

Faculty biosketch

Name: Alan Remde MD Assistant Professor

Undergraduate school and area(s) of concentration: Cook College of Rutgers University, New Brunswick, NJ, BS, Biology, January 1978 - May 1981; Fifth year research project in plant ecology completed at Smithsonian Institute Biology/Ecology

Graduate School and field of study: UMDNJ New Jersey Medical School, Newark, NJ, September 1981 - May 1985

Residencies: Somerset Family Practice Residency Program, Somerset Medical Center, Somerville, NJ

Fellowships: **Institute for Sports Medicine**, Hamilton, NJ, Primary Care Sports Medicine Fellowship, Director: Richard Levandowski, MD, July 1988 - April 1989

Board certification:

Family Medicine/ Primary Care Sports Medicine Board certified July 1988 Family Practice

Recertified July 1994 in Family Practice (97th percentile)

Recertified July 2000 in Family Practice (99th percentile)

Certificate of Added Qualification in Sports Medicine, 1996-2005, 2004-2014

Key publications:

Homocystinemia at CHS - Fuld (Helene Fuld Medical Center) Family Practice CME

Medical Applications of Tai Chi Workshop, NE STFM Conference, October 1999 and NJ/PA FP Academy meeting in Philadelphia 6/2/01.

'The New Malnutrition', presented 10/1/03 CHS Community Educ. Series, 10/8/03 to Family Medicine Dept. CHS, NJ.

'Integrating Integrative Medicine into a Family Medicine Curriculum', 10/16/03 NE STFM Annual Conference, Pittsburgh, PA. (with Dr. Ginsburg)

Paper published in Psychophysiology, Volume 25, Number 5, September 1988, "The Effect of Repeated Tense-Release Sequences on EMG and Self-Report of Muscle Tension: An Evaluation of Jacobsonian and Post-Jacobsonian Assumptions About Progressive Relaxation", Lehrer, Paul M., MD, UMDNJ-New Jersey Medical School; Woolfolk, Robert L., MD, Rutgers-The State University; Remde, Alan, MD, Hamilton Hospital, New Jersey; Garlick, Talma, MD, Beersheba, Israel

Honors, awards, community service:

Founder's Award (for helping found residency program) May 2000

Recipient: 'Teacher of the Year award' from graduating residents, July 2004

Research Network Committee 1997 – Present

CME and Library Committees, 1997 to 2000

Critical care committee - 2000 to 2003

Performance Improvement Committee - January 2004 to Present

Vice Chairman, CHS Family Medicine Dept. January 2003 to December 2003

Chairman, CHS Family Medicine Dept. January 2004 to Present

Comments:

Practice Integrative approach to medicine, integrating evidence based nutrition, exercise, mind/body techniques & botanical medicine into a comprehensive treatment program that seeks to prevent & heal diseases at the foundational level. Run group visits & Wellness club as part of this comprehensive approach.