



## MARK J. CHYNA, M.D.

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### SUMMARY

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Board-certified Internal Medicine physician with over twenty-five years of experience providing high-quality, comprehensive care in both inpatient and outpatient settings.

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### EDUCATION

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#### **Georgetown University Hospitals**

Washington, D.C.

*Internship and Residency*

August 1993 - June 1996

- 1995-1996: Graduate Medical Education Committee of Georgetown University Hospital
- 1996: Teaching Assistant- Physical Diagnosis Course

#### **University of Chicago - Pritzker School of Medicine**

Chicago, Illinois

*Doctor of Medicine (M.D.)*

August 1989 - June 1993

- 1990-1991: ARCS (Achievement Rewards for College Scientists) Scholar
- 1990: Research in the Department of Gastroenterology with Dr. Eugene Chang
- 1993: Teaching Assistant- Physical Diagnosis Course
- 1991-1993: Admissions Committee Student Interviewer
- 1990: Student Representative for the Liaison Committee on Medical Education

#### **Northwestern University**

Evanston, Illinois

*Bachelor of Arts (B.A.) - Neurobiology and Physiology*

August 1985 - June 1989

- 1989: Graduation with Departmental Honors, Neurobiology and Physiology
- 1986-1989: Dean's List
- 1987: Student Admissions Council
- 1985: Alpha Lambda Delta (Freshman Honor Society)

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## EXPERIENCE

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### **MDVIP**

*Practicing Physician in Clinical Internal Medicine*

Libertyville, Illinois

February 2008 - Present

- Managing comprehensive medical care for a diverse patient population, including diagnosis, treatment, and follow-up of acute and chronic illnesses.
- Assisting patients with obtaining specialized care by coordinating referrals for specialty care.
- Initiating and coordinating patient-centered care plans designed to optimize treatment outcomes and improve quality of life.
- Ordering and interpreting specific laboratory tests based on possible diagnoses.
- Managing a private concierge-based practice focusing on patient education, illness prevention, and comprehensive wellness.

### **Northwestern Lake Forest Hospital**

*Affiliated Staff Physician*

Lake Forest, Illinois

February 2008 - Present

- Advising the clinical team in the development and oversight of patient care plans.
- Collaborating with subspecialists to ensure multidisciplinary care for patients with complex medical conditions.

### **ReachMD**

*XM Radio Host and Medical Newscaster*

Fort Washington, Pennsylvania

March 2007 - October 2010

- Collaborated with medical experts, researchers, and clinicians to discuss the latest health trends, research findings, and best patient care practices.
- Facilitated interactive Q&A sessions, addressing listener queries and providing evidence-based advice on various health topics.
- Curated content for over fifty episodes, ranging from preventative health, global health crises, and the latest in medical technology.
- Maintained a high standard of medical accuracy and ethics, ensuring that all information shared was evidence-based and peer-reviewed.

**Advocate Condell Hospital**

*Multidisciplinary Quality Review Committee Member*

Libertyville, Illinois  
January 2007 - Present

- Collaborating with a multidisciplinary team of physicians, surgeons, radiologists, and other healthcare professionals to review and make corrective recommendations to the hospital executive board.
- Contributing clinical expertise to committee discussions, ensuring comprehensive patient care based on evidence-based practice.
- Assisting in the development and revision of hospital clinical guidelines and protocols, ensuring their alignment with current medical research and standards of care.

**Illinois Internal Medicine**

*Owner and Sole Practitioner*

Libertyville, Illinois  
October 2002 - Present

- Establishing and successfully managing a private practice, providing comprehensive and individualized healthcare services.
- Developing and staffing a team of medical and administrative staff, fostering a collaborative and patient-centric work environment.
- Collaborating with other healthcare providers, laboratories, and pharmacies to ensure seamless and coordinated patient care.
- Ensuring strict compliance with medical regulations and standards.
- Regularly participating in continuing medical education to stay updated with the latest advancements in internal medicine.
- Managing financial operations, including billing, collections, and practice accounting.

**Advocate Condell Medical Center**

*Affiliated Staff Physician*

Libertyville, Illinois  
January 2000 - Present

- Diagnosing, treating, and managing a diverse patient population with conditions ranging from acute illnesses to chronic diseases.
- Counseling patients to encourage informed choices and shared decision-making.
- Collaborating with a multidisciplinary team of nurses, pharmacists, therapists, and consultants to provide comprehensive patient care.
- Maintaining up-to-date electronic health records, ensuring accurate tracking of patient history, treatments, and outcomes.
- Ordering diagnostic studies to support clinical treatment plans.

**Suburban Medical Associates**

*Staff Physician*

Lincolnshire, Illinois  
January 2000 - September 2002

- Managed and treated inpatients and outpatients while ensuring high-quality medical care and patient satisfaction.
- Collaborated with practice partners in the development and oversight of patient care plans.
- Communicated with subspecialists to ensure multidisciplinary care for patients with complex medical conditions.

**Deerpath Medical Associates**

*Staff Physician*

Lake Forest, Illinois  
August 1996 - December 1999

- Performed routine in-office procedures, effectively treating a diverse range of medical conditions.
- Facilitated advanced medical evaluations by making referrals to specialists or other healthcare professionals.
- Educated patients on medical conditions, diagnosis, treatment and expected outcomes.

**McDermott Will & Emery**

*Law Library Assistant*

Chicago, Illinois  
June 1989 - September 1989

- Assisted attorneys in locating and accessing legal materials to facilitate efficient research.
- Maintained and organized an extensive collection of legal volumes, ensuring easy access and accurate inventory.
- Coordinated the circulation desk operations, managing check-ins, check-outs, and overdue materials.
- Utilized legal databases such as Westlaw, LexisNexis, and other electronic resources to aid in research and information retrieval.

**Northwestern University**

*Neurobiology Lab Technician*

Evanston, Illinois  
September 1986 - May 1989

- Assisted in the execution of neurobiologic experiments in the circadian rhythm research lab, utilizing techniques such as PCR, Western blotting, and cell culture.
- Managed and maintained sophisticated lab equipment, including microscopes, centrifuges, and electrophysiological setups, ensuring optimal performance.

- Prepared and processed tissue samples for histological and molecular analyses, ensuring the integrity and reliability of the results.
- Completed honors thesis pertaining to circadian rhythm research and presented the same to the faculty committee.

**Damer and Cartwright Pharmacy**

Chicago, Illinois

*Pharmacy Tech (Illinois License Number 049-081715)*

January 1985 - September 1986

- Effectively managed medication inventory through regular cycle counts and management of receipt of supplies from various pharmaceutical distributors.
- Assisted pharmacists in filling prescriptions by measuring, counting, and labeling prescriptions, in addition to mixing topical compounds under supervision.
- Collaborated with pharmacists and patients to clarify prescription details, ensuring optimal patient safety and care.

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RESEARCH

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- **Georgetown University/Stanford University:** Faculty Development Program (1995)
  - Eight-part seminar series addressing enhancement of clinical teaching techniques
- **University of Chicago:** Summer Research Student Poster Forum (1991)
  - "Modification of Intestinal Ion Transport by Co-Culture with Colonic Fibroblasts and Exposure to Endotoxin"
- **Northwestern University:** Department of Neurobiology and Physiology, Dr. Fred Turek (1986-1989)
  - "The Effects of Morphine Induced Hypothermia in the Golden Hamster May Follow a Diurnal Rhythm"

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PROFESSIONAL AFFILIATIONS

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**American Medical Association (AMA)**

Chicago, Illinois

*Member*

June 1996 - December 2000

Access to archived recordings: <https://reachmd.com/profiles/mark-chyna-md/D7Zv57/>

- July 30, 2010: The Endocrine Society's 2010 Annual Meeting;
- July 16, 2010: American Diabetes Association's 2010 Annual Meeting;
- July 2, 2010: Research Findings Presented at the 2010 Meeting of the American College of Obstetricians and Gynecology;
- June 18, 2010: Findings From the American Psychiatric Association's 2010 Annual Meeting;
- June 18, 2010: Conference Coverage from ASCO 2010;
- January 16, 2015: Research Findings Presented at Digestive Disease Week 2010;
- May 28, 2010: Conference Coverage from the Pediatric Academic Societies' Annual Meeting;
- May 14, 2010: Findings From the 2010 Meeting of the American Association for Cancer Research;
- May 7, 2010 Conference Coverage from the American Academy of Neurology's 2010 Meeting;
- April 16, 2010: Findings From the Society of Gynecologic Oncologists Annual Meeting on Women's Cancer;
- April 9, 2010: American College of Cardiology's 59th Annual Scientific Session;
- April 2, 2010: The American Academy of Dermatology's 68th Annual Meeting;
- March 26, 2010: Conference Coverage From the American Society of Clinical Oncology Genitourinary Cancers Symposium;
- March 19, 2010: Highlights From the 2010 Meeting of the American Academy of Allergy, Asthma & Immunology;
- January 26, 2010: American Society of Clinical Oncology's Gastrointestinal Cancers Symposium;
- January 8, 2010: Highlights from 2009 San Antonio Breast Cancer Symposium;
- January 1, 2010: Highlights from the American Association for Respiratory Care's 2009 Congress;
- December 11, 2009: Highlights from the American Heart Association Scientific Sessions 2009;
- December 4, 2009: Conference Coverage Highlights from ACAAI 2009;
- November 27, 2009: Highlights from CHEST 2009;
- November 13, 2009: Conference Coverage Highlights from the Infectious Diseases Society of America;
- November 6, 2009: Findings from the American Academy of Pediatrics National Conference and Exhibition;

- October 9, 2009: Highlights From the American Heart Association's High Blood Pressure Research Conference;
- January 9, 2009: Highlights From the 2008 San Antonio Breast Cancer Symposium;
- May 4, 2008: 2008 AMA Foundation Award Winner: Dr. Subramaniam Balasubramaniam;
- May 4, 2008: 2008 AMA Foundation Award Winner: Dr. Frank Staggers;
- July 5, 2007: Impact of Societal Changes on Infectious Diseases;
- January 14, 2007: Treatment of Rwandan Women;
- January 14, 2007: Where there are no doctors: a village handbook;
- April 15, 2007: Patient Safety in the Physician's Practice;
- June 29, 2006: A Flight Surgeon's Perspectives on NASA Challenger; and
- September 5, 2006: A NASA Flight Surgeon's Recollections of the Challenger Mission Disaster.

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#### CERTIFICATION AND LICENSURE

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- Certification: American Board of Internal Medicine (1996; Active)
  - Recertified in 2006 and in 2016
- Diplomate: National Board of Medical Examiners (1994)
- License and Registration: Federal Drug Enforcement Administration (Active)
- Prescription License: State of Illinois (Active)
- Licensed Physician and Surgeon: State of Illinois (Active)