

**Academics and Education:**

**McMaster University**

- Doctor of Medicine (MD) 2016 – 2019
- Health Leadership Academy Emerging Health Leaders Certificate Program 2016
- Bachelor of Health Sciences (BHSc.) 2013 – 2016

**National Strength and Conditioning Association**

- Certified Personal Trainer (CPT) 2016

**Liaison College:**

- Culinary Diploma: Professional Cook 2013 - 2014

**Northern Collegiate (NCIVS)**

- Ontario Secondary School Diploma 2009 – 2013

**Experience:**

**Founder – One Hundred Calories (100cals.org)**

One Hundred Calories aims to provide a visual representation of what 100 calories of different foods really look like, in order to promote portion awareness and healthy eating. I currently manage a team of fifteen dedicated contributors, posting 30 new photos per week, and a core executive team of four passionate students. We reached had 5000 unique visitors in the span of 21 days, with over 10,000 total views.

**July 2016 -  
Present**

**Co-Founder – McMaster University Surgical Skills Internship**

Founded the first surgical skills program for Canada's youth. Working with two other co-founders, we developed a week long intensive program that provides 32 motivated students the opportunity to learn basic surgical skills and anatomy. Introduced novel pedagogical methods such as problem-based learning to students to facilitate their learning. Trained a team of 12 teaching assistants to help run the program.

**November  
2015 - Present**

**Global Health Researcher and Field Worker – The 53<sup>rd</sup> Week**

Spent three months working in La Romana, Dominican Republic, exploring avenues to improve quality of care provided to marginalized Haitian populations. Developed hypertension protocol recommendations to better coordinate care, and currently preparing manuscript regarding perceptions of disease, to allow workers to provide culturally appropriate care.

**September  
2015 –  
December  
2015**

**Orthopedic Surgery Research Intern – Beth Israel Deaconess Medical Center / Harvard Medical School**

Worked under Dr. Ara Nazarian on a variety of research projects. Currently designing a surgical implant for hemiarthroplasty that improves functional outcomes. Worked on predicting hip fractures using DXA scans in patients, and developing study on fracture healing. Additionally, looking at potential to calibrate MRI scanners without the need of phantoms.

**June 2015 –  
Present**

**Public Health Researcher - Global Strategy Lab**

Leading and conducting two studies. (1) Analysing influence of public health announcements from celebrities on public behaviour regarding health. Manuscript currently prepared and in process of submitting to journals. (2) Studying the potential industry impacts of regulating antimicrobial usage in the livestock and agriculture industry, as a measure of controlling antimicrobial resistance.

**September  
2014 –  
Present**

**Bachelor of Health Sciences Student Leadership and Government – McMaster University**

Elected as student leader for two years, served one year on executive student council. My first position was as class representative, where I planned and implemented class events, and spearheaded the BHSS newsletter. My second position, as Welcome Week Coordinator, involved choosing, training, and leading

**August 2013 –  
Present**

a team to coordinate Welcome Week for the incoming class. I managed a team of 80 students, and planned events for my incoming 250 BHSc. students, as well the 5000 incoming students to McMaster.

#### **Biomedical Graphics Leader – Essential Imaging in Rheumatology**

Trained and led a team of 6 students to produce biomedical graphics regarding Spondyloarthritis, for medical educations. Images were based off of CT and MRI scans. These images were then used to create an app through the Initiative for Essential Imaging in Rheumatology, which will be published mid-2016.

**January 2015  
– February  
2015**

### **Publications, Presentations, Awards**

#### **Does Triple Semitendinosus Autograft Tendon Have the Same Thickness as Quadrupled Semitendinosus and Gracilis Autograft Tendons in ACL Reconstruction? [ABSTRACT PUBLICATION]**

**March 2017**

Abstract accepted to 2017 Annual Meeting of the *Orthopedic Research Society*, comparing the viability of different types of grafts for ACL reconstruction surgery.

#### **Short Term Results of ACL Augmentation in Professional and Amateur Athletes [ABSTRACT PUBLICATION]**

**March 2017**

Abstract accepted to 2017 Annual Meeting of the *Orthopedic Research Society*, outlining the results of patients undergoing ACL augmentation, to identify its viability in treatment of partial ACL tears.

#### **Community Perceptions of Hypertension in Low-Resource Settings in the Dominican Republic [ABSTRACT PUBLICATION]**

**November  
2016**

Abstract accepted to *American Society of Tropical Medicine and Hygiene* 65<sup>th</sup> Annual Meeting, on the topic of how the community in the Dominican Republic views hypertension. This work is meant to inform the development of programs that allow for more sustainable foreign aid.

#### **Pokémon Go shows better way to promote healthy behaviour [PUBLICATION]**

**July 2016**

Opinion piece originally published in *Vancouver Sun*, then reprinted in *CBC News*, *Ottawa Life Magazine*, *Huffington Post*, and *KevinMD*. The piece outlines the importance of asking how we can make people want to partake in healthy lifestyle practices, if we truly want to improve public health.

#### **TPP heightens urgency for national drug coverage in Canada [PUBLICATION]**

**July 2016**

Opinion piece published in the *Toronto Star*, arguing the need for a national drug plan, and outlining the impact of the trans-pacific partnership on access to medications in Canada.

#### **What is the Refugee Mental Health Crisis and How Can We Address it? [VIDEO]**

**February  
2016**

Presented at the *Canadian Coalition for Global Health Research* 2016 Student Conference. Researched, scripted, narrated, and animated video on the topic of Refugee Mental Health. Video was shared by prominent figures such as the Canadian Minister of Health on Social Media.

#### **Managing Chronic Diseases in Developing Countries: A Case Study in the Dominican Republic [PUBLICATION]**

**Accepted  
January 2016**

Manuscript accepted to the *Meducator*, an undergraduate Health Sciences journal at McMaster, reflecting on my experiences abroad in the Dominican Republic. The piece discusses the difficulties associated with chronic disease management in LMICs, and how we can address these difficulties.

#### **Social Media in Orthopaedics: Opportunities and Challenges [PUBLICATION]**

**Accepted  
August 2015**

Book Chapter in the ICL65 produced by the *American Academy of Orthopedic Surgeons (AAOS)*, which will be published in 2016. Wrote about how doctors can utilize social media platforms in their practice to better engage patients and improve outcomes.

#### **Ankle Sprain Rehabilitation and Prevention: Utilizing Mobile Apps to Improve Outcomes [ABSTRACT PUBLICATION]**

**June 2015**

Study presented at the 2015 *American Orthopaedic Foot and Ankle Society* Annual Meeting, on the topic of mobile apps and their use in improving ankle sprain rehabilitation and prevention outcomes. I helped collect and analyze data, as well as prepare the presentation.

**Access to Surgery in Developing Countries: Barriers, the Millennium Development Goals, and the Post-2015 Development Agenda [PUBLICATION]**

**May 2015**

Published in global health magazine in the Netherlands, on the topic of Surgery and the 2015 Sustainable Development Goals. We were the first students to be published in *Border Crossing Magazine*, which has been home to the opinions of many experts in global affairs and health.

**Social Innovation - Spectrum Summer Start-Up Competition [AWARD]**

**May 2015**

Awarded \$1000 for my business pitch outlining a method to diagnose Parkinson's disease early, by using a vector-based classification algorithm, as well as home tests for reflexive and writing ability.

**Harnessing the Benefits of Entomophagy for the Treatment of Nutritional Deficiencies [PUBLICATION]**

**February 2015**

Presented at the *Canadian Coalition for Global Health Research* 2015 Student Conference on the topic of Entomophagy (eating bugs), and its use in treating nutritional deficiencies in LMICs.

**Hacking Health, 3<sup>rd</sup> Place and People's Choice [AWARD]**

**October 2014**

Placed third, and chosen by the audience as a favorite, for my business pitch outlining a method to mitigate the daytime symptoms of PTSD patients. Our innovation utilized non-invasive biosensors to detect nightmares, and helped prevent them from adversely affecting PTSD patients.