMATIONAL AND MOTIVATIONAL FROM PRITIKIN LONGEVITY CENTER, WAYNE STATE UNIVERSITY, GENERAL MOTORS AND ASTRAZENECA CONFIRMATORY REFERENCES AVAILABLE UPON REQUEST
2008	AS ASSOCIATE MEDICAL DIRECTOR OF THE WORLD RENOWN PRITIKIN LONGEVITY CENTER IN AVENTURA, FLORIDA, SPEARHEADED THE REVAMPING OF THEIR NUTRITIONAL AND METABOLIC LAB TESTING AND INTERPRETATION; LED AND DIRECTED COMPREHENSIVE REVISION OF PRITIKIN SUPPLEMENT PROGRAM; REVISED PRITIKIN EDUCATIONAL PROGRAM – PARTICULARLY AS IT APPLIES TO DIABETES AND WEIGHT CONTROL
APRIL 06	ASKED BY THE AMERICAN BOARD OF PHYSICIAN NUTRITION SPECIALISTS TO AUTHOR QUESTIONS FOR THEIR REVISED CERTIFYING EXAMINATION
JANUARY 04	DESIGNED UNASOURCE PRE-OPERATION EDUCATION SERIES – A HIGHLY ATTENDED (>9/10 PRE-OP PATIENTS) PROGRAM DESIGNED TO GIVE COMPREHENSIVE EDUCATION TO THE PRE-BARIATRIC SURGERY PATIENT ABOUT POST-BARIATRIC SURGERY LIFE, ALLOWING TRUE INFORMED CONSENT

JUNE-NOV 03 SPEARHEADED THE REVISION OF UNASOURCE HEALTH CENTER STATE OF THE ART DEXA BODY COMPOSITION ANALYSIS PROGRAM FOR CARDIOVASCULAR RISK AND GOAL WEIGHT ASSESSMENT.

JULY 01-02 DESIGNED AND COORDINATED CONSTRUCTION OF THE FIRST COMPREHENSIVE RESIDENT/FELLOW EXERCISE FACILITY AT WILLIAM BEAUMONT HOSPITAL, ROYAL OAK, MICHIGAN

JULY 97 SCORED 98TH PERCENTILE ON UNITED STATES MEDICAL LICENSING EXAM

AUGUST 92 PHI KAPPA PHI NATIONAL HONOR SOCIETY (TOP 6% OF UNDERGRADUATE SENIOR CLASS); GOLDEN KEY NATIONAL HONOR SOCIETY; PSI CHI NATIONAL PSYCHOLOGY HONOR SOCIETY

MAY 92 DURING TENURE AS PRESIDENT OF MICHIGAN STATE UNIVERSITY'S OLIN HEALTH CENTER'S STUDENT HEALTH ADVOCACY PROGRAM THE PROGRAM WAS AWARDED MSU ANNUAL HONOR OF "BEST PROGRAM CONCERNING STUDENT WELFARE" FOR THE FIRST TIME

FORMAL SPEAKING INVITATIONS

JAN 2010 INVITED TO SPEAK AT WILLIAM BEAUMONT HOSPITAL, GROSSE POINTE, UNDER INVITATION OF THEIR DEPARTMENT OF CONTINUING MEDICAL EDUCATION, ON EVIDENCE BASED ADVANCEMENTS IN THE TREATMENT OF METABOLIC SYNDROME

SEPT 2009 INVITED SPEAK ON NUTRITIONAL AND LIFESTYLE THERAPY FOR CARDIOMETABOLIC SYNDROME, 84TH ANNUAL SCIENTIFIC MEETING OF THE MICHIGAN OCCUPATIONAL AND ENVIRONMENTAL MEDICINE ASSN., BATTLE CREEK, MI

JUNE 2009 INVITED TO SPEAK AT WILLIAM BEAUMONT HOSPITAL, GROSSE POINTE, UNDER INVITATION OF THEIR DEPARTMENT OF CONTINUING MEDICAL EDUCATION, ON EVIDENCE BASED ADVANCEMENTS, MEDICAL BENEFITS AND IMPLICATIONS OF MEDICAL WEIGHT LOSS

2/08-11/08 CHIEF AND CONSISTENTLY TOP-RANKED (BY PROGRAM PARTICIPANTS AND ASSOCIATE HEALTH CARE PROVIDERS) LECTURER ON DIABETES/METABOLIC SYNDROME, TRUTHS VS MYTHS REGARDING NUTRITIONAL SUPPLEMENTATION AND LIFESTYLE CONSIDERATIONS IN CANCER PREVENTION AT THE WORLD RENOWN PRITIKIN LONGEVITY CENTER, FL

Oct 4, 2007 INVITED TO DO CME LECTURE FOR BON SECOURS HOSPITAL (NOW BEAUMONT HOSPITAL, GROSSE POINTE MI) GASTROENTEROLOGY COURSE: "MEDICAL CARE OF BARIATRIC SURGERY PATIENTS"

JUNE 2007 INVITED LECTURER AT GENERAL MOTORS NATIONAL "CULTURE OF HEALTH" SYMPOSIUM REGARDING STATE OF THE ART CONCEPTS IN MEDICAL WEIGHT LOSS AT GM WORLD HEADQUARTERS, DETROIT MI

SEPT. 2006 METABOLIC SYNDROME & THE "MEDICAL MEDITERRANEAN DIET", 81ST ANNUAL SCIENTIFIC MEETING OF THE MICHIGAN OCCUPATIONAL & ENVIRONMENTAL MEDICINE ASSN., TRAVERSE CITY, MI

JUNE 2004 INVITED BY OAKLAND COMMUNITY COLLEGE-HIGHLAND LAKES, MICHIGAN, TO SPEAK ON THE "MEDICAL MEDITERRANEAN DIET"

Dec. 2003-05 LIPID MANAGEMENT GUIDELINES, NOON CONFERENCE SPEAKER TO THE WILLIAM BEAUMONT HOSPITAL INTERNAL MEDICINE RESIDENCY PROGRAM (CME PROGRAM)

JUNE 2003

1. DUPONT CHEMICAL SAFETY SYMPOSIUM, MT CLEMENS, MI
GROUP: DUPONT CHEMICAL FACTORY EMPLOYEES
SUBJECT: HEALTH AND ECONOMIC IMPLICATIONS OF THE US OBESITY EPIDEMIC
2. LIPID MANAGEMENT GUIDELINES, NOON CONFERENCE SPEAKER TO THE WILLIAM BEAUMONT HOSPITAL INTERNAL MEDICINE RESIDENCY PROGRAM (CME PROGRAM)

MARCH 2003 DAIMLER-CHRYSLER/UNITED AUTO WORKERS ANNUAL BENEFITS CONFERENCE, LAS VEGAS, NV
GROUP: DIAMLER-CHRYSLER/UAW BENEFIT REPRESENTATIVES
SUBJECT: HEALTH AND ECONOMIC IMPLICATIONS OF THE US OBESITY EPIDEMIC

OCTOBER 2002 DAIMLER-CHRYSLER HEADQUARTERS, AUBURN HILLS, MICHIGAN.
GROUP: DIAMLER-CHRYSLER ALLIED HEALTH PROFESSIONALS FROM THROUGHOUT THE U.S.
SUBJECT: OBESITY – DEFINITIONS, HEALTH IMPLICATIONS AND TREATMENT

SEPT. 2002 THE BLUE CROSS/BLUE SHIELD – DETROIT HEALTH DEPARTMENT SPONSORED
"PLUS SIZE HEALTH, BEAUTY AND SELF ESTEEM CONFERENCE", COBO HALL, DETROIT, MI
GROUP: CITIZENS OF METRO DETROIT
SUBJECT: UNDERSTANDING TYPE 2 DIABETES

MAY 2002 OAKLAND COUNTY, MI, PUBLIC HEALTH DIVISION'S PRESENTATION TO OAKLAND COUNTY PUBLIC SCHOOLS REPRESENTATIVES, OVER 100 IN ATTENDANCE, ON THE UTILITY OF THE CENTER FOR DISEASE CONTROL AND PREVENTION'S SCHOOL HEALTH INDEX TO GAUGE THEIR SCHOOLS' STRENGTHS AND AREAS FOR IMPROVEMENT REGARDING STUDENTS' PHYSICAL ACTIVITY AND DIETARY ENVIRONMENT AT SCHOOLS

MARCH 2002 DUPONT AUTOMOTIVE – WORLD HEADQUARTERS, TROY, MI
GROUP: ALLIED HEALTH PROFESSIONALS
SUBJECT: LIFESTYLE CHANGES TO PREVENT DIABETES AND HYPERTENSION

RESEARCH PROJECTS AND POSTER PRESENTATIONS

1. SENIOR RESEARCH PROJECT – HUMAN INVESTIGATIONS COMMITTEE APPROVED CHART REVIEW ASSESSESING ADHERENCE WITH NATIONAL CHOLESTEROL EDUCATION PROGRAM/ADULT TREATMENT PANEL 3 LIPID GUIDELINES FOR TREATMENT OF TYPE 2 DIABETICS AGES 40-75 CARED FOR BY INTERNAL MEDICINE RESIDENTS. PRESENTED TO WILLIAM BEAUMONT HOSPITAL INTERNAL MEDICINE RESIDENTS CLASSES 2003-2005 IN APRIL, 2003
2. PROPOSED TO BEAUMONT HOSPITAL, YET DENIED HUMAN INVESTIGATIONS COMMITTEE APPROVAL – PROSPECTIVE RANDOMIZED TRIAL TO STUDY THE SHORT-TERM EFFECTS ON LIPOPROTEIN PROFILE OF BLOOD DONATION IN PATIENTS WITH METABOLIC SYNDROME AND CLINICAL EVIDENCE OF NON-ALCOHOLIC FATTY LIVER DISEASE. PRIMARY INVESTIGATOR: SELF; CO-INVESTIGATORS: TUSAR DESAI, MD – DIVISION OF GASTROENTEROLOGY, BEAUMONT HOSPITAL AND SOLOMON ROSENBLATT, MD – DIVISION OF ENDOCRINOLOGY, BEAUMONT HOSPITAL
3. SUB-PRIMARY INVESTIGATOR TO THE FOLLOWING INDUSTRY SPONSORED RESEARCH STUDIES:
 - 1 – PHASE 3, RANDOMIZED, DOUBLE-BLIND, PLACEBO CONTROLLED, MULTI-CENTER TRIAL TO EVALUATE THE SAFETY AND EFFICACY OF BMS-298585 IN COMBINATION WITH METFORMIN THERAPY IN SUBJECTS WITH TYPE 2 DIABETES WHO HAVE INADEQUATE GLYCEMIC CONTROL ON METFORMIN THERAPY ALONE (BRISTOL-MEYERS-SQUIBB)
 - 2 – PHASE 3, RANDOMIZED, DOUBLE-BLIND, PLACEBO CONTROLLED, MULTI-CENTER TRIAL TO EVALUATE THE SAFETY AND EFFICACY OF BMS-298585 IN COMBINATION WITH GLYBURIDE THERAPY IN SUBJECTS WITH TYPE 2 DIABETES WHO HAVE INADEQUATE GLYCEMIC CONTROL ON SULFONYLUREA THERAPY ALONE (BRISTOL-MEYERS-SQUIBB)
 - 3 – A MULTI-CENTER, DOUBLE-BLIND, RANDOMIZED, PARALLEL GROUP, 6-WEEK STUDY TO EVALUATE THE EFFICACY AND SAFETY OF EZETIMIBE/SIMVASTATIN COMBINATION TABLET VERSUS ATORVASTATIN IN PATIENTS WITH HYPERCHOLESTEROLEMIA (MERCK AND CO., INC)
 - 4 – A MULTI-CENTER, PHASE II SAFETY TRIAL OF CANNIBINOID RECEPTOR BLOCKER FOR APPETITE SUPPRESSION IN THE TREATMENT OF OBESITY (MERCK AND CO., INC)
4. AMERICAN COLLEGE OF PHYSICIANS POSTER PRESENTATION: FIRST CASE EVER DESCRIBED OF SEPSIS SECONDARY TO PSEUDOMONAS FOLLICULITIS OF THE SCALP IN AN IMMUNOCOMPETENT HOST

PROFESSIONAL SOCIETY MEMBERSHIPS

AMERICAN SOCIETY FOR NUTRITION
AMERICAN COLLEGE OF PHYSICIANS/AMERICAN BOARD OF INTERNAL MEDICINE
AMERICAN DIABETES ASSOCIATION
AMERICAN MEDICAL ASSOCIATION