

Curriculum Vitae

H. Michael Roark, M.D.

La Jolla, California
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CURRICULUM VITAE

Personal Data:

Name: H. Michael Roark, MD.

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Place of Birth Natick, MA

Nationality: American

Marital Status: Married

Health: Excellent, non-smoker

Education:

Associate in Arts Grossmont College, 1964

Bachelor of Science Oregon State University, 1966

Doctor of Medicine University of Calgary, 1975

Profession:

Cosmetic, Plastic and Reconstructive Surgeon
Immediate Past Medical Director - La Jolla Cosmetic Surgery Centre
Founder and Former Medical Director - Alvarado Institute of Plastic &
Reconstructive Surgery
Founder and Former Medical Director - Alvarado Wellness Anti-Aging &
Longevity Centre

TRAINING APPOINTMENT HELD:

- 1975-1976 STRAIGHT SURGICAL INTERNSHIP
Mount Sinai Hospital, Toronto, Ontario, Canada
- 1976 GENERAL SURGERY RESIDENCY (YEAR 1)
Ottawa Civic Hospital and Ottawa General Hospital
Ottawa, Ontario, Canada
- 1977-1980 GENERAL SURGERY RESIDENCY (YEAR 2-4)
University of Toronto Gaille Program in Postgraduate Surgery
Toronto, Ontario, Canada
- 1980-1982 PLASTIC SURGERY RESIDENCY
University of Toronto Gaille Program in Postgraduate Surgery,
Toronto, Ontario, Canada
- 1982-1983 CLINICAL FELLOWSHIP
Sunnybrook Medical Center, University of Toronto
Division of Plastic Surgery
Emphasis: Head and Neck and Maxillofacial
Reconstruction and Trauma

CERTIFICATIONS:

- 1975 Licentiate of the Medical Council of Canada
- 1980 Fellow Royal College of Physicians and Surgeons of
Canada, General Surgery
- 1981 Certified Specialist in General Surgery by the
American Board of Surgery
- 1982 General License, Physician and Surgeon,
Province of Ontario Certified, Federation Licensing Examination
(FLEX)
- 1983 General License, Physician and Surgeon,
California (active), New York (inactive)
- 1984 Certified Specialist in Plastic Surgery by the American
Board of Plastic Surgery

MEMBERSHIPS:

1981-1982	Senior Residents Section, American Society of Plastic Surgeons
1983	San Diego County Medical Society
1984	California Medical Society San Diego Plastic Surgery Society 1997- Vice President 1998- President
1985	American Society of Plastic Surgeons Lipoplasty Society
1986	California Society of Plastic Surgery
1995	American Society for Aesthetic Plastic Surgery

HOSPITAL COMMITTEE MEMBERSHIPS:

1986-1988	Grossmont Hospital, La Mesa, CA Medical Records Committee
1986-1987	Alvarado Hospital, San Diego, CA Emergency Room Services Committee
1987-1988	Grossmont Hospital, La Mesa, CA Utilization Review Committee
1987-1988	Grossmont Hospital, La Mesa, CA Chief of Plastic Surgery
1987-1988	Grossmont Hospital, La Mesa, CA Surgical Supervisory Committee
1988-1992	Alvarado Hospital, San Diego, CA Special Services Committee

- 1989-1999 Alvarado Hospital, San Diego, CA
Surgical Supervisory Committee
Vice Chairman – 1995, Chairman – 1996-1997
- 1996-1997 Alvarado Hospital, San Diego, CA
Chairman, Department of Surgery
- 1996-1997 Alvarado Hospital, San Diego, CA
Executive Committee

CONTINUING MEDICAL EDUCATION:

- 1984 SDIPPS, UCSD Plastic Surgery and Dow Corning
Tissue Expansion Seminar
- 1984, 1988, 1990-1992, American Society of Plastic Surgeons
1994-1996, 1998-1999 Annual Scientific Meetings Including Instructional Courses
- 1984 American Society for Plastic Surgery of the Hand Primary
Care of Hand Injuries
- 1984 American Orthopedic Association
Fifth American Orthopedic Association
International Symposium “Limb Reconstruction”
Micro vs. Macro Surgery
- 1985 California Medical Association
Wound Healing and Suture Course- Instructor
- 1985-1987, 1989-1991, Plastic Surgery Educational Foundation (PSEF) Teleplast
1993-1998, 2002-2003 Symposiums: Rhinoplasty- Approach to the Aging Face;
Major Facial Trauma; Secondary Rhinoplasty; Rhytidectomy;
Blepharoplasty; Endoscopic Procedure in Aesthetic Plastic
Surgery; Aesthetic Surgery of the Aging Face; Ultrasonic
Liposculpture; Breast and Body Contouring
- 1985 Beckman Laser Institute and Medical Clinic- laser Update

- 1985 California Medical Association's 14th Annual Scientific Assembly-
Instructor- Suture Course
- 1985, 1987-1990 Lipoplasty Society Symposium
1994-1995 Advanced Facial Contouring
- 1987 Plastic Surgeons Research Foundation of San Diego Symposium
Surgery for the Aging Face
- 1986 American Society for Surgery of the Hand Self Assessment
Examination
- 1986 California Society of Plastic Surgeons (CSPS) Symposium
The Altered body, Breast Reconstruction
- 1987, 1989 University of Utah, Division of Plastic Surgery Symposium
Rigid Facial Skeletal Fixation and Instructional Courses
- 1987, 1995, 2002, 2006,
2009, 2011, 2013 American Society of Aesthetic Plastic Surgery (ASAPS)
Annual Meeting
- 1988 Cedars Medical Center/ Plastic Surgery Educational Foundation
(PSEF) Symposium- Cosmetic Surgery
- 1989 Cedars Medical Center/ Plastic Surgery Educational Foundation
(PSEF) Symposium-
Advance Plastic Surgery for the Breast
- 1995-1996 University of California, San Francisco,
Annual Symposium Aesthetic Surgery
- 1985, 1990, 1994, 1998 Lipoplasty Society Annual Meeting
- 1991, 1996 American Society of Plastic and Reconstructive Surgeons
Risk Management Symposium
- 1992, 1994, 1996 American Society of Plastic and Reconstructive Surgeons
Basic and Advanced CPT/ ICD-9 Workshop

1992, 1996, 2002	Los Angeles Society of Plastic Surgery Annual Plastic Surgery Symposium
1993-2002	Alvarado Hospital, San Diego, CA Tumor Board, Grand Rounds and Department Meetings
1993-2002	Grossmont Hospital, La Mesa, CA Tumor Board, Grand Rounds and Department Meetings
1996	Irvine Medical Center, Irvine, CA CO2- Laser Skin Resurfacing
2001-present	Scripps Memorial Hospital- La Jolla Plastic Surgery Department Meetings
2000-2001, 2008	University of California, San Diego, CA Anti- Aging Medicine and Hormone Replacement Therapy
1999	International Congress, Las Vegas, NV Anti- Aging and HRT
1999-2000	New Horizons, La Jolla, CA PSEF Anti- Aging and HRT
2001-2002, 2005-2008	University Pharmacy, San Diego, CA New Strategies in Anti- Aging and Hormone Replacement Therapies

LECTURES AND PRESENTATIONS:

1986	Alvarado Hospital, San Diego, CA Surgery Department, Malignant Melanoma
1986-1987	El Cajon Valley Hospital, El Cajon, CA Body Contouring after Weight Loss for Morbid Obesity
1987	Women's Business Group, Santee, CA Cosmetic Surgery

- 1988 Grossmont Hospital, La Mesa, CA
Surgery Department, Subcutaneous Mastectomy
- 1988 Sharp Cabrillo Hospital, San Diego, CA
Body Contouring After Weight Loss for Morbid Obesity
- 1989 Alvarado Hospital, San Diego, CA
Plastic Surgery Following Weight Loss
Cosmetic Surgery for a New Age, Looking the Best You Can
- 1990-1992 American Association of Medical Transcriptionists (AAMT)
Cosmetic Surgery Lecture
- 1997 “Alvarado Hospital Presents” in association with Channel 8 TV
Panel Discussion on Plastic and Reconstructive Surgery
- 1990 Alvarado Hospital, San Diego, CA
Plastic and Reconstructive Surgery Lecture
- 1991-1998 Alvarado Hospital Support Group for Morbid Obesity
Body Contouring After Surgical Weight Loss
- 1991 Women’s Club, La Mesa, CA
Body Contouring Lecture
- 1994-1997, 2000 Alvarado Hospital Surgical Weight Loss Group Annual Reunion
Body Contouring After Surgical Weight Loss
- 1992 Grossmont Hospital, La Mesa, CA
Health Fair
- 1993 Lake Murray Lion’s Club, El Cajon, CA
Facial Cosmetic Surgery, Skin Rejuvenation and Body Sculpture
- 1995-2001 Alvarado Institute of Plastic & Reconstructive Surgery
San Diego, CA
Monthly lectures on Facial Rejuvenation, Body Sculpting,
Breast Procedures, and Cosmetic Surgery For Men

- 2000-2001 Alvarado Wellness Anti-Aging and Longevity Centre,
San Diego, CA
Anti- Aging Medicine and Hormone Replacement Therapy
- 2013 Peoples Third Hospital, Plastic Surgery Division, Peking
University, Beijing, China
American Cosmetic Surgery Advances
- 2002-present La Jolla Cosmetic Surgery Centre, La Jolla, CA
Facial Rejuvenation Procedures, ThermiRF Techniques, Body
Contouring Procedures

RESEARCH EXPERIENCE:

- 1966 Master's Degree Program
San Diego State University
Supervisor- H. Plymale, D.V. M.
Area- Biology
- 1971-1972 University of Calgary
Division of Medical Physiology
Supervisor- K. Cooper, M.D.
Area- Neurophysiology/ Temperature Regulation

HOSPITAL STAFF APPOINTMENTS:

- 1981 Clinical Fellow in Plastic Surgery
Sunnybrook Medical Center
Toronto, Ontario, Canada
- 1983- 2006 Alvarado Hospital Medical Center
6655 Alvarado Road
San Diego, CA 92120
- 1983-2006 Grossmont Hospital
5555 Grossmont Center Drive
La Mesa, Ca 91941

1983-Present	Scripps Memorial Hospital 9888 Genesee Avenue La Jolla, CA 92037
1985-2005	Sharp Memorial Hospital 7901 Frost Street, San Diego, CA 92123

REFERENCES:

Matthew Gleason, M.D.
306 Walnut Street
Suite 36
San Diego, CA 92103

Stephen Krant, M.D.
528 Nautilus Street
La Jolla, CA 92037

James Pietraszek, M.D.
8929 University Center Lane
San Diego, CA 92122

R.T. Manktelow, M.D.
Past Chief, Division Plastic Surgery
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