

Curriculum Vitae

Date Prepared: 08/30/2023
Name: Chelsea Namahana Wong
Office Address: 1 Brookline Pl Suite 230, Brookline, MA 02445
Home Address: xxx
Work Phone: xxx
Work Email: xxx
Place of Birth: xxx

Education:

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| 05/2008 | BS (Cum Laude) | Biology Minors in Chemistry and Psychology | University of Portland |
| 05/2018 | MD (Honors) | Medicine | University of Illinois Urbana Champaign |
| ABD | PhD | Neuroscience (PI: Arthur Kramer) | University of Illinois Urbana Champaign |

Postdoctoral Training:

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| 07/2018- 06/2021 | Resident | Internal Medicine | Beth Israel Deaconess Medical Center |
| 07/2021- 06/2023 | Geriatric Fellow | Geriatric Medicine | Harvard Multicampus Geriatric Medicine Fellowship Program |
| 08/2023- | Post-Doctoral Fellow | T32 Harvard Translational Research in Aging Training Program | Beth Israel Deaconess Medical Center/ Hebrew Senior Life |

Hospital Affiliations

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|-----------------|------------------|--|------------|
| 07/2018-06/2021 | Resident | Beth Israel Deaconess Medical Center | Boston, MA |
| 07/2021-06/2023 | Geriatric Fellow | Harvard Multicampus Geriatric Medicine Fellowship Program: BIDMC, VA Boston, BWH, MAH, PACE, HSL | Boston, MA |
| 9/2022- | Moonlighting | Hebrew Senior Life | Boston, MA |

Committee Service:

Local

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|------|---|---|
| 2011 | Research Program Coordinator Search Committee | University of Illinois Urbana Champaign Committee Member |
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| 2010 | MSP Facilities Committee | University of Illinois Urbana Champaign Co-Chair |
| 2010-2011 | Neuroscience Program Open House Committee | University of Illinois Urbana Champaign Co-Chair |
| 2012-2014 | Neuroscience Student Organization | University of Illinois Urbana Champaign |
| | 2013-2014 | President |
| | 2012-2013 | Vice President |
| 2014-2017 | Medical Scholars Program Advisory Committee | University of Illinois Urbana Champaign President Co-chair Class Representative |

Professional Societies:

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| 2011-2012 | Society for Neuroscience | Member |
| 2014-2018 | American Medical Student Association | Member |
| 2017- | ACP | Member |
| 2019- | American Geriatrics Society | Member |
| 2019- | Massachusetts Medical Society | Member |
| | 2019-2021 | Resident Representative – Committee on Geriatric Medicine |
| | 2021-2023 | Fellow Representative – Committee on Geriatric Medicine |
| | 2022- | Vice-Chair, Fellow Representative – Committee on Geriatric Medicine |

Editorial Activities:

- **Ad hoc Reviewer**

Journal of Neurophysiology
Neural Plasticity

- **Other Editorial Roles**

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| 2022 | Editor/Reviewer | Geriatrics NEJM Resident 360. https://resident360.nejm.org/rotation-prep/geriatrics/introduction |
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Honors and Prizes:

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| 2004-2008 | Presidential Scholar Scholarship | University of Portland | Academic Scholarship |
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| 2004-2008 | USA Funds Scholarship | USA Funds | Academic Scholarship |
| 2004-2008 | Ka'iulani Home For Girls Trust Scholarship | Hawaii Community Foundation | Academic Scholarship |
| 2004-2008 | Na Ho`okama a Pauahi Scholarship | Hawaii Community Foundation | Academic Scholarship |
| 2004-2008 | Dean's List | University of Portland | Recognition of high educational achievement |
| 2007-2008 | Murdock Scholar Research Program, Oregon Health & Science University | Oregon Health Sciences University | Selected to participate in a regional undergraduate research program |
| 2009-2010 | Marion Maccarrell Scott Scholarship | Hawaii Community Foundation | Academic Scholarship |
| 2009-2010 | Neuroscience Program Fellowship | University of Illinois Urbana Champaign | Academic Fellowship |
| 2010-2012 | NIMH Cognitive Psychophysiology Training Grant | National Institutes of Mental Health | Academic Fellowship |
| 2012 | Training Course in fMRI | University of Michigan | Selected to participate in NIH funded fMRI course |
| 2014 | Brains Camp | University of Iowa | Selected to Participate in brain imaging camp |
| 2013-2016 | Go Red Multicultural Scholarship | American Heart Association | Academic Scholarship |
| 2014-2015 | NIH MERIT Diversity Award | National Institutes of Health | Academic Scholarship |
| 2014-2015 | Paul D. Doolen Graduate Award for the Study of Aging- Alternate Office of Hawaiian Affairs Higher Education Scholarship Program | University of Illinois Urbana Champaign | Academic Award |
| 2011-2015 | Dr. Hans and Clara Zimmerman Foundation Health Scholarships | Hawaii Community Foundation | Academic Scholarship |
| 2006-2016 | Diversity Stipend for the Residency Showcase as McGaw Medical Center of Northwestern University | Hawaii Community Foundation | Academic Scholarship |
| 2017 | First Place Oral Presentation at Carle Foundation Hospital Research Day | Northwestern University | Academic Scholarship |
| 2017 | Visiting Student Elective Program for Students Underrepresented in Medicine at Northwestern University | University of Illinois Urbana Champaign | Research presentation award |
| 2017 | Gold Humanism Honor Society | Northwestern University | Academic Scholarship |
| 2017 | Lewis Trupin, MD, Women's Health Award | University of Illinois Urbana Champaign | Inducted into honor society that embodies humanistic healthcare |
| 2018 | Doctor of Medicine with Honors | University of Illinois Urbana Champaign | Academic Award |
| 2018 | BIDMC Department of Medicine Fellowship Award for Epidemiology and Clinical Research Training | BIDMC | Academic Award |
| 2022 | T32 Harvard Translational Research in Aging Training Program | BIDMC/HSL | Academic Award |
| 2023 | | | Research Training Grant |

Report of Funded and Unfunded Projects

Past

- 2007-2008 Association between exhaled nitric oxide and blood nitrite during hemorrhage
Undergraduate Research
Investigated the role of exhaled nitric oxide and blood nitrite levels during the physiologic response of acute hemorrhage in the rat. Created a novel apparatus to collect exhaled nitric oxide using a Mylar bag.
- 2007-2008 Exercise for Traumatic Brain Injury
Undergraduate Research
Investigated exercise as a treatment for traumatic brain injury in rats. Proficient in animal care, cortical contusion injury model surgery in rodents, performing perfusions, tissue extraction/staining, and tissue slicing with a microtome.
- 2018-2019 Cerebral blood flow and hypertension in older adults
Resident Research
Understanding the role of hypertension in association with cognitive function and cerebral blood flow in older adults. Gained skills in SAS.

Unfunded Current Projects

- 2009- The effects of exercise on brain health in older adults
Graduate Student Research
Conducted large scale exercise intervention studies in older adults. Used neuroimaging to understand associations between Cardiorespiratory fitness, brain function, and cognition in older adults. Gain skills in MATLAB, E-Prime, FSL, Linux, and SPSS.
- 2021- Sexual minority older adult health
Fellow Research
Project aims to understand the impact of frailty among older sexual and gender adults

Report of Local Teaching and Training

Teaching of Students in Courses:

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| 2005-2008 | General Chemistry Undergraduate Teaching Assistant Undergraduate Students | University of Portland 3hr lab 2x per week |
| 2012-2015 | Cell and Tissue Biology Teaching Assistant First Year Medical Students | University of Illinois Urbana Champaign 3hr lab x3 sessions per wk for 9 weeks |
| 2016-2018 | Peer Educator for Cell and Tissue Biology First Year Medical Students | University of Illinois Urbana Champaign 1-3 hrs per week for 6 wks |
| 2017-2018 | Peer Educator for Internal Medicine Clerkship Third Year Medical Students | University of Illinois Urbana Champaign 1-3 hrs per week for 6 wks |

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| 2022 | POM 100: Practice of Medicine Geriatrics Clinical Reasoning Small group preceptor 1 st year medical students | Harvard Medical School 2 hour session, once |
| 2023 | POM 100: Practice of Medicine Geriatrics Clinical Reasoning Small group preceptor 1 st year medical students | Harvard Medical School 2 hour session, once |

Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs):

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| 2019 | TLS...what? 2 nd and 3 rd year Internal Medicine Residents | BIDMC 30 minute lecture |
| 2020 | The Invisible Hand 2 nd and 3 rd year Internal Medicine Residents | BIDMC 30 minute lecture |
| 2020 | 102?! Again 2 nd and 3 rd year Internal Medicine Residents | BIDMC 30 minute lecture |
| 2021 | _____They can do what? Internal Medicine Program | BIDMC 15 minute lecture |
| 2021 | Behavioral Heuristics in Coronary Artery Bypass Graft Surgery 2 nd and 3 rd year Internal Medicine Residents | BIDMC 1 hr lecture |
| 2021 | Mortality and readmission risk can be predicted by the record based Multidimensional Prognostic Index: a cohort study of inpatients older than 75 years Midlevels, Residents, Attendings | VA Boston 1 hr lecture |
| 2021 | Randomized Clinical Trial Residents, Fellows, Attendings | HMS-Multicampus Geriatric Fellowship 1 hr lecture |
| 2021 | Physiology of Aging: Musculoskeletal System Residents, Fellows, Attendings | HMS-Multicampus Geriatric Fellowship 1 hr lecture |
| 2021 | Clinical Reasoning Conference Residents, Fellows, Attendings | HMS-Multicampus Geriatric Fellowship 1 hr lecture |
| 2022, 2023 | Delirium Residents | BIDMC Internal Medicine Residency Program 1 hr lecture |
| 2022 | Seminar on Aging: Sexual and Gender Minority Older Adults Residents, Fellows, Attendings | HMS-Multicampus Geriatric Fellowship 1 hr lecture |
| 2022 | Sexual and Gender Minority Older Adults and Frailty Residents, Fellows, Attendings | HMS-Multicampus Geriatric Fellowship 1 hr lecture |

Report of Regional, National and International Invited Teaching and Presentations

- No presentations below were sponsored by 3rd parties/outside entities*
 Those presentations below sponsored by outside entities are so noted and the sponsor(s) is (are) identified.

Regional

- 2008 The relationship between exhaled nitric oxide and blood nitrite during hemorrhagic shock and resuscitation / Invited Presentation
Northwest Undergraduate Science Research Conference
Portland, OR
- 2010 The effect of aerobic exercise on Dual-Task performance in older adults / Selected oral abstract
Show Me Mental State Conference
St Louis, MO
- 2010 The effect of aerobic exercise on Dual-Task performance in older adults / Invited Presentation
First Year Project Seminar, University of Illinois Urbana Champaign
Urbana, IL
- 2012 Cognitive Aging and Interventions / Invited Presentation
NEUR 451 University of Illinois Urbana Champaign
Urbana, IL
- 2013 The associations between aerobic exercise, brain function, and performance in older adults / Invited Presentation
NSP Wednesday Spring Seminar, University of Illinois Urbana Champaign
Urbana, IL
- 2014 Aerobic fitness promotes differences in brain function and performance in older adults / Invited Presentation
Friday on the Brain Seminar, University of Illinois Urbana Champaign
Urbana, IL
- 2014 Effect of a 12-month exercise intervention on brain function and cognitive performance in older adults / Invited Presentation
NSP Wednesday Spring Seminar, University of Illinois Urbana Champaign
Urbana, IL
- 2015-2018 Intellectual Wellness / Invited Presentation
KIN 365, University of Illinois Urbana Champaign
Urbana, IL
- 2017 A rare case of Esophageal Crohn Disease in a patient on Immunomodulator therapy / Selected oral abstract
Carle Foundation Hospital Research Day, Carle Foundation Hospital
Urbana, IL
- 2022 Developing a Novel Frailty Index to Study Frailty of Sexual and Gender Minority Older Adults in the All of Us Database
Selected Oral Paper Presentation
Gerontological Society of America Annual Conference
Indianapolis, IN
- 2022 Developing a Novel Frailty Index to Study Frailty of Sexual and Gender Minority Older Adults in the All of Us Database /Invited Presentation
LGBTQ at the Roux Speaker Series, Roux Institute Northeastern University
Portland, MA
- 2023 Frailty among Sexual and Gender Minority Older Adults: The All of Us Database
Selected Oral Paper Presentation

American Geriatric Society Annual Conference
Long Beach, CA

Report of Clinical Activities and Innovations

Current Licensure and Certification:

2015- Basic Life Support CPR Training
2018- Advance Cardiovascular Life Support
2018-2022 Massachusetts Limited Medical License
2022- Massachusetts Full Medical License

Practice Activities

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| 2018-2021 | Internal Medicine Residency Program | BIDMC, VA-Boston, Signature Health in Brockton, Fenway Health Center | 40-80hr/week |
| 2021-2022 | Geriatric Clinical Fellowship Program | HMS Multicampus Fellowship Program- Geriatrics, in-patient, outpatient, home visits, long term care | 50 hours per week |
| 2022-2023 | Advanced Geriatric Fellowship Program | HMS Multicampus Fellowship Program – Geriatrics, Long-term Care Hospital | 20 hours per week |

Clinical Innovations:

Stoneman Project at BIDMC (2019) Completed a root cause analysis surrounding vancomycin dosing in hemodialysis patients. EHR was modified when ordering vancomycin for HD patient with alert to ordering provider to contact Renal Fellow.

Report of Teaching and Education Innovations

Creation of Case Studies for Cell and Tissue Biology Lab (2012-2015) Created and implemented clinical cases applicable to material taught in Cell and Tissue Biology Laboratory Course. For each lab session 3-4 cases were presented to integrate relevant clinical and histological information within case format with a set of guided questions. This was done for nine lab sessions.

2022 [PWY130 Homeostasis I](#): Aging Physiology Case Contributor

Report of Education of Patients and Service to the Community

No presentations below were sponsored by 3rd parties/outside entities

Those presentations below sponsored by outside entities are so noted and the sponsor(s) is (are) identified.

Activities

- 2010, 2013 Brain Awareness Day / Presenter
Participated in educating Champaign community about brain health with hands-on activities
- 2013-2015 Avicenna Community Health Center
Severed as a triage volunteer to complete patient intake and vital signs. Also as the Pharmacy Co-Manager I helped launch, organize, and implement an effective and efficient free pharmacy program.

Report of Scholarship

Peer-Reviewed Scholarship in print or other media:

Research Investigations

Wong, C. N., Wilczek, M. P., Smith, L. H., Bosse, J. D., Richard, E. L., Cavanaugh, R., ... & Olivieri-Mui, B. (2023). Frailty Among Sexual and Gender Minority Older Adults: The All of Us Database. *The Journals of Gerontology: Series A*, glad149. <https://doi.org/10.1093/gerona/glad149>

Voss MW, **Wong CN**, Baniqued PL, Burdette JH, Erickson KI, Prakash RS, McAuley E, Laurienti PJ, Kramer AF. Aging brain from a network science perspective: something to be positive about?. *PloS one*. 2013 Nov 6;8(11):e78345.

Burzynska AZ, Chaddock-Heyman L, Voss MW, **Wong CN**, Gothe NP, Olson EA, Knecht A, Lewis A, Monti JM, Cooke GE, Wojcicki TR. Physical activity and cardiorespiratory fitness are beneficial for white matter in low-fit older adults. *PloS one*. 2014 Sep 17;9(9):e107413.

Burzynska AZ, **Wong CN**, Voss MW, Cooke GE, McAuley E, Kramer AF. White matter integrity supports BOLD signal variability and cognitive performance in the aging human brain. *PLoS One*. 2015 Apr 8;10(4):e0120315.

Burzynska AZ, **Wong CN**, Voss MW, Cooke GE, Gothe NP, Fanning J, McAuley E, Kramer AF. Physical activity is linked to greater moment-to-moment variability in spontaneous brain activity in older adults. *PloS one*. 2015 Aug 5;10(8):e0134819.

Oberlin LE, Verstynen TD, Burzynska AZ, Voss MW, Prakash RS, Chaddock-Heyman L, **Wong C**, Fanning J, Awick E, Gothe N, Phillips SM. White matter microstructure mediates the relationship between cardiorespiratory fitness and spatial working memory in older adults. *Neuroimage*. 2016 May 1;131:91-101.

Voss MW, Weng TB, Burzynska AZ, **Wong CN**, Cooke GE, Clark R, Fanning J, Awick E, Gothe NP, Olson EA, McAuley E. Fitness, but not physical activity, is related to functional integrity of brain networks associated with aging. *Neuroimage*. 2016 May 1;131:113-25.

Wong CN, Chaddock-Heyman L, Voss MW, Burzynska AZ, Basak C, Erickson KI, Prakash RS, Szabo-Reed AN, Phillips SM, Wojcicki T, Mailey EL. Brain activation during dual-task processing is associated with

cardiorespiratory fitness and performance in older adults. *Frontiers in aging neuroscience*. 2015 Aug 12;7:154.

Ngo GC, **Wong CN**, Guo S, Paine T, Kramer AF, Sutton BP. Magnetic susceptibility-induced echo-time shifts: Is there a bias in age-related fMRI studies?. *Journal of Magnetic Resonance Imaging*. 2017 Jan;45(1):207-14.

Baniqued PL, Gallen CL, Voss MW, Burzynska AZ, **Wong CN**, Cooke GE, Duffy K, Fanning J, Ehlers DK, Salerno EA, Aguiñaga S. Brain network modularity predicts exercise-related executive function gains in older adults. *Frontiers in aging neuroscience*. 2018 Jan 4;9:426.

Case reports

Burzynska AZ, **Wong CN**, Chaddock-Heyman L, Olson EA, Gothe NP, Knecht A, Voss MW, McAuley E, Kramer AF. White matter integrity, hippocampal volume, and cognitive performance of a world-famous nonagenarian track-and-field athlete. *Neurocase*. 2016 Mar 3;22(2):135-44.

Professional educational materials or reports, in print or other media:

Wong, CN, & Lubinski, BL, (2022). DELIRIUM. [Handout]. Harvard Multisite Geriatric Fellowship Program.

Thesis:

Wong CN. The relationship between exhaled nitric oxide and blood nitrite during hemorrhagic shock and resuscitation. Undergraduate Thesis at the University of Portland. May 2008.

Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings:

Phillips CR, **Wong CN**, Oyama TT, Anderson S, Giraud GD, and Holden WE. Nitrite consumption and production in the cardiopulmonary circulation during hemorrhagic shock and resuscitation. *Critical Care*. 2008 Apr;12(2):1-.

Wong CN, Voss MW, Basak C, Prakash R, Erickson KI, Chaddock L, Kim J, Szabo A, White S, Wojcicki T, Mailey E, Gothe N, Olson E, McAuley E & Kramer AF. "A profile of brain activation as a function of fitness in a Dual-Task", Society for Neuroscience Conference, November 13, 2011, Washington, DC.

Wong CN, Voss MW, Chaddock L, Baniqued PL, Cooke G, Monti JM, Szabo AN, Wójcicki TR, Gothe NP, Olson EA, Fanning J, McAuley E, & Kramer AF. "Cognitive control related brain function is altered by aerobic fitness level in older adults", Society for Neuroscience Conference, October 17, 2012, New Orleans, LA.

Monti JM, Voss MV, **Wong CN**, Szabo AN, Cooke G, Chaddock L, Baniqued PL, Wójcicki TR, Gothe NP, Olson EA, Fanning J, McAuley E, Cohen NJ, & Kramer AF. "Physical activity and aerobic fitness are

associated with greater relational memory and hippocampal function in older adults", Society for Neuroscience Conference, October 17, 2012, New Orleans, LA.

Belfi, AM, Voss MW, Mani M, **Wong CN**, Cooke G, Sutterer M, Clark R, Tranel D, McAuley E, & Kramer AF. "Age-related laterality and sub-system differences in the intrinsic functional connectivity of the default mode network", Cognitive Neuroscience Society Conference, April 13-16, 2013, San Francisco, CA.

Sutterer MJ, Voss MW, Mani M, **Wong CN**, Cooke G, Belfi A, Weng T, Tranel D, McAuley E, & Kramer AF. "Age-related differences in anterior cingulate-insula connectivity are associated with the fronto-executive but not emotional saliency network", Cognitive Neuroscience Society Conference, April 13-16, 2013, San Francisco, CA.

Burzynska AZ, Chaddock-Heyman L, **Wong CN**, Voss MW, Olson E, Gothe N, Lewis A, Wojcicki T, Fanning J, Chung HD, Awick E, McAuley E, & Kramer AF. "Positive effects of physical exercise and aerobic activity on white matter in old age", Brain Plasticity and Neurorehabilitation Conference, March 4-6th, 2013, Toronto, CA.

Burzynska AZ, Chaddock-Heyman L, **Wong CN**, Voss MW, Olson E, Gothe N, Lewis A, Wojcicki T, Fanning J, Chung HD, Awick E, McAuley E, & Kramer AF. "Positive effects of physical exercise and aerobic activity on white matter in old age", Organization for Human Brain Mapping Conference, June 16-20, 2013, Seattle, WA.

Wong CN, Burzynska AZ, Chaddock-Heyman L, Voss MW, Basak C, Erickson KI, Prakash R, Szabo AN, Phillips S, Wojcicki T, Mailey E, McAuley E & Kramer AF. "Aerobic fitness promotes differences in brain function relevant to cognitive performance in older adults", Cognitive Aging Conference, April 3-6, 2014, Atlanta, Georgia.

Cooke GE, Monti JM, **Wong CN**, Cohen NJ, & Kramer, AF. "The Role Of Sleep On Next Day Cognition", Cognitive Neuroscience Society, April 5-8, 2014, Boston, Massachusetts.

Burzynska AZ, **Wong CN**, Voss MW, Chaddock-Heyman L, Knecht A, Cooke G, Olson EA, Gothe NP, Lewis A, Wojcicki TR, Fanning J, Chung HD, Awick E, McAuley E, and Kramer AF. "Cardiorespiratory fitness and physical activity are associated with higher bold signal variability in old age", Oral presentation, Cognitive Aging Conference, April 3-6, 2014, Atlanta, Georgia.

Weng TB, **Wong CN**, Burzynska AZ, Chaddock-Heyman L, Cooke, GE, Monti, JM, McAuley E, and Kramer AF. "Age-related differences in executive function are associated with the differentiation of functional brain networks at rest", Cognitive Aging Conference, April 3-6, 2014, Atlanta, Georgia.

Cooke GE, Monti JM, **Wong CN**, Cohen NJ, & Kramer AF. "The Role Of Sleep On Next Day Cognition", Cognitive Aging Conference, April 3-6, 2014, Atlanta, Georgia.

Wong CN, Chaddock-Heyman L, Voss MW, Basak C, Erickson KI, Prakash R, Szabo AN, Phillips S, Wojcicki T, Mailey E, McAuley E & Kramer AF. "Effect of a 12-month exercise intervention on brain function and cognitive performance in older adults", Research Day, April 16, 2015, Urbana, Illinois.

Wong CN, Khan S. Kataria K. "A rare case of Esophageal Crohn Disease in a patient on Immunomodulator therapy", Carle Foundation Research Day, 2017, Urbana, Illinois.

Wong CN, Khan S. Kataria K. "A rare case of Esophageal Crohn Disease in a patient on Immunomodulator therapy", ACP Downstate, October 17, 2017, Springfield, Illinois.

Wong, C., Wilczek, M., Bosse, J., Smith, L., Manjourides, J., Orkaby, A., & Olivieri-Mui, B. “Developing a Novel Frailty Index to Study Frailty of Sexual and Gender Minority Older Adults in the All of Us Database”, Gerontological Society of America, November 6, 2022, Indianapolis, IN.

Wong, C., Wilczek, M., Bosse, J., Smith, L., Manjourides, J., Orkaby, A., & Olivieri-Mui, B. “Frailty among Sexual and Gender Minority Older Adults: The All of Us Database”, American Geriatrics Society, May 4, 2023, Long Beach, CA.

Narrative Report

I am currently a T32 Post-Doctoral Fellow at the Harvard Translational Research in Aging Training Program at HebrewSenior Life and BIDMC. I completed my residency training at BIDMC Internal Medicine Residency Program and fellowship training at the Harvard Multicampus Geriatric Fellowship Program. I also completed as Advanced Geriatric Medicine Second Year in Research. My research has varied from large-scale exercise interventions, neuroimaging, and now health services, but has always focused on the health of older adults. My current work focus on the health of sexual and gender minority older adults.