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TAMARA M. SACHS, M.D.

EDUCATION

1981 - 1985 The Mount Sinai School of Medicine, New York, New York, Doctor of Medicine

1977 - 1981 Hunter College of the City of New York, New York, New York, Bachelor of Science, Molecular Biology and Philosophy

1974 - 1977 Vie et Action, Vence, France, Andre Passebeque, M.D., Director, Student and Apprentice in Naturopathy

POST GRADUATE EDUCATION

2003 & 2008 Applying Functional Medicine in Clinical Practice, Institute of Functional Medicine

1998 - present Ongoing Continuing Medical Education in the areas of Clinical Nutrition and Integrative Care, minimum of 50 hours per year

1985 - 1988 The Hospital of Saint Raphael, Affiliate of Yale University Hospital, New Haven, Connecticut, Internship and Residency in Internal Medicine

AWARDS RECEIVED

1985 Hospital of Saint Raphael - Intern of the Year

1983 - 1985 Mount Sinai School of Medicine, Clinical Rotations, Honors in Medicine, Psychiatry and Pediatrics

1981 Hunter College, Graduated Cum Laude, Departmental Honors in Biological Research

PROFESSIONAL EXPERIENCE

1991 - present Private Practice, Internal Medicine, New Milford, Connecticut

1991 - 2012 Medical Staff, New Milford Hospital, Affiliate of Columbia-Presbyterian Medical Center

1988 - 1991 Hospital of Saint Raphael, Attending Physician, Department of Emergency Medicine

1980 - 1981 New York University Hospital, Brain Research Laboratories, Research Assistant

1979 - 1981 Hunter College of the City of New York, Tutoring Department, Director, Science Division, Instructor, Biology and Chemistry

ADDITIONAL PROFESSIONAL ACTIVITIES

1991 - 2005 Member, EKG Associates, Hospital based EKG, Holter monitor reading and Stress Testing

1997 - 2001 Chairperson, Collaborative Practice Committee, New Milford Hospital

1992 - 2000 Member, Ethics Committee, New Milford Hospital

PROFESSIONAL MEMBERSHIPS

- Connecticut state medical society
- Litchfield county medical society
- American Nutraceutical Association
- American Institute for Cancer Research
- National Coalition for Women with Heart Disease
- Institute of Functional Medicine

PUBLICATIONS

- OSTEOPOROSIS, a chapter in the Medical Textbook " Secrets of Complementary and Alternative Medicine" edited by W. Kohatsu, M.D. Hanley & Belfus, Inc., Medical Publishers, Philadelphia, PA 2002

LECTURES AND PRESENTATIONS

March 2002 Moderator and Speaker, Panel Discussion: Complementary and Alternative Medicine and Cardiovascular Diseases, Washington, D.C. National Coalition of Women with Heart Disease

1998 - present Frequent lecturer, public health educator for various groups in USA and Canada
Lectures and workshops for both lay and health care professionals Topics include: Nutrition; Preventive Medicine; Integrative and functional Medicine; Heart Disease, Inflammation, Fibromyalgia, Chronic Pain Syndromes, Osteoporosis and Detoxification and Biotransformation