

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
Medical Director - La Jolla Cosmetic Surgery Centre
Founder and Former Director - Alvarado Institute of Plastic &
Reconstructive Surgery
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 Symposia: 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 1994-1995	Lipoplasty Society Symposium 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	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
- 2001-2006 Scripps Memorial Hospital- La Jolla
Plastic Surgery Department Meetings
- 2000-2001 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 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 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

2002 La Jolla Cosmetic Surgery Centre, La Jolla, CA
Breast Augmentation Procedures and Update

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- Present Alvarado Hospital Medical Center
6655 Alvarado Road
San Diego, CA 92120

1983-2002 Grossmont Hospital
5555 Grossmont Center Drive
Le 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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Toronto, General Hospital
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