

CURRICULUM VITAE

T.L. (TEDD) MITCHELL, M.D.

PERSONAL

Date of Birth: February 24, 1962
Place: Columbia, Louisiana
Home Address: 3224 Lovers Lane, Dallas, Texas 75225
Office Address: 12200 Preston Road, Dallas, Texas 75230
Phone: (972) 560-2667

PRESENT POSITION

- President and Chief Executive Officer – The Cooper Clinic, Dallas, Texas
- Health Editor and Columnist, *USA Weekend Magazine*

EDUCATION

College/University Kilgore Junior College
 Kilgore, Texas (1980 – 1981)

 Stephen F. Austin State University
 Nacogdoches, Texas
 B.S. – Biology (May 1983)

Medical School University of Texas Medical Branch
 Galveston, Texas
 Doctor of Medicine (May 1987)

Residency: University of Texas Medical Branch
 Galveston, Texas
 Internal Medicine
 Internship (1987 – 1988)

 University of Texas Medical Branch
 Galveston, Texas
 Internal Medicine
 Residency: (1988 – 1990)

Fellowship: University of Texas Medical Branch
 Galveston, Texas
 Internal Medicine
 Chief Resident (1990 – 1991)

BOARD CERTIFICATION:

Diplomate, American Board of Internal Medicine, 1992. Certification No. 134113 Certificate of Added
Qualification – Sports Medicine, 1995. Certification No. 134113

MEDICAL LICENSURE:

TEXAS H-4561

HONORS AND AWARDS:

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- Phi Theta Kappa National Junior College Honor Fraternity, 1981
- Gamma Sigma Epsilon National Chemical Honor Society, 1982
- Pi Kappa Alpha Outstanding Senior, 1983
- President, School of Medicine, Junior Class, University of Texas Medical Branch – 1986
- Who's Who Among American Colleges and Universities - Medical School – 1986
- President, School of Medicine, Senior Class, University of Texas Medical Branch – 1987
- Who's Who Among American Colleges and Universities – Medical School – 1987
- Research Finalist, American College of Physicians, Chicago, Illinois – 1990
- Outstanding Senior Resident – Internal Medicine: University of Texas Medical Branch, Galveston, Texas – 1990
- Chief Medical Resident – Internal Medicine, University of Texas Medical Branch, Galveston, Texas 1990 – 1991
- Who's Who of America – South and Southwest 1995 – 2000
- Who's Who of America – Medicine and Healthcare, 1996 – 2000
- Who's Who of America, 1996 – 2000
- Fellow, American College of Sports Medicine – 2000.
- Appointed to the *President's Council on Physical Fitness and Sports* by President George W. Bush on 20 June 2002.
- Consumers Research Council of America, America's Top Physicians – 2003
- Fellow, American College of Physicians, 2006
- Consumers Research Council of America, America's Top Physicians – 2006
- Clarion Award, Informational Column, USA Weekend , 2006
- American Medical Writers Association, Walter C. Alvarez Award for Excellence in Medical Communication, 2008

MILITARY SERVICE:

Captain, Medical Corps, U.S. Army Reserve, 1988 – 1996.

PRESENTATIONS AT INTERNATIONAL SCIENTIFIC MEETINGS:

Reebok International Fitness Symposium, San Paulo, Brazil. "Exercise and Quality of Life," 29 April 1997. "Sports Nutrition" 30 April 1997.

PUBLICATIONS/RESEARCH:

Mitchell T., Tornelli-Mitchell J., Fisher T., Blackwell T., Mormon R., "Is there useful information in the screening review of systems?" 1998 – 1990 *Journal of General Internal Medicine*, July 1992.

Earnest C., Almada A., Snell P., Mitchell T., "The effect of creatine monohydrate ingestion on anaerobic power indices, muscular strength, and body composition," *Acta Physiologica Scandinavica*, 1995, 153:207-209.

Gibbons L., Mitchell T., "HDL cholesterol and exercise," *Your Patient and Fitness*, 1995, Vol. 9, No. 6.

Earnest C., Rash J., Snell P., Almada A., Mitchell T., "Effect of creatine monohydrate ingestion on intermediate length anaerobic treadmill running to exhaustion," *Medicine and Science in Sports and Exercise*, 1995, 27:5, 1995.

Earnest C., Almada A., Mitchell T., "High-performance capillary electrophoresis – pure creatine monohydrate reduces blood lipids in men and women," *Clinical Science*, 1996, Vol. 91:113-118.

Earnest C., Mitchell T., Rodriguez R., Almada, A., Snell, P., "Effect of creatine monohydrate on ingestion muscular strength, muscular endurance and body weight," *Journal of Strength and Conditioning Research*, August, 1996.

Earnest C., Almada A., Mitchell T., "Effect of creatine monohydrate ingestion on intermediate – length anaerobic running performance," *Journal of Strength and Conditioning Research*, 1997, 4:234-238.

Wei M., Gibbons L., Mitchell T., Kampert J., Blair S., "Undiagnosed diabetes and impaired fasting glucose as predictors of cardiovascular disease and all-cause mortality," *CVD Prevention*, 1998, 1:2, pp. 123-128.

Mitchell T., Gibbons L., "Controlling blood lipids part 1: A practical role for diet and exercise," *The Physician and Sports Medicine*, Oct 1998, 26:10, pp. 41-53.

Mitchell T., Gibbons L., "Controlling blood lipids part 2: When and how to use medication," *The Physician and Sports Medicine*, Nov 1998; 26:11, pp. 56-65.

Wei M., Gibbons L., Mitchell T., Kampert J., Lee C., Blair S., "The association between cardiorespiratory fitness and impaired fasting glucose and type 2 diabetes mellitus in men," *Annals of Internal Medicine*, Jan 1999, 130:2: pp. 89-96.

Wei M., Gibbons L., Mitchell T., Kampert J., Stern M., Blair S., "Low fasting plasma glucose level as a predictor of cardiovascular disease and all-cause mortality," *Circulation*, 2000; 101:2047-2052.

Wei M., Gibbons L., Mitchell T., Kampert J., Blair S., "Alcohol intake and incidence of type 2 diabetes in men," *Diabetes Care*, 2000; 23:18-22.

Neck C., Mitchell T., Manz C, Cooper K., Thompson E., "Fit to lead: is fitness the key to effective executive leadership?" *Journal of Managerial Psychology*, 2000; 15 (8): 833-340.

Mitchell T., Pippin J., Devers S., Kimball T., Gibbons L., Cooper L., Gonzalez-Dunn V., Cooper K., "Incidental detection of preclinical renal tumors with electron beam computed tomography: report of 26 consecutive operated patients," *Journal of Computer Assisted Tomography*. 2000; 24(6): 843-845.

Gibbons L., Mitchell T., Wei M., Blair S., Cooper K., "The maximal exercise test as a predictor of risk for coronary heart disease mortality in asymptomatic men," *American Journal of Cardiology*. 2000; 86:53-58.

Mitchell T., Pippin J., Devers S., Kimball T., Cannaday J., Gibbons L., Cooper K., "Age and sex based nomograms from coronary artery calcium scores as determined by electron beam computed tomography," *American Journal of Cardiology*. Feb. 15,2001; 87(4); p 453-6, A6.

Mitchell T., Gibbons L., Wei M., Devers S., Earnest C., "The effects of cardiovascular fitness on healthcare utilization in healthy men," *Medicine and Science in Sports and Exercise*. (Submitted)

Earnest C., Finley C, Kampert J., Mitchell T., Church T., "Influence of alcohol consumption and fitness on all-cause mortality and cardiovascular disease," (In Preparation).

Earnest C., Cooper K., Marks A., Mitchell T., "Efficacy of a Complex Multivitamin Supplement," *International Journal of Applied and Basic Nutrition*. November 9, 2002, Vol. 18.

ABSTRACTS:

Mitchell T., Almada A., Earnest C., "Creatine reduces blood lipid concentrations in men and women," *FASEB Journal*, 1996, 10 (3):3001. (Abstract)

Almada A., Mitchell T., Earnest C., "Impact of chronic creatine supplementation on serum enzyme concentrations," *FASEB Journal*, 1996, 10 (3):4567. (Abstract)

Earnest C., Almada A., Mitchell T., "Influence of creatinine monohydrate on hepatorenal function," *FASEB Journal*, 1996, 10 (3):4566. (Abstract)

Wei M., Gibbons L., Mitchell T., Kampert J., Blair S., "Baseline fasting plasma glucose levels and cardiovascular disease and all-cause mortality," *Circulation*, 1998, 97:815. (Abstract)

Wei M., Gibbons L., Mitchell T., Kampert J., Blair S., "Exercise testing as a predictor for coronary heart disease (CHD) mortality in men with or without conventional CHD risk factors," *Circulation*, 1998, 97:822. (Abstract)

Wei M., Gibbons L., Mitchell T., Kampert J., Lee C., Blair S., "Low fitness increases risk of impaired fasting glucose (IFG) and type 2 diabetes," *Med Sci Sports Exerc*, 1998; 30:S24. (Abstract)

Wei M., Gibbons L., Mitchell T., Kampert J., Blair S., "White blood cell count as a novel predictor for type 2 diabetes," *Diabetes*, 1998, 47: A26, (Abstract)

Earnest C., Wei M., Mitchell T., "Effect of change in physical fitness on overnight hospitalization," *Medicine and Science in Sports and Exercise*, 1999, 31:5. (Abstract)

Mitchell J., Mitchell T., Wei M., Earnest C., "The effects of physical fitness on absenteeism and healthcare utilization," *Medicine and Science in Sports and Exercise*, 1999, 31:5. (Abstract)

Mitchell T., Wei M., Blair S., "Cardiorespiratory fitness and incidence of osteoporosis in women," *Medicine and Science in Sports and Exercise*, 1999, 31:5. (Abstract)

Wei M., Gibbons L., Mitchell T., Kampert J., Blair S., "Chronotropic incompetence during maximal exercise testing as a predictor of cardiovascular disease (CVD) and all-cause mortality in 8,795 women and 25,972 men," *Archives of Internal Medicine*, 2000; 32:5201. (Abstract for ACSM 2002)

Mitchell T., Earnest C., Kimble T., Church T., "Cardiorespiratory Fitness and Coronary Artery Calcium Scores in Men," *Medicine and Science in Sports and Exercise*. (Accepted).

L.W. Gibbons, K.H. Cooper, T.L. Mitchell, N. Radford, J. Tornelli, S. Blair, "History of Exercise Prescription," *Med Sci Sports Exerc*, 34:S165. (Abstract)

T.L. Mitchell, FACSM, C.P. Earnest, T.E. Kimble, T.S. Church, "Cardiorespiratory Fitness and Coronary Artery Calcium Scores in Men". *Med Sci Sports Exerc*, 34:S291. (Abstract)

CHAPTERS:

Gibbons L., Mitchell T., Gonzalez V., "The safety of exercise testing," *Primary Care*, Sept. 1994, Vol. 21. (Chapter)

BOOKS:

Christopher P. Neck, PhD, Tedd L. Mitchell, MD, Charles C. Manz, PhD, Emmet C. Thompson II, DSL. 2004. *Fit to Lead*. St. Martin Press.

Tedd L. Mitchell, MD, Tim Church, MD, PhD, Martin Zucker. 2008. *Move Yourself*. John Wiley & Sons, Inc.