

# Samuel Sarmiento, MD, MPH, MBA

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[in linkedin.com/in/samuelsarmiento](https://www.linkedin.com/in/samuelsarmiento) | [d doximity.com/cv/samuelsarmiento](https://www.doximity.com/cv/samuelsarmiento)



## PROFILE

- Physician, entrepreneur, and advisor in the life sciences and HealthTech.
- Consulting and executive experience in the life sciences.
- Extensive health economics and clinical outcomes research experience.
- Proven writing experience both academically and in medical journalism.
- Skilled in public speaking and science communication.
- Ability to speak seven languages.
- MPH & MBA with experience in public health, design-thinking, market research, bioethics, and health economics.



## EDUCATION & TRAINING

- 2017–2018    **Postdoctoral Fellowship**  
Johns Hopkins University School of Medicine • Baltimore, MD  
Postdoctoral fellowship in peripheral nerve surgery and clinical outcomes research, Department of Plastic Surgery. *Preceptors:* Gedge Rosson, MD; Lee Dellon, MD, PhD.
- 2015–2017    **Masters of Public Health (MPH) and Business Administration (MBA)**  
Johns Hopkins University • Baltimore, MD  
#1 public health school in the world. *Focus:* health economics and bioethics. GPA: 3.4.
- 2013–2014    **Internship in General Surgery**  
Mayo Clinic • Rochester, MN  
Provided direct patient care at the level of a PGY-1 resident and assisted in surgery and anatomy labs for students.
- 2003–2010    **Medical Doctor (MD)**  
Universidad del Azuay • Cuenca, Ecuador  
GPA: 3.8; Cumulative Grade Average: 46/50; class top ten percent.
- 2002–2003    **High School Diploma**  
Steelton-Highspire High School • Harrisburg, PA  
Cumulative GPA: 4.0; Cumulative Grade Average: 98.48.



## WORK EXPERIENCE

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2018–Present **Founder & CEO**

Juniper Life Sciences • San Diego, CA

I created Juniper with the mission to empower life sciences companies to create and deliver innovative products with efficiency and precision. We also help our clients to connect with their audiences by crafting compelling narratives that enable informed health choices and patient empowerment. [juniper.life](https://juniper.life)

2024–Present **Medical Advisor**

NanoRevive • Lewes, DE [Remote]

NanoRevive offers high-quality, third-party tested nanoliposomal supplements. As an advisor for NanoRevive, I leverage my medical expertise to ensure the accuracy and integrity of the company's medical strategy. [nano-revive.com](https://nano-revive.com)

2024–Present **Medical Advisor**

Instant Hydration • Austin, TX [Remote]

Instant Hydration is poised to become one of the leaders in electrolyte hydration. As an advisor, I leverage my medical background to ensure accuracy and integrity in the company's medical strategy. [instanthydration.com/pages/science#experts](https://instanthydration.com/pages/science#experts)

2024–Present **Medical Advisor**

Sleep Connection • Boca Raton, FL [Remote]

As an advisor for Sleep Connection, I work with other health care professionals to educate the public on sleep science and evidence-based solutions.

[shopsleepconnection.com/MedicalAdvisoryBoard](https://shopsleepconnection.com/MedicalAdvisoryBoard)

2024–Present **Expert Contributor**

Drugwatch.com • Orlando, FL [Remote]

Drugwatch is a consumer advocacy organization. I work closely with medical and legal experts to provide the public with information about high-risk medical products and health issues. [drugwatch.com/contributors](https://drugwatch.com/contributors)

2024–Present **Editorial Staff**

BetterHelp • Mountain View, CA [Remote]

Part of the editorial team for BetterHelp, the global leader in online therapy services. I collaborate with a multidisciplinary group of experts to ensure the accuracy and completeness of medical information presented as part of the Mental Health Library initiative. [betterhelp.com/advice/editorial\\_team](https://betterhelp.com/advice/editorial_team)

2024–Present **Expert Contributor**

Recovered • New York, NY [Remote]

Expert reviewer for Recovered, an organization that provides resources and support for individuals dealing with addiction and mental health issues. I collaborate with a multidisciplinary group of experts to ensure the accuracy and completeness of medical information. [recovered.org/about-us/medical-review-process](https://recovered.org/about-us/medical-review-process)

2024–Present **Physician Contributor**

Opt Health • San Francisco, CA [Remote]

Opt Health is a telehealth platform with the mission to reconnect people with health, wellness, strength, and sexual vitality through the science of preventive medicine. I contribute to Opt Health’s medical content strategy. [getopt.com/medical-team](https://getopt.com/medical-team)

2023–Present **Adjunct Faculty – Health Economics**

American Vision University • Anaheim Hills, CA [Remote]

Contributor in health economics at AVU, a Southern California-based university that aims to provide a high-quality and accessible online learning environment. [avu.education/about-avu/faculty](https://avu.education/about-avu/faculty)

2022–Present **Advisor – Medical Strategy**

Simedey • Beverly Hills, CA [Remote]

As an advisor, I leverage my clinical background and knowledge in health technology to guide the development and application of this AI-enabled solution. [simedey.com](https://simedey.com)

Jul–Sep 2022 **Research Program Coordinator**

Johns Hopkins School of Medicine – Centro SOL • Baltimore, MD

Assistance with the implementation of a family-centered, culturally tailored public health intervention to improve body mass index (BMI) and other measures of cardiovascular risk among Latino children in Baltimore, Maryland. [jhcentrosol.org](https://jhcentrosol.org)

Sep–Dec 2020 **Research Analyst**

Resilience Health • New York, NY [Remote]

Company that supported businesses during the COVID-19 pandemic. Along with expert advisors, I assisted with the analysis of clinical and epidemiological data to generate evidence-based recommendations for our clients. [resiliencehealth.com](https://resiliencehealth.com)

2019–2023 **Angel Investor and Advisor**

HeyDoc • Cuenca, Ecuador

HeyDoc was a health technology application that aimed to improve access to health care by connecting patients to doctors in their area. Home health services. [heydoc.io](https://heydoc.io)

- Mar–May 2017 **Teaching Assistant**  
Johns Hopkins Bloomberg School of Public Health • Baltimore, MD  
TA for the “Politics of Health Policy” course with Dr. Vicenç Navarro; spring session.
- Jun–Oct 2016 **Production Assistant**  
NBC News • 30 Rockefeller Plaza, New York, NY  
Fellowship in medical journalism. Publications at [samuelsarmiento.contently.com](https://samuelsarmiento.contently.com).
- 2015–2017 **Research Fellow**  
Johns Hopkins University School of Medicine • Baltimore, MD  
Various projects with the breast reconstruction team in the Department of Plastic Surgery, authoring 20 papers in peer-reviewed journals. *Mentor*: Gedge Rosson, MD.
- 2014–2015 **Primary Care Physician**  
Private practice • Cuenca, Ecuador  
Provided primary care in an urban setting.
- July 2009 **Research Assistant**  
University of Pittsburgh Medical Center • Pittsburgh, PA  
Helped with dissections for the development of a new surgical technique for the endoscopic, endonasal approach to the petrous ICA. *Mentor*: Daniel Prevedello, MD.
- Winter 2009 **Research Fellow**  
Universidad del Azuay • Cuenca, Ecuador  
Graduation thesis on “How to Set Up a Microsurgery Training Laboratory in a Developing Country.” *Mentor*: Pablo Peña-Tapia, MD.



## HONORS & AWARDS

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- 2022 **British Medical Journal – Annual List of Reviewers**  
Public acknowledgement for serving as a reviewer on the journal since 2021:  
[bmjopen.bmj.com/pages/thank-you-to-our-reviewers](https://bmjopen.bmj.com/pages/thank-you-to-our-reviewers).
- 2018 **Shenaq Award**  
Given to the best oral presentation at the Plastic Surgery Research Council 63<sup>rd</sup> Annual Meeting, in Birmingham, Alabama, in May 2018.
- 2017 **Dr. Leroy E. Burney Award**  
Monetary award for the best essay on a public health issue critical to the world.

- 2017 **Spirit of Student Assembly Award**  
Award at Johns Hopkins University for exemplary service to peers and the school as a member of the student assembly.
- 2016 **Medical and Educational Perspectives (MEP), Campaign for Progress**  
Competition to raise public awareness of public health issues in Baltimore. We won and were awarded \$10,000 to implement a pediatric head injury prevention program.
- 2012 **SENESCYT Scholarship**  
Competitive scholarship for postgraduate studies from the Government of Ecuador.
- 2003 **President's Award for Educational Achievement, Steelton-Highspire HS**  
Presented to the top ten percent students in the graduating class.



## LEADERSHIP & SERVICE

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- 2017 **T. Rowe Price/Johns Hopkins Biotechnology Equity Research Externship**  
Twelve-week selective externship. Built a financial model with a discounted cash flow valuation for a pre-profit biotechnology company.
- 2016–2017 **Newcomer Student Support Team**  
Volunteer at the Commodore John Rodgers School in Baltimore working to help Spanish-speaking children adapt to the system and experience academic growth.
- 2016–2017 **Student Assembly Member-at-Large**  
Served for one academic year at Johns Hopkins Bloomberg School of Public Health.
- 2016 **Johns Hopkins Consulting Club (JHGCC) Biotech Case Competition**  
Participated in this biotech case competition to make recommendations for a product developed at Hopkins, "respEQ."
- 2015–2016 **Student Assembly Vice-President for Honors & Awards**  
Served for one academic year at Johns Hopkins Bloomberg School of Public Health. Organized the largest annual fundraiser to help students attend conferences.
- 2006–2009 **"Integral Medical Relief" Project**  
Participated in health campaigns with fellow medical students and attending physicians to provide healthcare to an underserved tropical community in Ecuador.



## PUBLICATIONS

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[PubMed: [ncbi.nlm.nih.gov/pubmed/?term=samuel+sarmiento](https://pubmed.ncbi.nlm.nih.gov/?term=samuel+sarmiento)

Google Scholar Profile: [scholar.google.com/citations?user=HgAAMWMAAAAJ&hl](https://scholar.google.com/citations?user=HgAAMWMAAAAJ&hl)

ResearchGate: [researchgate.net/profile/Samuel-Sarmiento](https://researchgate.net/profile/Samuel-Sarmiento) ; ORCID: [0000-0002-6362-9434](https://orcid.org/0000-0002-6362-9434)]

- **Sarmiento S**, Wen C, Cheah MA, Lee SB, Rosson GD. Malpractice Litigation in Plastic Surgery: Can We Identify Patterns? *Aesthet Surg J*. 2020 May 16;40(6):NP394-NP401. doi: 10.1093/asj/sjz258.
- **Sarmiento S**, McColl M, Musavi L, Habibi M, et al. Male Breast Cancer: A Closer Look at Patient & Tumor Characteristics and Factors that Affect Survival Using the National Cancer Database. *Breast Cancer Res Treat*. 2020 Apr;180(2):471-479. doi: 10.1007/s10549-020-05556-y. Epub 2020 Feb 10.
- **Sarmiento S**, Bienert C, Siotos C, Foster D, Manahan MA, Rosson GD. Time to Final Breast Reconstruction: Effect on Quality of Life and Associated Factors. Submitted to *Breast Cancer Res Treat*, February 2022.
- **Sarmiento S**, Pierre J, Dellon AL, Frick K. Tibial Nerve Decompression for the Prevention of the Diabetic Foot: A Cost-Utility Analysis Using Markov Model Simulations. *BMJ Open* 2019;0:e024816. doi:10.1136/bmjopen-2018-024816.
- **Sarmiento S**, Cooney CM, Manahan, MA. Letter to the Editor: Revisiting the Abdominal Donor Site: Introducing a Novel Nomenclature for Autologous Breast Reconstruction. *Plast Reconstr Surg*. 2018 Dec. doi: 10.1097/PRS.0000000000005021.
- **Sarmiento S**, Pierre J, Dellon AL, Frick K. Tibial Nerve Decompression for the Prevention of the Diabetic Foot: A Cost-Utility Analysis Using Markov Model Simulations. *Plast Reconstr Surg Glob Open*. 2018 Apr; 6(4 Suppl): 13-14. [Abstract]
- **Sarmiento S**, Cheah MA, et al. Malpractice Litigation in Plastic Surgery: Can We Identify Patterns? *Plast Reconstr Surg Glob Open*. 2018 Apr; 6(4 Suppl): 89. [Abstract]
- Cheah MA, **Sarmiento S**, Lesko RP, et al. Association of preoperative opioid use and postoperative complications following breast reconstruction. *JPRAS* 83 (2023) 258–265. doi: 10.1016/j.bjps.2023.05.007.
- Cheah MA, **Sarmiento S**, Bernatowicz E, Rosson GD, Cooney CM. Online Patient Resources for Breast Implant-Associated Anaplastic Large Cell Lymphoma: A Readability Analysis. *Ann Plast Surg*. 2020 Apr;84(4):346-350.
- Siotos C, **Sarmiento S**, Cooney CM, Manahan MA, Rosson GD. Cost-Effectiveness Analysis of Silicone vs Saline Implant-Based Breast Reconstruction Using the BREAST-Q. *Plast Reconstr Surg*. 2018 Nov 21. doi: 10.1097/PRS.0000000000005194.
- Bello RJ, **Sarmiento S**, Meyer ML, Rosson GD, Cooney DS, Lifchez SD, Cooney CM. Understanding Surgical Resident and Fellow Perspectives on their Needs for Operative Performance Feedback: A Qualitative Study. *J Surg Educ*. 2018 Apr 20. pii: S1931-7204(17)30840-1. doi: 10.1016/j.jsurg.2018.04.002.

- Musavi L, **Sarmiento S**, Sacks JM, Aliu O. Impact of Insurance, Hospital Type & Sociodemographic Factors on Breast Reconstruction Rates: A Look at National Trends. *J Am Coll Surg*. 2018 Oct; 227(4):S34-S35. doi: 10.1016/j.jamcollsurg.2018.07.055.
- Stone JP, **Sarmiento S**, Bu J, Bhat D, Temple-Oberle C. Immediate Breast Reconstruction in Alberta: A Canadian Perspective. *Plast Reconstr Surg Glob Open*. 2018 Apr; 6(4 Suppl): 73-74. [Abstract]
- Stone JP, **Sarmiento S**, Bu J, Shack L, Huang L, Temple-Oberle C. Factors influencing wait times in a Large Canadian Population. Part I: Delayed Breast Reconstruction. *Plast Reconstr Surg Glob Open*. [Accepted for publication: May 2018.]
- Stone JP, **Sarmiento S**, Rosson GD, et al. Relative Drop in Hematocrit after Flap Autologous Breast Reconstruction Predicts Patient Complications. *JPRAS*. [Accepted for publication: March 2018.]
- Lesko RP, Cheah MA, **Sarmiento S**, Cooney CM, Cooney DS. Post-Operative Complications of Panniculectomy and Abdominoplasty: A Retrospective Review. *Ann Plast Surg*. 2020 Jan 15. doi: 10.1097/SAP.0000000000002220.
- Stone JP, Siotos C, **Sarmiento S**, Rosson GD, et al. Implementing Our Microsurgical Breast Reconstruction Enhanced Recovery After Surgery (ERAS) Pathway: Obstacles in Consensus and Recommendations. *Plast Reconstr Surg Glob Open*. 2018;6:e1855. doi: 10.1097/GOX.0000000000001855.
- Seu M, Cho B, Pigott R, **Sarmiento S**, Pedreira R, Bhat D, Sacks J. Trends and Perceptions of Electronic Health Record (EHR) Usage Among Plastic Surgeons. *Plast Reconstr Surg Glob Open*. 2020;8:e2709; doi: 10.1097/GOX.0000000000002709.
- Cheah MA, Bello RJ, Siotos C, **Sarmiento S**, Rosson GD, et al. Health-Related Quality of Life Throughout the Breast Reconstruction Process: A Prospective Study of 300 Patients. [Submitted to PRS, March 2018.]
- Cheah MA, **Sarmiento S**, Rosson GD, et al. Preoperative Use of Opioids and Risk of Postoperative Complications After Breast Reconstruction. [Abstract presented at the Plastic Surgery Research Council Annual Meeting, May 2018, Birmingham, AL.]
- Bhat D, Kachniarz B, Seu M, Li X, Martin R, **Sarmiento S**, Cho B, Reddy S, Sacks J, Mao HQ. In-vitro Characterization of a Nanofiber-Hydrogel Composite for Improved Fat Graft Survival. [Abstract presented at the Plastic Surgery Research Council Annual Meeting, May 2018, Birmingham, AL.]
- Sood G, Aifesehi P, Cooney CM, **Sarmiento S**, Caffrey J. Reducing Hospital-Acquired Infections by Reducing Microbial Bioburden in the Burn Intensive Care Unit: A Quality-Improvement Study. [Grant application submitted to the Johns Hopkins Armstrong Institute Seed Grants Program, July 2017.]
- Bello RJ, **Sarmiento S**, Rosson GD, Lifchez S, Cooney CM. Understanding the Role for Operative Performance Rating Tools in Meeting Surgical Trainee Feedback Needs: A Qualitative Study. *Plast Reconstr Surg Glob Open*. 2016 Jun; 4(6): e780.

- Batdorf N, Lemaine V, Lovely J, Ballman K, Goede W, Martinez-Jorge J, Booth-Kowalczyk A, Grubbs P, Bungum L, Saint-Cyr M. Enhanced recovery after surgery in microvascular breast reconstruction. *JPRAS*. 2015;68(3):395–402. [Mentioned in acknowledgements.]
- Martinez-Jorge J, Batdorf N, Lovely J, Ballman K, **Sarmiento S**, Lemaine V. Enhanced Recovery Protocol After Microsurgical Breast Reconstruction: A Cohort Study. [Abstract presented at the Midwestern Association of Plastic Surgery Meeting, May 2014, Chicago, IL.]
- **Sarmiento S**, Pena-Tapia P. How to set up a microsurgery training laboratory in a developing country. *Universidad del Azuay Institutional Repository*. 2010.
- **Sarmiento S**, Munoz JM, et al. Relationship of pulmonary function to chronic domestic wood smoke inhalation in a town in the rural Andes. *Universidad del Azuay Institutional Repository*. 2004. [Spanish]



## PEER REVIEW

[Web of Science Profile: [webofscience.com/wos/author/record/AAE-8364-2022](https://webofscience.com/wos/author/record/AAE-8364-2022)]

- Alshannaq H, Pollock RF, Joubert M, et al. Cost-utility of real-time continuous glucose monitoring versus self-monitoring of blood glucose in people with insulin-treated type 2 diabetes in France. [Rejected]
- Hannula A, Miettinen L, Lampainen K, et al. Cost of surgical treatment for ulnar nerve entrapment in Finland, 2011-2015: a registry-based cost description study. *BMJ Open*. 2023;13(6):e068964. doi:10.1136/bmjopen-2022-068964.
- Zhao S, Cheng Y, Tong X, et al. Cost-effectiveness of recombinant tissue-type plasminogen activator for acute ischaemic stroke with unknown time of onset: a Markov modelling analysis from the Chinese and US perspectives. *BMJ Open* 2022;12:e065133. doi: 10.1136/bmjopen-2022-065133.
- García-Pérez L, Ramallo-Fariña Y, Vallejo-Torres L; INDICA team. Cost-effectiveness of multicomponent interventions in type 2 diabetes mellitus in a cluster randomised controlled trial: the INDICA study. *BMJ Open*. 2022 Apr 8;12(4):e058049. doi: 10.1136/bmjopen-2021-058049.
- Rasenberg N, van Middelkoop M, Bierma-Zeinstra SMA, et al. Cost-effectiveness of custom-made insoles versus usual care in patients with plantar heel pain in primary care: cost-effectiveness analysis of a randomised controlled trial. *BMJ Open* 2021;11:e051866. doi:10.1136/bmjopen-2021-051866.





## BOOKS

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- **Sarmiento S**, McColl M, Habibi M. The Management of Male Breast Cancer. In: Cameron JL, Cameron AM, eds. *Current Surgical Therapy*. 13<sup>th</sup> ed. Philadelphia, PA: Elsevier Health Sciences; 2019.
- **Sarmiento S**, Rivadeneira A. Soluciones para el Dolor. 1<sup>st</sup> Spanish ed; 2020. Translation of: Dellon AL. *Pain Solutions*. 3<sup>rd</sup> ed. La Vergne, TN: Lightning Source; 2013.



## PUBLICATIONS IN MEDICAL JOURNALISM

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Jun–Oct 2016 **NBC News Health & Medical Unit**

A total of 16 publications as a medical fellow for NBC News. Full list available at [samuelsarmiento.contently.com](http://samuelsarmiento.contently.com).



## ORAL PRESENTATIONS

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September 15, **Latino & Proud: Overcoming Challenges and Adversities**

2022 Moderator at this Hispanic Heritage Day event at Johns Hopkins Medicine – Centro SOL, Baltimore, MD.

June 1, 2018 **Cost-Effectiveness Analysis of Silicone vs Saline Implant-Based Breast Reconstruction**

10<sup>th</sup> Annual Johns Hopkins Plastic Surgery Research Symposium, Baltimore, MD.

May 19, 2018 **Malpractice Litigation in Plastic Surgery: Can We Identify Patterns?**

Plastic Surgery Research Council 63<sup>rd</sup> Annual Meeting, Birmingham, AL.

April 9, 2018 **Tibial Nerve Decompression for the Prevention of the Diabetic Foot: A Cost-Utility Analysis Using Markov Model Simulations**

American Association of Plastic Surgeons 97<sup>th</sup> Annual Meeting, Seattle, WA.

June 9, 2017 **Breast Reconstruction Implant Type Impacts Patient Satisfaction Reported by BreastQ**

9<sup>th</sup> Annual Johns Hopkins Plastic Surgery Research Symposium, Baltimore, MD.

June 9, 2016 **Understanding the Role for Operative Performance Rating Tools in Meeting Surgical Trainee Feedback Needs: A Qualitative Study**

8<sup>th</sup> Annual Johns Hopkins Plastic Surgery Research Symposium, Baltimore, MD.



## PROFESSIONAL AFFILIATIONS

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- 2022–Present Heterodox Academy  
2017–Present Johns Hopkins Alumni Association  
2014–Present Mayo Clinic Alumni Association  
2013–Present American Medical Association, ME #31911100021  
2009–2011 International Physicians for the Prevention of Nuclear War (IPPNW)



## CERTIFICATIONS & LICENSING

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- 10/2017 **Test d'Évaluation de Français adapté au Canada (TEF Canada)**  
Reading: 261, C1; Listening: 316, C1; Writing: 378, C1; Speaking: 339, B2.
- 09/2017 **International English Language Testing System (IELTS), General Training**  
Total score: 8.5/9 (Reading: 8.0, Listening: 8.5, Speaking: 9.0, Writing: 8.0).
- 05/2017 **Certificate in Bioethics and Public Health Policy**  
Johns Hopkins Berman Institute of Bioethics.
- 12/2014 **Graduate Record Examination (GRE)**  
Verbal: 161; Quantitative: 146; Analytical Writing: 4.5.
- 11/2014 **Test of English as a Foreign Language (TOEFL), iBT**  
Total score: 118/120 (Reading: 30, Listening: 29, Speaking: 29, Writing: 30).
- 10/2014 **WES Credential Evaluation and Authentication Report**  
U.S. equivalency summary: Doctor of Medicine. Ref #2646827.
- 05/2014 **Advanced Trauma Life Support (ATLS)**  
Certified until May 2018.
- 06/2013 **Basic Life Support (BLS) & Advanced CV Life Support (ACLS)**  
Certified until June 2015.
- 06/2013 **Minnesota State Medical License**  
License #25332; limited; expired in June 2014. NPI: 1740622901.
- 02/2013 **Australian Medical Council MCQ Exam**  
Total score: 267.
- 01/2013 **Medical Council of Canada Evaluating Examination (MCCEE)**  
Total score: 341; 99<sup>th</sup> percentile.
- 10/2012 **Examen de Admisión a Estudios de Postgrado (EXADEP)**  
Total score: 699.
- 11/2011 **ECFMG Certificate**  
Certificate #0-877-801-1; EICS Number: E107916-9.
- 07/2011 **USMLE Step 1**  
Three-digit score: 230; two-digit score: 99.

12/2010	<b>Diplôme d'études en langue française (DELF) A1</b> Total score: 98.5/100.
02/2009	<b>Cardiovascular Congress, Miami, FL</b> 16 AMA PRA Category 1 Credits.
11/2008	<b>59<sup>th</sup> Congress of Surgery, Punta del Este, Uruguay</b> 32 hours of educational activities which count locally as CME credits.
10/2003	<b>Test of English as a Foreign Language (TOEFL), paper-based</b> Total score: 643 (98 <sup>th</sup> percentile).



## SKILLS & PERSONAL

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- **Skills:** Leadership, entrepreneurship, consulting, health care, health economics, clinical outcomes research, data analysis, science communication, public speaking, public health, bioethics, biostatistics, design-thinking, market research, business strategy, foreign languages.
- **Software:** Stata, TreeAge, Mendeley, RefWorks, REDCap, Adobe Photoshop, Google Workspace, Microsoft Word, Excel, PowerPoint, OneNote, and Outlook.
- **Languages:** Fluent in English, Spanish, French, Portuguese and Italian. Intermediate level of German and Dutch.
- **Others:** Hobbies and interests include playing guitar, learning languages, nonfiction literature, politics, traveling, fitness coaching, mixed martial arts, weightlifting, swimming, running, and mountain climbing.