



**Naureen A. Shaikh, MD FAAFP mMBA**

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**EDUCATION**

2016	United States Small Business Administration Emerging Leaders Interise StreetWise Steps mini-MBA	Sacramento, CA
2012	Fellowship American Academy of Family Practice Convocation Ceremony San Diego 10/2013	Leawood, KS
2000 - 2003	Tufts University Residency in Family Practice Family Practice Teaching Award Tufts University School of Medicine	Malden, MA
1996 - 2000	Rush University Doctor of Medicine Alternative Curriculum / Problem Based Learning.	Chicago, IL
1991 - 1996	University of Michigan School of LS&A Bachelors of Science Class Honors 1994 and 1995 Majors in Honors Biology, Honors Studies in Religion, and Honors Anthropology - Zoology.	Ann Arbor, MI
1987 - 1991	Detroit Country Day School High School Diploma	Beverly Hills, MI



## ACADEMIC & RESEARCH EXPERIENCE

- 2011-2013                      Marin General Hospital                                      Greenbrae, CA  
Department Chair Family Medicine  
Department Administration. Investigation for development of a Family Practice Residency Program, outpatient/inpatient relations and services, bringing the hospital into the community's awareness as a resource and support.
- 2004-2006                      Stanford School of Medicine.                                      Stanford, CA  
Adjunct Clinical Faculty  
Clinical skills including instruction of history and physical exam skills to medical students.
- Spring 2003                      University of Chicago                                      Chicago, IL  
Department of Family Medicine, Robert Wood Johnson Foundation  
Principal Investigator  
Research for preliminary meta-analysis and grant proposal comparing Lantus versus Insulin Infusion Pump in the management of Diabetes Mellitus.
- 2001 – 2002                      Tufts University                                      Malden, MA  
Family Practice Residency  
Principal Investigator of Tufts Family Practice Residency Site  
The Febrile Child Research Project of the University of Wisconsin-Madison Department of Family Medicine.
- 1993 - 1996                      University of Michigan                                      Ann Arbor, MI  
Department of Immuno-dermatology  
Research Assistant  
Research on T cell lymphokine profiles and their effects on keratinocyte proliferation in atopic dermatitis and psoriasis. First author of abstract publishes and presented at the University of Michigan Biomedical Forum.
- 1992 - 1993                      University of California San Francisco                                      San Francisco, CA  
Department of Dermatology  
Research Assistant  
Research on the toxicology and pharmacokinetics of 8-MOP and butachlor. Revision of manuscripts on penetration of retinoic acid, acetaminophen, propranolol and betamethasone.
- Summer 1991                      University of California San Francisco                                      San Francisco, CA  
Department of Cellular and Molecular Biology  
Research Assistant  
Publication and conduction of pilot experiments investigating the antimicrobial activity of sphingosines and their effects on the adhesion of streptococcus to nasal and buccal cells.
- Summer 1989                      Port Huron Mercy Hospital                                      Port Huron, MI  
Research Assistant  
Tested blood gas perfusion rates; patient history and statistical research.

## ADMINISTRATIVE, INTERNATIONAL & BUSINESS EXPERIENCE

- 2013-Current            Rotary International District 5150, Sausalito Rotary Club            Sausalito, CA  
Inducted 10/2013 by Mr. King former Rotary International President, Nominated by District Governor Chris Gallagher. Also serving on the Chapter's Scholarship Program Board. Involved in the Polio Plus Program.
- 2007-Current            Meritage Independent Physicians Association            Novato, CA  
Member Board of Directors  
Board member on board of directors responsible for governance of all subcommittees of the locally acting Marin IPA. I founded the Interim Behavioral Health Program servicing over 60,000 patients with direct Primary Care Physician referral to a mental health counselor or psychiatrist for care within 48 hours for a copay and establishing them reliably with long term covered services if needed.
- 2006-Current            Collaborative on Health and the Environment            Bolinas, CA  
Medical Member  
Organizational partner in network of colleagues who share a commitment to raising the level of public and professional dialogue about health and the environment.
- 2006-Current            Mobile Medical Team International, 501c3 Not For Profit            Sausalito, CA  
President, CEO  
Not for Profit organization establishing infrastructure to international medical clinics in third world countries or the lowest socioeconomic segments of our population. Provide administration and medical support, systems, technology and health education. Current target sites include Marin County Low Income and underserved populations in the USA, Dar es Salaam of Tanzania, Pakistan, Amazonian Peru. [www.mobilemedicalteam.org](http://www.mobilemedicalteam.org)
- 2006-Current            Meritage Medical Network Independent Physicians Association            Novato, CA  
Finance Committee Member  
Board member on finance committee responsible for financial governance of the locally acting Marin IPA.
- 2004-Current            Soluna Health, Inc.            Sausalito, CA  
President, CEO  
Comprehensive Health and Wellness Center including medical doctors, Chiropracty, Podiatry, Allergy, Physical Therapy, Licensed Infant and Preschool, Massage Therapists, Psychotherapists, Psychiatrists, Chinese Medicine Practitioners, Shamans, Counselors, Nutritionists, Energy Workers, Aestheticians, Doula's. In 2009 Soluna Health achieved and still maintains a "Green Business" Certification. In 2013, our 1000th patient came off medication and maintained one year of disease free status. [www.solunahealth.com](http://www.solunahealth.com)
- 2014-2015            Marin City Health and Wellness FQHC            Marin City, CA  
Board of Directors

Board member on Board of Directors responsible for governance of the federally funded Marin City Health and Wellness Center providing primary care medicine, dental and behavioral health to residents of public housing and the homeless of Marin County.

2008-2013                      Executive Director    Sausalito, CA  
   Solunita Childcare and Preschool  
Founded, developed all handbooks and application process for state commercially licensed school. Oversaw operations and team management of directors and staff.

## **LICENSURE & PRIVILEGES**

Diplomat of American Board of Family Practice (12/2003-Current)  
Fellow American Academy of Family Practice (12/2003-Current)  
California State License (2003-Current)  
Meritage Medical Network IPA and ACO Provider  
American Diabetes Association Certificate of Membership Healthcare Professional 2006  
Privileges at Marin General Hospital, Greenbrae CA  
Privileges at Saint Mary's Hospital, San Francisco CA  
Privileges at Saint Francis Hospital, San Francisco CA  
Advanced Provider Cardiopulmonary Life Support 07/2002- Current  
Advanced Life Support in Obstetrics 06/2001  
Pediatric Life Support 07/2003  
USMLE Step 1 06/1998  
USMLE Step 2 08/1999  
USMLE Step 3 06/2001

## **PUBLICATIONS, POSTERS, PRESENTATIONS & ABSTRACTS**

“Phytophoto Dermatitis.” Charlie, A, Shaikh, NA. American Family Physician. Accepted at Consultant for 2016 Publication.

“Diffusion: Medical education Using Games in the Third World.” Shaikh, NA. Mobile Medical Team International. Lecture Presentation, American Academy of Family Physicians, Global Health Workshop, San Diego, CA, September 2014.

“Utilizing Informatics to Promote Delivery of Family Medicine to Millions.” Shaikh, NA. Mobile Medical Team International. Poster presentation, American Academy of Family Physicians, Global Health Workshop, Baltimore, MD, October 2013.

*Dyspareunia: In A Page Signs & Symptoms.* Shaikh, NA. Blackwell Publishing, Malden, MA: 2003.

“Promoting Clinical Research in Residency- The Use of Data Collection Cards in Residency Based Clinical Research.” Shaikh, NA. Tufts University Family Practice Residency. Poster presentation accepted at the STFM: North East Region Meeting, October 2002.

“Clinical Research in Residency.” Shaikh, NA. Tufts University Family Practice Residency. Poster presentation accepted at the American Academy of Family Physicians, San Diego Scientific Exhibition, October 2002.

"T cell lymphokine profiles and their effects on stem keratinocyte proliferation in atopic dermatitis and psoriatic lesions." Shaikh, NA, Bata-Csorgo, Zs, Hammerberg, C, Cooper, KD, Submitted J of Dermatology.

"Effects of freezing and azide treatment of in vitro human skin on the flux and metabolism of 8-methoxypsoralen." Shaikh NA, Ademola, JI, Maibach, HI, J of Skin Pharmacology 9 (4), 271-280, July 1996.

"Evaluation of phenotype, lymphokine profile and lymphokine influence on epidermal growth of T cells infiltrating AD lesions." Shaikh, NA, Bata-Csorgo, Zs, Hammerberg, C, Cooper, KD, The 40th Annual U of M Biomedical Research Forum, 40, Section F, October 1994.

"Inhibition of microbial adhesions by sphingosines." Bibel, J, Ali, R, Shinefield, R, Acknowledgement: Shaikh, NA, Canadian J of Microbiology, 38, 983-985, January 1992.

## **GRANTS**

2015-Open Road Alliance, Silicon Valley Fund – Grant recipient for work under Mobile Medical Team International.

2012- Skoll Global Threats Fund- Grant recipient for work under Mobile Medical Team International.

2003- Preliminary grant work: Meta-analysis comparing Lantus and Insulin Infusion System in the management of Diabetes Mellitus; University of Chicago, Department of Family Medicine in conjunction with The Robert Wood Johnson Foundation, University of Chicago office, for statistical analysis.

1996- Grant proposal/NIH: lymphokine profiles in psoriatic lesions; University of Michigan, Department of Immunodermatology.

1994- Grant proposal/Moncento Corp.: percutaneous absorption and metabolism of 8 model compounds; University of California, Department of Dermatology.

## **AWARDS/NOMINATIONS**

2015-End-of-Life Care Champions. Heartland Hospice

2014- Vitals Patients' Choice Award. "Of all the nation's active doctors, only 5 % were accorded this honor by their patients in 2014"

2013-Awarded "Doctor of the Year" for Marin County by the California Academy of Family Practitioners

2012- Nominated Young Leader Award: Recognizing Leadership for a Healthier America - Robert Wood Johnson Foundation

2011-Nominated Ashoka Fellowship for Social Entrepreneurship

2010- Marin IPA- Top Provider Recognition

2008- Certificate of Top Performance. Marin IPA

2006- Stanford School of Medicine – Award for Excellence in Teaching

2005- Stanford School of Medicine – Award for Excellence in Teaching

2004- Stanford Physician Assistant Program – Award for Excellence in Teaching

2004- Stanford School of Medicine – Award for Excellence in Teaching

2002- Tufts University School of Medicine – Award for Excellence in Teaching

2001- Tufts University School of Medicine – Award for Excellence in Teaching

## **MEDIA EXPOSURE**

January 2006- Special guest on “Do the Dream” radio show with national exposure on the “Quake” station.

November 2005-Focus article “A New Doctor with A New Approach” published in the “Marin Scope” Newspaper.

2006- Current- Yelp.com San Francisco Reviews: Doctors. Five Star Rating.

2006-Healthgrades.com. Family Practice Doctors in California.  
[www.healthgrades.com/directory\\_search/Physician/Profiles/Family-Practice/California/alphas65.cfm](http://www.healthgrades.com/directory_search/Physician/Profiles/Family-Practice/California/alphas65.cfm)

2006-Collaborative on Health and the Environment. [www.healthandenvironment.org/base/partners-ind?letter=S](http://www.healthandenvironment.org/base/partners-ind?letter=S)

1999- Pakistani American Association. “Payamber” Dec. 1999, Vol. 12, Issue 7.

2006- ucompare.com Doctors in Sausalito. [www.ucomparehealthcare.com/drs/california/SAUSALITO.html](http://www.ucomparehealthcare.com/drs/california/SAUSALITO.html)

Sutter Health Newsletter. “Marin Physicians Named the Best Performing Physician Group in Northern California.” Oct. 2004, Vol. 1, No. 3.

## **COMMUNITY ACTIVITIES and CONFERENCES**

2016- World Alliance Forum- Fireside Speaker, San Francisco CA.

2016- American Academy of Family Practice Global Health Forum, Lecture & Poster Presentation.

2016- Precision Medicine UnDx Consortium, San Diego CA.

2015- American Academy of Family Practice Global Health Forum, Lecture & Poster Presentation.

2015- Skoll World Forum, Oxford, United Kingdom.

2015- Rotary International District 5150 Conference, Anaheim CA.

2014- American Academy of Family Practice Global Health Forum, Lecture Presentation.

2014- Singularity University Global Health Week.

2014- Rotary International District Conference.

2013- American Academy of Family Practice Global Health Forum, Poster Presentation.

2012- Ted Med, Washington DC.

2012- Skoll World Forum, Awardee, Oxford, United Kingdom.

2012- Certified Cheering Station for the Avon Breast Cancer walk.

2002-2003- Tufts Family Practice Residency: Education of patients and residents of palliative care, end of life issues and resources.

2002-2003 Tufts University School of Medicine: Sharewood Project: Free Clinic.

2000-2001 Massachusetts Academy of Family Physicians Public Relations: Elected board member.

1995- Fatima Jinnah Hospital, Pakistan: Physician’s assistant on inpatient medicine and exposure to tropical medicine.

1994 - 1996 National Women’s Coalition, U of M: Member and Rally Organizer. Fund raising for battered men and women.

1994 - 1996 Program in the Sciences and the Humanities, U of M: Elected board member for multidisciplinary understanding.

1994 - 1996 United Way Dawn Farm Rehabilitation Agency, Ann Arbor MI: member participating in counseling sessions, programs and activities involving residents rehabilitating from substance abuse.

1994- Islamic Center, Ann Arbor, MI: Member and grade school tutor for inner-city Detroit under-privileged children.

1993- Campus Presentation of Cancer awareness through the U of M Department of Biology.  
1990 - 1991 International Thespian Society Chapter President: directing, producing, acting and chapter management.  
1990-1991- Model United Nations: High school representative at regional and state competitions for Security Counsel. Detroit  
Country Day High School, Michigan.  
1989- Detroit Area High School Inter-racial Conference: High school representative at conferences with other Detroit Area High Schools regarding issues needing to be addressed and possible solutions.

## **LANGUAGES**

English (oral and written), Urdu/Panjabi (oral), French (oral and written), Medieval Arabic (written), Aramaic (written), Spanish (developing oral and written).

**HOBBIES & INTEREST** Dancer at The Chicago Multicultural Dance Center 1997- 2000; 2000-2003 at the Boston Ballet School of Dance, The Dance Complex of Boston and Jose Mateo's School of Dance, Academy of Ballet San Francisco. Newberry Library of Chicago, Associate 1998 - 2000. Painting, religious and cultural studies, languages, drawing, piano, guitar, hiking, gardening (akin to the tending of multiple business projects), tennis, soccer, biking, golf, travel. Equestrian saddle, bareback, and vaulting. Real estate renovation and development in the US east coast, mid-western, and west coasts.

## **SHORT BIOGRAPHY**

Dr. Naureen Shaikh completed triple Honors Degrees in Biology, Anthropology-Zoology, and Religious Studies at University of Michigan. She earned her MD from Rush College of Medicine in Chicago, and graduated from Tufts University Family Practice Program in Boston where she did additional training in Complementary Medicine. Dr. Shaikh received her fellowship from the AAFP. She completed a miniMBA program through the SBA Interise program. She published research and received teaching awards from Tufts University, the University of Chicago, the University of Michigan, and the University of California San Francisco and Stanford. Dr. Shaikh created the San Francisco Bay Area's first integrative health Center accepting of all insurance and having cured 1500 patients "Syndrome X" patients with lifestyle modification practices to normal blood pressure, lipids and glycohemoglobin for over one year without medications. Dr Shaikh is involved in launching the west coasts patient integrating precision medicine center. She is a member of Rotary International active in Global Grant Projects. Receiving local and national awards, Naureen is public speaker and featured on national radio and in newspapers.

Dr. Shaikh founded Mobile Medical Team International, a public charity providing medical education and relief to underserved populations internationally. MMTI has grown 30% financially annually for the past decade. Projects include a hospital clinic in Africa; support missions after Pakistan's earthquake and flood disasters; creating medical education games targeting malnutrition, infectious disease and family planning for four continents; developing an international financial transparency web-portal for institutions and donors involved in humanitarian relief; therapeutic childcare for traumatized children, and home therapy for uninsured disabled children and adults.

Naureen transitioned from treating and curing disease 1 patient at a time; to 40,000 at a time in her Bay Area Public Health work; to 250,000 in Tanzania's fastest growing urban slum with a "net zero health campus under development; to 2 Million through her Diffusion medical education portal with our Facebook/ Internet.org partner. Dr. Shaikh is a global leader in human centered design and a regular participant at innovation, technology and global health forums.



## LONG BIOGRAPHY

Dr. Naureen Shaikh was born in Detroit Michigan. Naureen is the 24<sup>th</sup> physician and 45<sup>th</sup> business professional in her family. She grew up in rural blue collar Michigan, loves horses and the country. As a teenager she waitressed, and candy-striped in the local emergency room where she met her first patient who had an after death experience. She also worked as a research assistant in the hospital's laboratory. At the age of 13 years old, Naureen moved away from her family to pursue higher education as an art recruit at the preparatory school, Detroit Country Day School, renowned for its former student Robin Williams. Naureen played first string on state championship teams in varsity soccer and varsity tennis. She was the International Thespian Society Chapter President and was active in theater production. Naureen together with Chris Weber represented their high school at the state's inter-racial forum. Naureen participated in model United Nations. Her first research publication in a peer reviewed medical journal was in cellular and molecular biology at the age of 16.

She was one of a handful of students invited to be a board member of the University of Michigan's Program in the Sciences and the Humanities Multidisciplinary Understanding group. Naureen worked in immune-dermatology research, published and participated in grant writing throughout her undergraduate years. Naureen graduated with triple Honors degrees in Biology, Anthropology-Zoology and Studies in Religion from the University of Michigan. During her undergraduate years she also served at the United Way Dawn Farm Rehabilitation Agency and was a rally coordinator and fundraiser for the National Women's Coalition. During her college years, Naureen had her first tropical medicine experience in Pakistan at Fatima Jinnah Hospital.

Naureen received her medical degree from Chicago's Rush College of Medicine. She found her participation in the select Alternative Curriculum and her rotations at Cook County Hospital to be particularly helpful later in life when she began her international medical work. It was during an assignment to a primary care public health project in the slums of Chicago, that Naureen changed from her surgical track, where she was top of her class, to primary care. During medical school, she danced at the Chicago Multicultural Dance center, formerly the Bryant Ballet. She continued to publish in immune-dermatology through the University of California San Francisco.

Naureen received her top rank choice and attended Boston's Tufts Family Practice Medicine Program. She was the principal investigator for a national hospital research study on febrile children. After a trying experience with a newborn, Naureen began her work in palliative care for newborns and for adults. Naureen educated patients and residents of palliative care and end of life issues and resources. Having targeted Marin California as her next move, Naureen rotated through a local hospital and created their palliative care protocols. Naureen spear-headed her residency's first morbidity and mortality rounds. Naureen also rotated through the University of Chicago's Department of Family Medicine as Principal Investigator for a multivariate analysis of a diabetic medicine at the Robert Wood Johnson Foundation. Also during her residency, she rotated through the Sharewood Project, offering free clinics in Boston, and was an elected Board Member of the Massachusetts Academy of Family Physicians Public Relations Committee. Naureen received awards for teaching from Tufts University School of Medicine both of her residency years. Naureen published her first book chapter in a primary care reference book. Naureen pursued additional training in Surgery, Obstetrics and Gynecology (performing over 300 deliveries), Aryurvedic practice and the then termed "complementary alternative medicine."

Naureen then moved to Marin California and launched her first business: the San Francisco Bay Area's first insurance charging Integrative Health and Wellness center, which was in the black within 30 days and has grown over the past decade. She received teaching awards for every year she taught at Stanford's School of Medicine. For over a decade Naureen has served on a Board of Directors of the local Independent Physician's Association and now also Accountable Care Organization in the North Bay of San Francisco, most of that time being the only woman, person under 50 and minority on the board. She created the Interim Behavioral Health Program which provides covered mental health services and coordination by direct primary care physician referral for the first time in 25 years in the Bay area. Naureen also serves on the Board of Directors for the local

Federal Qualified Health Center. Naureen served as Department Chair of Medicine at Marin General Hospital. She continues to teach and conduct clinical research and write. Naureen received her fellowship degree from the American Academy of Family Physicians. She was awarded Doctor of the year for her county by the American Board for Family Medicine in 2013, and won the national Vital's Patient's Choice Award in 2014. Naureen completed her miniMBA program in 2016 under a SBA scholarship for the Interise program.

After being invited by Columbia University Medical Center to participate in a project in Africa, Naureen founded Mobile Medical Team International, a non-government 501c3 public charity providing medical education and relief to underserved populations locally and internationally. Programs include ongoing support of a hospital clinic in Tanzania since 2006; support missions after Pakistan's earthquake and flood disasters; creating medical education games targeting malnutrition, infectious disease and family planning for four continents; developing an international financial transparency program for institutions and donors involved in humanitarian relief; the state's first full time therapeutic childcare center for traumatized and transitioning children ages birth to six years old; and developing the Bay Area's first outpatient and home physical and occupational therapy for disabled children and adults with Medicaid. MMTI was a Skoll Global Threats grant recipient in 2012. MMTI has over one hundred partners including other NGO's, for profit organizations and city, state, county, federal and international divisions of governments.

Dr. Shaikh is a member of Rotary International and with recent involvement in the Polio Plus Program's eradication efforts. She is a member of the national Collaboration on Health and the Environment. Naureen has presented and spoken at many forums and conferences. Naureen was featured on national radio show, "Do the Dream" which also featured Deepak Chopra. She has been highlighted in dedicated newspaper articles and press releases. Naureen enjoys teaching, traveling, ballet, painting and drawing, reading, gardening, mountain and beach running, music, and above all her children. She speaks some French, Urdu, and Spanish and both formally and ongoing studies medieval languages and texts. Naureen studies and intends to enter global government.