

CURRICULUM VITAE

SAHAR Z. SWIDAN, Pharm.D., R.Ph., FAARFM, ABAAHP, FMNM, FACA

CONTACT INFORMATION

Pharmacy Solutions
5204 Jackson Road,
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Ann Arbor, MI 48103
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EDUCATION

1988-1992 Doctor of Pharmacy, University of Michigan, Ann Arbor, Michigan
1986-1989 Eastern Michigan University, Ypsilanti, Michigan
1982-1986 Tecumseh High School, Tecumseh, Michigan

POSTGRADUATE TRAINING

2015- Masters in Cardio-metabolic and Regenerative Medicine- In progress
2009 Board Certified by the American Board of Anti-Aging & Regenerative Medicine Certification (ABAAHP)
1998 Board Certified Pharmacotherapy Specialist (BCPS)
1992-1994 Research Fellow in Biopharmaceutics, University of Michigan, College of Pharmacy, Ann Arbor, Michigan

PROFESSIONAL EXPERIENCE

2006-present Managing Director- R&D Solutions, LLC, Ann Arbor, Michigan
2005-present Chief Scientific Officer- SahaRx Skin Care, Ann Arbor, Michigan
2000-present Chief Executive Officer- Pharmacy Solutions, Ann Arbor, Michigan.
1999-present Chief Executive Officer – Neuropharm, Inc Ypsilanti, Michigan
2007-2011 Chief Executive Officer -THE Pharmacy, Ypsilanti, Michigan
1995-2007 Clinical Pharmacist-Head and Chronic Pain Unit, Chelsea Community Hospital, Chelsea, Michigan
1996-2000 Director of Pharmaceutical Services, Chelsea Community Hospital, Chelsea, Michigan
1995-1996 Acting Director of Pharmaceutical Services, Chelsea Community Hospital, Chelsea, Michigan
1995-1996 Clinical Coordinator of Pharmaceutical Services, Chelsea Community Hospital, Chelsea, Michigan
1995-1996 Pharmacist, Rite-Aid Corp., Ann Arbor, Michigan
1992-1995 Staff Pharmacist, Chelsea Community Hospital, Chelsea, Michigan

ACADEMIC APPOINTMENTS

- 2017- Adjunct Associate Professor of Clinical Research and Leadership, George Washington University School of Medicine and Health Sciences
- 2017- Adjunct Associate Professor of Pharmacy, Chicago State University, College of Pharmacy
- 1999-2017 Adjunct Clinical Associate Professor of Pharmacy, University of Michigan, College of Pharmacy, Ann Arbor, Michigan
- 1994-1999 Adjunct Clinical Assistant Professor of Pharmacy, University of Michigan, College of Pharmacy, Ann Arbor, Michigan
- 1992-1993 Clinical Instructor of Pharmacy, University of Michigan, College of Pharmacy, Ann Arbor, Michigan

LICENSURE

- 1995-present State of Michigan, Preceptor license #5302027563
- 1992-present State of Michigan, #5302027563

AWARDS AND HONORS

- 2017 PCCA Pharmacist of the Month, September 2017
- 2015 MPA Award, 25 years of Professional Contribution
- 2008 GNP Pharmacist of the Year Award
- 2007 Good Government Award, Michigan Pharmacists Association
- 2006 Most Influential Women in Business Award, Ann Arbor Business Review Weekly
- 2005 Life Time Professional Contribution Award, Southeastern Michigan Society of Health-System Pharmacists
- 2003 Pharmacist of the Year Award, Southeastern Michigan Society of Health-System Pharmacists
- 2002 Innovative Pharmacy Practice Award, Michigan Pharmacists Association
- 2001 Outstanding Service Award, Michigan Society of Health-System Pharmacists
- 1999 Committee Service Award, SouthEastern Michigan Society of Health-System Pharmacists
- 1988 The Recognition of Excellence Scholarship, Eastern Michigan University, Ypsilanti, Michigan
- 1988 Member of Eastern Michigan University, Deans List (six times)

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- American Academy of Anti-aging and Regenerative Medicine
- American Academy of Neurology
- American Pain Society
- American Association on the Study of Headache
- American Society of Health-System Pharmacists
- American College of Clinical Pharmacists
- Southeastern Michigan Society of Hospital Pharmacists
- Michigan Pharmacists Association
- National Arab American Medical Association

PROFESSIONAL ORGANIZATIONS-COMMITTEES

2006-present DUR Board-Michigan Medicaid-Board Member
2004-present Michigan Medication Safety Coalition-Community Pharmacy Division
2002-present Michigan Pharmacists Association-Third Party Committee
2000-2012 College of Psychiatric & Neurologic Pharmacists- Member, Neurology Taskforce
2002-2012 Blue Cross & Blue Shield of Michigan-Pharmacy Advisory Board
2000-2010 Board of Governors, University of Michigan, College of Pharmacy-Vice Chair
2001-2007 American Headache Society-Patient Care Committee
2002-2003 Southeastern Michigan Society of Hospital Pharmacists-President
2001-2004 Southeastern Michigan Society of Hospital Pharmacists-Member, Nominations Committee

2001-2001 Michigan Society of Health-System Pharmacists-Board Member
2001-2001 Southeastern Michigan Society of Hospital Pharmacists-President Elect
1996-2011 Washtenaw County Pharmacist Society-President
1996-2001 Southeastern Michigan Society of Hospital Pharmacists-Chairperson, Activities Committee

1995-1996 Washtenaw County Pharmacist Society-President-Elect
1995-1996 Southeastern Michigan Society of Hospital Pharmacists-Member, Activities Committee

1992-1995 Southeastern Michigan Society of Hospital Pharmacists-Member, Programs Committee

INVITED PRESENTATIONS

A4M BHRT Module

Chicago, IL, September 14-16, 2017

A4M Module VII and Biotoxin Workshop-Innovative Treatments of Inflammation

Las Vegas, NV August 10-12, 2017

Genera Med-BHRT Two Day Clinical Workshop

Miami Beach, FL July 31-August 1, 2017

A4M Sleep Workshop-Sleep Dysregulation and New Modalities for Treatment.

Palm Beach, FL July 29, 2017

A4M Module III- Innovative Treatments in Pain and Neuropsychiatric Disorders.

San Francisco, CA, May 19-21, 2017

MHNI 19th Annual Head and Pain Conference-Innovations in in Head and Pain Management

Dearborn, MI, May 12, 2017

MANAP Conference-Clinical Use of Low Dose Naltrexone

Royal Oak, MI, May 5, 2017

Beaumont Faculty Scholar Program-Herbal Drug Interactions

Troy, MI, April 21, 2017

A4M Fellowship Module 1 Functional and Metabolic Approach to Endocrinology,

Hollywood, FL April 6-8, 2017

PCCA Canada-Hormone and Pain Management Symposia

Toronto, Canada, March 30-April 1, 2017

PCCA Hormone Symposia-Clinical Dosing of BHRT/Clinical Cases

Las Vegas, NV, February 16-18, 2017

Beaumont Health System-Integrative Medicine Meeting. Clinical Case Studies

Sterling Heights, MI February 3, 2017

A4M BHRT Symposia, Physiological dosing of HRT and Stages of Hormonal Mile Stones

Boca Raton, FL January 26-28, 2017

A4M Fellowship Module 1 Functional and Metabolic Approach to Endocrinology,

Las Vegas, NV December 8-10, 2016

A4M Module 3, The Use of Low Dose Naltrexone in Clinical Syndromes. Dallas, Texas, September 22-24, 2016

A4M Module 4, The Use of Herbal Supplements in the adjunctive treatment of Neuropsychiatric Disorders. Dallas, Texas, September 22-24, 2016

17th Annual Michigan Head Pain Pain Symposia, The Metabolic Effects of Hormones on Pain Perception, Dearborn, MI June 3, 2016

A4M Fellowship Module 1 Functional and Metabolic Approach to Endocrinology, Hollywood, FL, May 5-7, 2016

Lyme disease, a functional medicine approach, Beaumont Health Care Team meeting, February 5, 2016

A4M Main Stage. The Use of Medical Marijuana in Clinical Practice. Las Vegas, NV, December 11-13, 2015

A4M Fellowship Module 1 Functional and Metabolic Approach to Endocrinology, Las Vegas, NV, December 11-13, 2015

Module 5 Clinical Intensives. Las Vegas, NV, December 11-13, 2015

A4M Fellowship Module 24 The Nuts and Bolts of Compounding: An Update, Module 1C The Effects of Hormone on Pain Receptor Modulation. Boca Raton, FL. October 22-24, 2015

A4M Fellowship Module 1A, 1D, A Metabolic and Functional Approach to Endocrinology. Hollywood, FL May 7-9, 2015

A4M Fellowship Module XXV(C)-Functional Approach to Addiction, Dallas, TX. April 30-May 2, 2015

A4M Fellowship Module 1D Pearls for Men's Health, Las Angeles, CA. February 26-28, 2015

A4M Fellowship Module 1 Functional and Metabolic Approach to Endocrinology, Module 5 Clinical Intensives. Las Vegas, NV, December 11-13, 2014

PCCA HRT Symposia, Philadelphia, PA, July 9-12, 2014

A4M Module 24, the Nuts and Bolts of Compounding, Delray Beach, FL. June 26-28, 2014

A4M Fellowship Module 1 Functional and Metabolic Approach to Endocrinology, Module 5 Clinical Intensives, Module 24 The Nuts and Bolts of Using Compounded Solutions in Every Day Practice. Orlando, FL, May 15-17, 2014

A4M Fellowship Module 22-Functional Pain Management and Addiction. Module IV Denver, CO, April 4-5, 2014

Creating Wellness, University of MI, Department of Family Medicine, Ann Arbor, MI, March 27-28, 2014

A4M Fellowship Module V-Clinical Intensives, San Francisco, CA, March 14-16, 2014
MPA ACE Meeting, Functional Approach to Pain Management, Detroit, MI. March 1, 2014

Spectracell Corporation, Genomics in practice. Houston, TX, January 30-31, 2014

A4M Fellowship Module 20-Functional Endocrinology. Fort Lauderdale, FL, November 7-9, 2013

A4M Fellowship Module 19-Sports Medicine. Dallas, TX, October 24-26, 2013

A4M Fellowship Module 4. Boston, MA, September 19-21, 2013

Neurology Grand Rounds- Natural Treatments for Post-Stroke Aphasia. University of Michigan, May 2, 2013

A4M Fellowship Module I. A4M Fellowship, Orlando, FL, April 8-11, 2013

A4M Fellowship Module I, V. A4M Fellowship, Las Vegas, NV, December 12-15, 2012

Integrative Medicine/OBY/GYN Annual Meeting. University of Michigan, Department of Family Practice. Ann Arbor, MI December 6, 2012

A4M Fellowship Module I. A4M Fellowship, Orlando, FL, April 8-11, 2012

Integrative Medicine Program, University of Michigan, Department of Family Practice. Ann Arbor, MI March 30, 2012

A4M Fellowship Module XIII, Module I Las Vegas, NV, December 8-10, 2011

Integrative Approach to the Treatment of Chronic Pain. A4M Fellowship Module IV. Palm Beach, FL, November 4-7, 2010

Integrative Approach to the Treatment of Chronic Pain. A4M Fellowship Module IV. Orlando FL April 9, 2010

A4M Fellowship Module XIII, Module I A4M Fellowship, Las Vegas, NV, December 9-11, 2010

Integrative Approach to the Treatment of Chronic Pain. A4M Fellowship Module IV. Palm Beach, FL, November 4-7, 2010

Integrative Approach to the Treatment of Chronic Pain. A4M Fellowship Module IV. Orlando FL April 9, 2010

BHRT: Clinical application and case studies. A4M Fellowship Module I. Las Vegas, NV December 9, 2009.

Clinical Pearls for the Treatment of the Chronic Pain Patient. Pittsburgh Pain Society Meeting, Pittsburgh, Pennsylvania. October 14, 2009.

Pain Management- Clinical application and case studies. A4M Fellowship Module V. Boca

Raton, Florida. October 9-11, 2009

Integrative Approach to the Treatment of Chronic Pain. A4M Fellowship Module IV. Boca Raton, Florida. October 9-11, 2009

BHRT: Clinical application and case studies. A4M Fellowship Module I. San Diego, California. September 10-12, 2009.

The Use of Compounded Medications in every day Practice. A4M Fellowship Module I. San Diego, California. September 10-12, 2009.

Integrative Approach to the Treatment of Chronic Pain. A4M Fellowship Module IV. Boca Raton, Florida. June 26-28, 2009.

Innovations in the Treatment of Chronic Pain. Wright and Phillips Annual Meeting, Sterling Heights, Michigan. March 28, 2009.

Alternative Treatment Approach in Head Pain Management. Integrative Medicine Symposia, University of Michigan, Family Medicine, Ann Arbor, Michigan. March 27, 2009

BHRT: Clinical application and case studies. A4M Fellowship Module I. Las Vegas, NV December 12, 2008.

Update in the Treatment of Various Headache Syndromes. Midland County Pharmacists Association, Midland, MI. October 30, 2008

Dosing and Monitoring Guidelines for BHRT. FAAM Fellowship Webinar Series. October 7, 2008

Innovative ideas in the Treatment of the Chronic Pain Patient. FAAM Fellowship Module IV. Westin Hotel, Detroit, Michigan. September 28, 2008.

The Use of Herbal Supplements Prior to and After Surgery. Chelsea Community Hospital. Department of Surgery. Chelsea, Michigan. February 5, 2008

Functional Medicine Practice Management. FAAM Fellowship Module V. Bahia Mar, Fort Lauderdale, Florida. February 1, 2008.

Innovations in pain management. FAAM Fellowship Module IV. Westin Hotel, Detroit, Michigan. September 15, 2007.

A bag full of meds: Polypharmacy in the elderly and option for pain management. Chelsea Community Hospital, Chelsea, Michigan. September 13, 2007

A bag full of meds: Polypharmacy in the elderly. Chelsea Community Hospital, Chelsea, Michigan. August 23, 2007

New Treatment Options in Patients with Aphasia. University of Michigan Annual Meeting. Ypsilanti, Michigan. June 2, 2007.

The Use of Opiates in the Acute Care Setting. Chelsea Community Hospital, Department of Surgery. Chelsea, Michigan. May 29, 2007.

Pain Management-New Treatment Approaches. MHNI Annual Seminar. Dearborn, Michigan. May 18, 2007.

Seeds and Weeds: How to Use in Clinical Practice. NAAMA Spring CME meeting. Dearborn, Michigan. May 9, 2007

The Art of Compounding. Webinar for FAAM fellowship. April 17, 2007

Pain Management-New Treatment Approaches. MHNI Annual Seminar. Dearborn, Michigan. May 12, 2006.

Update in Headache and Pain Management: A Review Course for Clinicians. MHNI Annual Seminar. Dearborn, Michigan. May 5, 2005.

The Treatment of Chronic Daily Headaches. ACE MPA Meeting 2005. Dearborn, Michigan. February 19, 2005.

Update in Headache and Pain Management: A Review Course for Clinicians. MHNI Annual Seminar. Dearborn, Michigan. May 7, 2004.

Headache Treatment in the New Millennium. Michigan Pharmacists Association Annual Meeting. Dearborn, Michigan. February 28, 2004.

Novel Agents in the Treatment of Various Pain Syndromes: Michigan State Medical Society. Troy, Michigan. November 6, 2003.

Migraine Care Program: The prevalence and diagnosis of migraine in the primary care setting. Tecumseh Primary Care, Tecumseh, Michigan. March 26, 2003.

Almotriptan- Comparison with other triptans. Northville Primary Care, Northville, Michigan. March 10, 2003

Eletriptan- A New Triptan? Pfizer Research Group. Livonia, Michigan, February 26, 2003
Almotriptan- Comparison with other triptans. Northville Primary Care, Northville, Michigan. February 18, 2003

Migraine Care Program: The prevalence and diagnosis of migraine in the primary care setting. Lenawee County Club, Adrian, Michigan. February 5, 2003.

Migraine Care Program: The prevalence and diagnosis of migraine in the primary care setting. Lenawee County Club, Adrian, Michigan. February 4, 2003.

Use of Narcotics in the Treatment of Chronic Non-Cancer Pain. Chelsea Community Hospital. Chelsea, Michigan, October 22, 2002

Medication Compliance in the Asthmatic Patient. Crowne Plaza Hotel. Brighton, Michigan, September 25, 2002

Medication Devices Used in the Treatment of the Asthmatic Patient. Crowne Plaza Hotel. Ann Arbor, Michigan, July 25, 2002.

Use of Narcotics in the Treatment of Chronic Non-Cancer Pain. Liberty Medical Group. Ann Arbor, Michigan, July 19, 2002.

New Agents in the Treatment of Pain Disorders. Munson Medical Center Pain Management Seminar. Traverse City, Michigan, February 15, 2002.

Advances in the Treatment of Neuropathic Pain. Detroit Medical Center. Sinai-Grace Hospital Auditorium, Detroit, Michigan, January 24, 2002.

Almotriptan- New Antimigraine Therapies. Ann Arbor Area Physicians. Chop House, Ann Arbor, Michigan, November 29, 2001.

Medication Forecast: Drugs on the Horizon for the Treatment of Chronic Pain. 3rd Annual Update in Headache and Chronic Pain Management, Hyatt Regency, Dearborn, Michigan, May 23, 2001.

New JCAHO Standards for Pain Management: The Upside & Downside. 3rd Annual Update in Headache and Chronic Pain Management, Hyatt Regency, Dearborn, Michigan, May 23, 2001.

Chronic Pain Management and the JCAHO Standards. Chelsea Community Hospital Medical Education Seminars, White Oak Inn, Chelsea, Michigan, March 8, 2001

Early Intervention in the Treatment of Acute Migraine Attacks. Internal Medicine Education Day, Bixby Hospital, Adrian, Michigan, February 28, 2001.

Chronic Pain Management and the JCAHO Standards. Chelsea Community Hospital Medical Education Seminars, White Oak Inn, Chelsea, Michigan, January 18, 2001

Adverse Drug Reactions-Innovations in Technology. PDS User Group Meeting, Double Tree Guest Suites, Pheonix, Arizona, November 11, 2000.

JCAHO Standards in the Management of Acute and Chronic Pain. PDS User Group Meeting, Double Tree Guest Suites, Pheonix, Arizona, November 10, 2000.

National Trends in Pain Management. Annual Pharmacy Lectures, Rackham Building, University of Michigan, Ann Arbor, Michigan, October 13, 2000.

Innovations in Headpain Management. PAIN 2000 Conference: The Future of Pain Management, Burton Manor, Livonia, Michigan, October 12, 2000

Adverse Drug Reactions: Prevention and Future Innovations. PDS User Group Meeting, Double Tree Hotel, Skokie, Illinois, September 23, 2000.

Chronic Pain Management: Myths vs. Facts. First PDS User Group Meeting, Double Tree Hotel, Skokie, Illinois, September 22, 2000.

Use of Opiates in the Treatment of Non-Malignant Chronic Pain. 2nd Annual Update in Headache and Pain Management, Hyatt Regency, Dearborn, Michigan, May 12, 2000.

Irritable Bowel Syndrome: An Update. Georgian Inn, Warren Michigan, April 26, 2000.

New Advances in the Treatment of IBS. Peking House, Royal Oak, Michigan, March 1, 2000.

Chronic Pain Management in the Geriatric Patient. Chelsea Community Hospital, Chelsea, Michigan, October 28, 1999.

Antidepressant Induced Sexual Dysfunction. Lenawee County Medical Society, Adrian, Michigan, October 26, 1999.

Advances in the Treatment of the Migraine Patient. Henry Ford Medical System, Dearborn, Michigan, October 19, 1999.

Treatment of the Refractory Migraine Patient. Michigan Society of Health-System Pharmacists, Lansing, Michigan, October 7, 1999.

The Triptans-A Review. Pfizer National Healthcare Operations Meeting, Chicago, Illinois, August 17, 1999.

Review of Available Opioid Medications in the Treatment of Chronic Pain. MidWest Headache and Pain Symposium, Hyatt Regency Hotel, Dearborn, Michigan, May 7, 1999.

Innovations in the Acute Treatment of Migraine Headaches. Farmington Hills Area Physicians, Farmington Hills, Michigan, April 27, 1999.

The Efficacy of IV Diphenhydramine vs. Dihydroergotamine, Ketorolac, chlorpromazine, and Droperidol in the Treatment of Refractory Daily Chronic Headache. American Academy of Neurology Annual Scientific Meeting, Toronto, Canada, April 21, 1999.

Adverse Effects and Toxicities of Common Medications Used in the Treatment of the Refractory Headpain Patients. Michigan Headpain and Neurologic Institute, Ann Arbor, Michigan, January 11, 1999.

Treatment of Headpain in the Inpatient Refractory Patient. Farmington Hills Area Primary Care Physicians, West Bloomfield, Michigan, November 19, 1998.

Advances in the Treatment of Headpain. Borgess Hospital, Kalamazoo, Michigan, October 30, 1998.

The Triptans-Are they all alike? Grand Rapids Area Primary Care Physicians, Grand Rapids, Michigan, October 24, 1998.

Baycol: The New HMGCoA Reductase Inhibitor. Bayer Hospital, Ypsilanti, Michigan, June 18, 1998.

Therapeutic Update for Pharmacists: Focus on Migraine. St. John Hospital, Grosse Pointe, Michigan, June 13, 1998.

Treatment of Hyperlipidemias: Focus on HMGCoA Reducatase Inhibitors. The Lord Fox Restaurant, Ann Arbor, Michigan, February 28, 1998.

The use of the Triptans in the Treatment of Migraine Headaches. Monroe Pharmacy Association, Little Dixie Restaurant, Monroe, Michigan, December 17, 1997.

Serotonin Specific Re-Uptake Inhibitors: Are They All Alike? St. Mary's Hospital/Garden City Hospital, Pheasant Run Country Club, Canton, Michigan, July 16, 1997.

Antidepressant Therapy: Focus on Newer Agents. Livingston County Pharmacy Association, Knickers Restaurant, Howell, Michigan, March 16, 1997.

Treatment of Refractory Head Pain. Michigan Pharmaceutical Association Annual Convention & Exposition Meeting, Hyatt Regency, Dearborn, Michigan, February 23, 1997

New Psychiatric Medications: An Update. Monthly Detroit Area Medical Residency Meeting, Morrels Restaurant, Bingham Farms, Michigan, January 14, 1997.

Treatment of Migraines. Colorado Society of Health-System Pharmacists 12th Annual Meeting, Convention & Exhibition, Denver, Colorado, October 18, 1996.

Drug Sensitivity, Overdose, and Side Effects of Common Neuropsychiatric Medications. American Osteopathic Association meeting, Las Vegas, Nevada, October 10, 1996.

Treatment of Headaches: An Update. Macomb County Pharmacist Society, Georgian Inn, January 31, 1996.

Treatment of Headaches: An Update. Wayne University, School of Pharmacy Alumni Society, Peking House, Royal Oak, Michigan, January 25, 1996.

Medications Used in the Treatment of Chronic Pain. Michigan Biofeed Society, Crowne Plaza Hotel, Ann Arbor, Michigan, October 21, 1995.

The Use of Blood Glucose Meters in the Community Setting. Washtenaw County Pharmacist Association, Chelsea Community Hospital, Chelsea, Michigan, May 24, 1995.

The Mechanism of Action of HPMC in Lowering Serum Cholesterol Concentrations. The University of Michigan Medical Center, Clinical Research Center, Ann Arbor, Michigan, August 30, 1994.

The Diabetes Control and Complications Trial: New Treatment Implications Michigan Pharmacist Association Meeting, Hyatt Regency Hotel, Dearborn, Michigan, February 19, 1994.

The Role of Helicobacter Pylori in the Pathogenesis of Peptic Ulcer Disease. The University of Michigan, College of Pharmacy, Ann Arbor, Michigan, October 7, 1993.

Prokinetic Agents with Emphasis on Cisapride. The University of Michigan, College of Pharmacy, Ann Arbor, Michigan, September 30, 1993.

The Efficacy of HPMC K8515 in the Treatment of NIDDM and a Comparison with Normoglycemic Subjects. The University of Michigan Medical Center, Department of Pharmacy, Ann Arbor, Michigan, May 10, 1993.

PUBLICATIONS

Peer Reviewed Research Articles

The Use of Topical Pain Medications in The Treatment Of Various Pain Syndromes. **Sahar Z. Swidan, Pharm.D.**, Hagar A. Mohamed, M.S. Topics in Pain Management. 1:7, February 2016.

Status Migrainosus. Michael Ament, MD, **Sahar Z Swidan, Pharm.D.** Medlink Neurology Database, 2012.

Lena D. Edwards, MD, FAARM; Andrew H. Heyman, MD MHSA; **Sahar Swidan, PharmD**
Hypocortisolism: An Evidence-based Review. IMCJ. 10:4, Sep/Oct 2011.

Andrew H. Heyman, MD MHSA, Lena D. Edwards, MD, FAARM; **Sahar Swidan, PharmD.**
Cardiometabolic disease in men. An integrative medicine approach to managing hormonal risk factors.
JMH, March 2010, pages 1-10.

Christos Reppas, **Sahar Z. Swidan**, Stephen W. Tobey, Maciej Turowski, Jennifer B Dressman
Hydroxypropylmethylcellulose (HPMC) Significantly Lowers Blood Cholesterol in Mildly
Hypercholesterolemic Human Subjects. EJCN (In Press)

Todd D. Rozen MD, **Sahar Z. Swidan Pharm D**, Robert R. Hamel PA-C, Joel R Saper MD
Trendelenburg Position: A Test For Determining The Existence Of A Low CSF Pressure Syndrome In
Patients With Daily Headache. Headache. 2008 Jan 11;18194303

Todd Rozen MD, **Sahar Z. Swidan PharmD**
Elevation of CSF Tumor Necrosis Factor α Levels in New Daily Persistent Headache and Treatment Refractory
Chronic Migraine
Headache. 2007;47(7):1050-1055.

Swidan SZ

Duloxetine in the Treatment of Neuropathic Pain. International Drug Therapy Newsletter 2005,40(5):33-40.

Swidan SZ

Duloxetine in the Treatment of Neuropathic Pain. Topics in Pain Management 2005, 20(12):1-7.

Swidan SZ, Lake AE, Saper JR

Efficacy of Intravenous Diphenhydramine Vs. DHE-45 in the Treatment of Severe Migraine Headache.
Current Pain and Headache Reports 2005, 9:65-70

Rozen TD, **Swidan SZ**, Haynes G, Range C

Low Cerebrospinal fluid protein levels in adolescents with new daily persistent headache. Neurology
2004; 62 (Suppl 5): A336

Rozen TD, **Swidan SZ**, Hamel RR, Saper JR.

Trendelenburg position: a sensitive test for determining the existence of a low csf pressure syndrome
in patients with daily headache. Neurology 2004; 62 (Suppl 5): A517.

Swidan SZ. Examining Tolerability and Ease of Use of Treatment as Critical Components for Successful
Migraine Management. Pharmacy & Therapeutics 2002;27(8):402-409.

Swidan SZ. Clinical Twisters :The Unremittting Headache. Drug Topics 2002;146(2):9.

Swidan SZ. Safety and tolerability of almotriptan for the treatment of acute migraine attacks: pooled
analysis of clinical trials. Cephalalgia 2001;21:430. (abstract)

SZ Swidan, RL Hamel, , JR Saper, DM Biondi, AE Lake III. The Efficacy of IV Diphenhydramine vs. Dihydroergotamine, Ketorolac, Chlorpromazine, and Droperidol in the Treatment of Refractory Daily Chronic Headache. *Neurology* 1999;52(Suppl 2):A255-256. (abstract)

Swidan SZ, PA Montgomery. The Effect of Blood Glucose Concentrations on the Development of Chronic Complications of Diabetes Mellitus. *Pharmacotherapy* 1998;18(5):961-972.

Swidan SZ. Drug-Drug Interactions that are Associated with the Cytochrome P-450 Enzyme System. *Topics in Pain Management* 1997;12:29-31.

SZ Swidan, C Reppas, JL Barnett, DE Greenwood, AM Tallman, SW Tobey, JB Dressman Ability of Two Comestible Formulations of Hydroxypropylmethylcellulose to Lower Serum Cholesterol Concentrations. *European Journal of Pharmaceutical Sciences* 1996;4:239-245.

LM Henderson, GJ Brewer, JB Dressman, DJ DuRoss, **SZ Swidan**, CH Adair, JL Barnett, RR Berardi. Use of Zinc Tolerance Test and 24 Hour Urinary Zinc Content to Assess Oral Zinc Absorption. *J Am Coll Nutr* 1996;15(1):79-83.

LM Henderson, GJ Brewer, JB Dressman, **SZ Swidan**, DJ DuRoss, CH Adair, JL Barnett, RR Berardi. Effect of Intragastric pH on the Absorption of Oral Zinc Acetate and Zinc Oxide in Young Healthy Volunteers. *J Parenter Enteral Nutr* 1995;19(5):393-397.

LM Henderson, GJ Brewer, JB Dressman, DJ DuRoss, **SZ Swidan**, CH Adair, JL Barnett, RR Berardi. Use of Zinc Tolerance Test and 24 Hour Urinary Zinc Content to Assess Oral Zinc Absorption. *Pharmacotherapy* 1993;13(6):678. (abstract)

C Reppas, CH Adair, JL Barnett, RR Berardi, D DuRoss, **SZ Swidan**, PF Thill, SW Tobey, JB Dressman. High Viscosity Hydroxypropylmethylcellulose Reduces Postprandial Blood Glucose Concentrations in NIDDM. *Diabetes Res Clin Pract* 1993;22:61-69.

JB Dressman, CH Adair, JL Barnett, RR Berardi, VA Dunn-Kucharski, KM Jarvenpaa, DD Parr, CA Sowle, **SZ Swidan**, SW Tobey, C Reppas. High-Molecular-Weight Hydroxypropylmethylcellulose: A Cholesterol Lowering Agent. *Arch Intern Med* 1993;153:1345-1353.

CM Carter, CL Rock, **SZ Swidan**, DW Gorenflo, JB Dressman. Plasma Carotenoid, Tocopherol, and Retinol Response in Subjects Fed HPMC to Lower Blood Cholesterol Levels. (*Submitted*, *American Journal of Clinical Nutrition*).

BOOK CHAPTERS/DISEASE MODULES

Swidan SZ

Hormonal Dysregulation and its Effect on the Musculo-Skeletal System
Metabolic Therapies in Orthopedics, Second Edition, 2017
CRC Press (In Press)

Swidan SZ

Drug Induced Sarcopenia
Metabolic Therapies in Orthopedics, Second Edition, 2017
CRC Press (In Press)

Rogers LL, Swidan SZ

Stimulation of the occipital nerve for the treatment of migraine: Current state and future prospects. Acta Neurochir Suppl (2007) 97(1):121-128. Springer-Verlag 2007.

Swidan SZ, Vandenberg AH.

Headache Module. PSAP IV. American College of Clinical Pharmacists, 2002.

Saper JR, Gordon CD, Swidan SZ et al.

Handbook of Headache Management: A Practical Guide to Diagnosis and Treatment of Head, Neck, and Facial Pain. Lippencott, Williams & Wilkins, Baltimore, Maryland. Chapter 6, "Medications Used in the Pharmacotherapy of Headache"2000.

POSTER PRESENTATIONS

Rozen TD, Swidan S, Haynes G, Range C

Low Cerebrospinal fluid protein levels in adolescents with new daily persistent headache.
ASH Annual Scientific Meeting, Vancouver, BC 2004

Rozen TD, Swidan S, Hamel RR, Saper JR.

Trendelenburg position: a sensitive test for determining the existence of a low csf pressure
ASH Annual Scientific Meeting, Vancouver, BC 2004

SZ Swidan.

Safety and Tolerability of Almotriptan for the Treatment of Acute Migraine Attacks: Pooled Analysis of Clinical Trials.

International Headache Congress, New York, New York, June 2001.

SZ Swidan, KA Townsend, AM Vandenberg, SA Yarows. Management of Hypertension in Hospitalized Elderly Patients, American Society of Hypertension Annual Meeting, New York , New York, May 2000.

SZ Swidan, C Reppas, SW Tobey, JB Dressman.

Reduction of Serum Cholesterol Concentrations by Hydroxypropylmethylcellulose. 2nd European Congress of Pharmaceutical Sciences. Berlin, Germany, September 1994.

SZ Swidan, C Reppas, SW Tobey, JB Dressman.

A Biscuit Formulation of Hydroxypropylmethylcellulose that Lowers Serum Cholesterol Concentrations. 1994 International Meeting on Dietary Fiber: Mechanisms of Action in Human Physiology and Metabolism, Nantes, France, June 1994.

LM Henderson, CH Adair, JL Barnett, GJ Brewer, JB Dressman, DJ DuRoss, **SZ Swidan**, RR Berardi.

Comparison of 24 hour urinary zinc excretion to the zinc tolerance test as a method to assess oral zinc absorption. 1994 Winter Practice and Research Forum of the American College of Clinical Pharmacy, San Diego, CA, February 1994.

INTERVIEWS

2017 Redefining Medicine with Sahar Swidan

2011 WLJB. Drug Shortage

2009 NPR. Pharmaceutical Take Back Program

2001 KOOL 107 FM. Bioterrorism

2000 KOOL 107 FM Sunday Spotlight. The Profession of Pharmacy.

2000 WAAM 1600 AM. The Expanding Role of the Pharmacist.

ACADEMIC COURSE WORK

2017-Present Genomics with special emphasis on Pain Genomics, Pharmacogenomics and Nutrigenomics
Adjunct Associate Professor of Clinical Research and Leadership
George Washington University School of Medicine and Health Sciences

2017-present Clerkship Experience
Pharmacy Students
Chicago State University

2016-present Clerkship Experience
Pharmacy Students
Wayne State University

1998-Present Pharmacy 569 Pharm.D. Investigations
Faculty Research Advisor

- 1993-Present Pharmacy 687-694 Clerkship Experience
Preceptor, Inpatient Head. Pain Service
Preceptor, Gastroenterology Consult Service
Preceptor, Liver Consult Service
- 1997-2015 Pharmacy 687-694 Therapeutics Seminars
Faculty Preceptor
- 1997-2011 P532 Pathophysiology and Therapeutics
Instructor, Neurology Section.
- 1996 P531 Pathophysiology and Therapeutics Instructor, Diabetes Section.

DOCTOR OF PHARMACY INVESTIGATION PROJECTS

- 2003 Robin Hieber. The Correlation between CSF pressures and Chronic Daily Headaches.
- 2003 Yvette Harding. Correlation of High Sensitivity C-Reactive Protein to Chronic Migraine Headaches.
- 2001 Craig Merrill. Evaluation of the Treatment of Post-Myocardial Infarction Patients in a Community Hospital Setting.
- 1999 Nancy Sheraga. The Efficacy of IV Diphenhydramine vs. Dihydroergotamine in the Treatment of Refractory Chronic Daily Headache.
- 1999 Amy Vandenberg. Evaluation of the Treatment of Hypertension in Elderly Patients at Chelsea Community Hospital.

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