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CURRICULUM VITAE

TED DAVIDSON BARNETT, M.D.

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Current Employer:

1986 to present Diagnostic and Interventional Radiologist, and partner **Borg & Ide Imaging, P.C.**
(formerly Ide Imaging Group), Rochester, NY

Education:

1972-1976 B.S., Intensive Biology, Yale University, New Haven, Connecticut.
1976-1980 M.D., Tufts University School of Medicine, Boston, Massachusetts.
1980-1981 Flexible Internship, Framingham Union Hospital,
Framingham, Massachusetts.
1981-1984 Diagnostic Radiology Residency, Tufts University,
Boston, Massachusetts.

Certifications:

2015 American Board of Radiology, Certificate of Added Qualification Vascular and
Interventional Radiology (10-year renewal)
2005 American Board of Radiology, Certificate of Added Qualification Vascular and
Interventional Radiology (10-year renewal)
1995 American Board of Radiology, Certificate of Added Qualification Vascular and
Interventional Radiology
1984 American Board of Radiology
1981 National Board of Medical Examiners

Current Hospital Appointments:

Attending Diagnostic and Interventional Radiologist, Unity Hospital, Rochester, New York

Professional Licenses:

1986 New York State

Other Current Positions:

1995 to present Co-coordinator **Rochester Area Vegan Society**, Rochester, NY
2014 to present Preventive Medicine Consultant, **Physicians Committee for Responsible Medicine**,
Washington, DC
2015 to present CEO and Medical Director, **Rochester Lifestyle Medicine, PLLC**, Rochester, NY

Professional Memberships:

American College of Lifestyle Medicine
Society of Interventional Radiology
American College of Radiology
Radiological Society of North America
American Roentgen Ray Society
Rochester Roentgen Ray Society
Rochester Academy of Medicine
Monroe County Medical Society
Medical Society of the State of New York
American Medical Association

Recently attended Conferences and completed online courses on Nutrition and lifestyle:

(Total CME credits = 141.5 since 2011, **134.5** since 2013)

- 1/22/2011 **Nutritional Considerations in the Prevention and Management of Disease**, 5th Annual Jeffrey K. Harris, MD Memorial Integrative Health Care Conference, Rochester General Hospital, Rochester, NY (7 CME credits)
- 3/23/2013 Unity Hospital 5th Annual Diabetes Symposium – **The Diabetes Effect – Unique Considerations for Vascular & Cardiac Care** (4 CME credits)
- 7/19/-7/20/13 **International Conference on Nutrition and the Brain**, Washington, DC (PCRM, 12 CME credits)
- 10/23/2013 Completed 6-week **Plant-Based Nutrition** online course of the **T. Colin Campbell Foundation** through eCornell. (30 CME credits)
- 10/24-10/26/13 **North American Plant-Based Nutrition Health Care Conference**, Naples Florida (Plantrician Project, 13 CME credits)
- 3/22/2014 **Women’s Health and Well-Being Through Integrative Medicine**, 7th Annual Jeffrey K. Harris, MD Memorial Integrative Health Care Conference, Rochester General Hospital, Rochester, NY Rochester General Hospital, Rochester, NY (6 CME credits).
- 9/17-9/20/14 **International Plant-Based Nutrition Healthcare Conference**, San Diego, CA (Plantrician Project, 20 CME credits)
- 7/31/-8/2/15 **International Conference on Nutrition in Medicine: Cardiovascular**, Washington, DC (PCRM, 13 CME credits)
- 9/11-9/13/2015 **2nd Annual National Plant-Based Prevention of Disease (P-POD) Conference**, Durham, NC (12.5 CME credits)
- 9/30-10/3/2015 **International Plant-Based Nutrition Healthcare Conference**, Anaheim, CA (Plantrician Project, 24 CME credits)

Additional Training in Nutrition Counseling:

- 10/26/2007 Trained with Caldwell Esselstyn, Jr., MD during a 6-hour plant-based nutrition cardiac patient counseling session at Dr. Esselstyn's home, Pepper Pike, OH.
- 2/13/2015 Trained with Caldwell Esselstyn, Jr., MD during a 6-hour plant-based nutrition counseling session with multiple out-of-town cardiac patients at Cleveland Clinic Wellness Institute, Lyndhurst, OH.

Recent Radio Appearances:

- 9/20/2014 Call-in guest on WYSL's "For the Love of Food" with Michael Warren Thomas
- 10/1/2014 Call-in guest on WXXI's Connections with Evan Dawson "So You Want to Be Vegan"
- 1/20/2015 Studio guest on WXXI's Connections with Evan Dawson (12 to 1 PM) "Considering a More Plant-Based Diet"
- 2/23/2015 Studio guest on WXXI's Connections with Evan Dawson (1 to 2 PM) "Vegans Fire Back"
- 9/24/2015 Studio guest on WXXI's Connections with Evan Dawson (12 to 1 PM) "Plant-Based Diets"

Recent Print Media Appearances:

- 9/9/2014 Featured in article in Rochester's **Democrat & Chronicle** about the Rochester Area Vegan Society.
- Summer 2014 Featured in PCRM's **Good Medicine** about plant-based nutrition advocacy efforts in Skopje, Macedonia (see below).

International Advocacy:

- 10/26- 11/3/14 I was a guest of the government in **Skopje, Macedonia** (FYROM). As a representative of the **Physicians Committee for Responsible Medicine**, I was consulted regarding the role of Plant-Based Nutrition in treating their epidemic of Type 2 Diabetes. I gave 3 lectures at the medical school and met with the Dean of the Medical School, the Chief of Cardiology, the Chief of Endocrinology, and twice with the Minister of Health.

National Advocacy:

- 12/10/2014 "**Healthy Hearts, Healthy Lives**" presented at the Navajo Nation Special Diabetes Project Meeting, Albuquerque, NM.
- 12/8/ - 12/13/14 Guest of the **Navajo Nation**. Lectured at the **Navajo Nation Special Diabetes Project** meeting, Albuquerque, NM and met with medical director of Tsehootsooi Medical Center, Fort Defiance Hospital, Fort Defiance, AZ regarding the epidemic of Type 2 Diabetes and other chronic diseases in the Navajo Nation.
- 1/14/2014 Testified before the **Dietary Guidelines Advisory Committee** of the United States Department of Agriculture and the Department of Health and Human Services questioning the requirement for dairy in a healthy diet.

Publications:

Lifestyle Medicine:

Barnett, T.D., Barnard N.D., Radak, T.L. (2009) Development of Symptomatic Cardiovascular Disease after Self-Reported Adherence to the Atkins Diet
J Am Diet Assoc. 2009 Jul; 109(7):1263-5

Interventional Radiology:

Barnett, T.D. Rubins, J (2002) Placement of a Permanent Tunneled Peritoneal Drainage Catheter for Palliation of Malignant Ascites: A Simplified Percutaneous Approach
J Vasc Interv Radiol. 2002 Apr;13(4):379-83

Recent Medical Presentations:

2012-2015 **“A Plant-Based Diet: Eating for Happiness and Health”** This 6-week course is accredited through the University of Rochester School of Medicine and Dentistry for 12 hours of Continuing Medical Education credit. The course has been presented 7 times to over 365 people, including physicians and members of the general public. It was given for the 8th time in the fall of 2015.

5/1/2015 **“Heart Disease, Diabetes, and Prostate Cancer. What Do They Have in Common?”** presented to the Canandaigua Medical Society, Canandaigua, NY

2010-2015 **“How NOT to Prevent Disease: A Brief History of Official Dietary Recommendations in the U.S.”** Presented to multiple groups as follows:

2/10/2010 & 12/6/2010

Presented to the **Internal Medicine** residents at Unity Hospital, Rochester, NY at Noon Conference.

5/10/2010

Presented to the **Internal Medicine** residents at University of Rochester Medical Center, Rochester, NY at Noon Conference.

9/17/2010

Presented to the **Pediatric** residents at University of Rochester Medical Center, Rochester, NY at Noon Conference.

1/22/2011

Presented at the 5th Annual Jeffrey K. Harris, MD Memorial Integrative Health Care Conference, Rochester General Hospital, Rochester, NY

4/23/2012, 2/24/2014, & 2/9/2015

Presented to **law students** of Professor Sherry Colb at Cornell Law School, Ithaca, NY

Recent Public Presentations:

- 3/19/2012 Speaker at **Mended Hearts** support group meeting, Jewish Community Center of Greater Rochester, Rochester, NY
- 9/10/2012 Appeared on a panel of vegan doctors for **Heartbeats for Life** support group, Rochester Academy of Medicine, Rochester, NY
- 3/7/2013 Appeared on panel of local physicians discussing the showing of the documentary **“Escape Fire”** Regarding solutions to problems in the healthcare industry. Presented by the Integrative Health Care Committee of the Monroe County Medical Society at the Little Theater, Rochester, NY
- 8/25/2013 **“Making a Case for Vegan Eating: Healthy People, Healthy Planet”** 2½ hour workshop at Grounded by Yoga, East Bloomfield, NY
- 9/17/2013 **“Making a Case for Vegan Eating: Healthy People, Healthy Planet”** 2½ hour workshop, Wood Library, Canandaigua, NY
- 11/15/2013 **“Plant-Based Nutrition,”** presented to the Student Association of Vegan and Vegetarian Youth (SAVVY), University of Rochester, Rochester, NY
- 11/16/13 **“Whole-Food Plant-Based Nutrition”** 4 hour workshop for yoga instructors at Grounded by Yoga, East Bloomfield, NY.
- 6/4/2014 **Treating Type 2 Diabetes with Plant-Based Nutrition**, 1-hour evening lecture presented to the Diabetes Support Group, New Bethel CME Church, Rochester, NY
- 11/22/2014 **“Whole-Food Plant-Based Nutrition”** 4 hour workshop for yoga instructors at Grounded by Yoga, East Bloomfield, NY
- 2/9/2015 **“How NOT to Prevent Disease: A Brief History of Official Dietary Recommendations in the U.S.”** Presented to the students of Professor Sherry Colb at Cornell Law School, Ithaca, NY
- 3/14/2015 **“How to Eliminate Most Heart Disease Without Drugs or Surgery”** Presented at BODY of Santa Fe, Santa Fe, NM
- 3/28/15 **“Whole-Food Plant-Based Nutrition”** 4 hour workshop for yoga instructors at Grounded by Yoga, East Bloomfield, NY.
- 4/11/2015 **“Short Seminar on Plant-Based Eating,”** Saturday morning workshop at Lori’s Natural Food Center, Rochester, NY
- 5/2/2015 **Treating Type 2 Diabetes with Plant-Based Nutrition**, 4-hour Saturday workshop presented to the Diabetes Support Group, New Bethel CME Church, Rochester, NY

- 7/8/2015 **“The History of U.S Dietary Recommendations: From Terrible to Not As Bad”**
Presented at the 41st Annual Conference of the North American Vegetarian Society.
- 9/30/2015 **“The History of U.S Dietary Recommendations: From Terrible to Not As Bad”**
Presented at PCRM’s Food For Life Professional Development Summit, Washington, D.C.
- 9/12/2015 **“Dietary Guidelines: Politics and Practice”** Presented at the 2nd annual national Plant-based Prevention Of Disease (P-POD) Conference, Raleigh, NC.
- 9/27/2015 Appeared on a panel of vegan doctors including Tom Campbell, MD, (author of *The Campbell Plan*) and Kerry Graff (co-author of the *4Leaf Guide to Vibrant Health*) at a showing of **“PlantPure Nation”** at the Rochester Academy of Medicine (sponsored by the Rochester Area Vegan Society and attended by over 450 people).
- 10/13-11/17/2015 **“A Plant-Based Diet: Eating for Happiness and Health”** This 6-week course is accredited through the University of Rochester School of Medicine and Dentistry for 12 hours of Continuing Medical Education credit. The course has been presented 8 times to over 365 people, including physicians and members of the general public.
- 11/10/2015 **“Taking Control of Your Health with Plant-Based Nutrition”** To be presented to the Strong Employee Assistance Program, University of Rochester Medical Center, Rochester, NY
- 11/14/2015 **“Whole-Food Plant-Based Nutrition”** 4 hour workshop for yoga instructors at Grounded by Yoga, East Bloomfield, NY.

Employment:

- 6/86-Present Diagnostic and Interventional Radiologist, Borg and Ide Imaging, P.C. (Formerly Ide Radiology), Rochester, New York
(Previous Hospital appointments included Genesee Hospital, Highland Hospital, Park Ridge (now Unity) Hospital, Geneva General Hospital, Soldiers and Sailors Hospital, F.F. Thompson Hospital, and Clifton Springs Hospital)
- 1990-2006 Chief of Diagnostic Imaging F.F. Thompson Hospital, Canandaigua, NY
- 2015-Present Founder, CEO and Medical Director of Rochester Lifestyle Medicine, PLLC, Rochester, NY

Previous *locum tenens* Hospital Appointments:

- 3/86 Rumford Community Hospital, Rumford, Maine
- 2/86 Yuma Regional Medical Center, Yuma, Arizona
- 1/86 Northern Montana Hospital, Havre, Montana
- 12/85-1/86 Wayne Memorial Hospital, Jesup, Georgia
- 9/85-10/85 Hadassah Hospital, Jerusalem, Israel
- 7/85 Tatnall Memorial Hospital, Reidsville, Georgia
- 6/85 Prince Georges General Hospital, Cheverly, Maryland
- 5/85 Pattie A. Clay Hospital, Richmond, Kentucky
- 5/85 Jay County Hospital, Portland, Indiana
- Wells Community Hospital, Bluffton, Indiana
- 5/85 Mary Breckinridge Hospital, Hyden, Kentucky
- Whitesburg Clinic, Whitesburg, Kentucky
- 4/85-5/85 Berea Hospital, Berea, Kentucky
- 4/85 Central Baptist Hospital, Lexington, Kentucky
- 4/85 Jay County Hospital, Portland, Indiana
- Wells Community Hospital, Bluffton, Indiana
- 3/85 Berea Hospital, Berea, Kentucky
- 3/85 Fleming County Hospital, Flemingsbury, Kentucky
- 12/84-1/85 Prince Georges General Hospital, Cheverly, Maryland
- 11/84 Lemuel Shattuck Hospital, Boston, Massachusetts
- 9/84-10/84 Western Baptist Hospital, Paducah, Kentucky

Academic Appointments:

Formerly Adjunct Clinical Faculty & Clinical Assistant Professor of Radiology, University of Rochester Medical Center, Rochester, NY

References:

Local physicians:

(all have taken my 6-week plant-based nutrition course)

Anh Bui, MD
anhbui06@gmail.com Family Practice Physician, Rochester, NY

Kumar Chockalingam, MD
kumaroch@gmail.com Interventional Cardiologist, Rochester, NY

Mitchell Ehrenberg, MD
mitchellehrenberg@gmail.com Internist, Rochester, NY

James Murray, DO
James.Murray@rochesterregional.org Pulmonologist, Rochester, NY

Paul Rosenfeld, MD
paulrosenfeld@gmail.com Psychiatrist, Rochester, NY

Julie Yoon, MD
julieyoon@gmail.com Internist and Geriatrician, Rochester, NY

National:

Neal Barnard, MD
nbarnard@pcrm.org President, Physicians Committee for Responsible Medicine, Washington, DC

Caldwell Esselstyn, Jr., MD
aesselstyn@aol.com Retired Surgeon, Cleveland Clinic, Author of *Prevent and Reverse Heart Disease*

T. Colin Campbell, PhD
tcc1@cornell.edu Author of *The China Study* and *Whole*, Professor Emeritus, Cornell University

Hans Diehl, Dr.H.SC., MPH
hans.diehl@chiphealth.com Director, Lifestyle Medicine Institute, Loma Linda, CA

APPENDIX

Rationale for Performing Nutritional Counseling:

As an Interventional Radiologist for nearly 3 decades, I have performed thousands of angioplasties and stent placements for blocked arteries, hemodialysis graft/fistula repairs, and lung biopsies. Many of the patients I have worked on had contributed heavily to their own illnesses by smoking, eating a poor diet, and being sedentary. I have spent many hours with patients before and after performing their procedures, discussing ways that they could quit smoking, improve their eating habits, and begin exercising.

I like to refer to myself as a **“high-tech doctor with low-tech solutions.”** The vast majority of the expensive procedures I perform would not have been necessary if the patients had made different lifestyle choices to begin with. It is interesting that, even after a lifetime of bad habits, many patients can still avoid modern medical interventions if they are willing to make significant lifestyle changes. Even better would be to produce a generation of children who never started down the path of bad habits. Sadly, it is predicted that $\frac{1}{3}$ of the children born after the year 2000 will develop Type 2 Diabetes. The prediction is even worse for black and Hispanic children, half of whom are predicted to develop Type 2 Diabetes. I am hoping, that by teaching the adults in our community better habits, that their children and grandchildren will receive the message and benefit as well.

I believe that all physicians—especially those who perform procedures—should spend at least part of each day trying to put themselves out of business. For me, trying to put myself out of business means reaching as many people as possible with the message to pursue a whole-food plant-based diet. To this end, I would like to spend more time helping people to avoid disease, and less time diagnosing and treating disease. I would like to do this through nutritional and life-style counseling.

I have already spent a huge amount of time and effort working toward the goal of changing dietary habits. This has culminated in my developing and teaching a plant-based nutrition course which is accredited through the University of Rochester Medical Center. The course has been given 8 times to over 365 people. While I am very proud of the course, it is really directed toward health professionals and more scientifically-oriented lay people. It would also be difficult to reach all the people in the Rochester Area who could benefit from this course. Because CHIP is more accessible to the general public, I am excited to be bringing it to the Rochester area.

CHIP has been in development for over 25 years and is the product of the Lifestyle Medicine Institute in Loma Linda, CA. It is already being reimbursed by Medicare and private insurers in other parts of the U.S. The 18 videos are top-notch. They are extremely well produced, entertaining, inspiring, informative, and accurate. As has been demonstrated elsewhere in the country, the CHIP program could play a powerful role in improving the health of people in the Rochester area and in decreasing health care costs. I hope to be a part of that.