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Insight Expert Solutions

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Summary

I am a board-certified Occupational & Environmental Medicine (OEM) physician with several years of experience in occupational health, workers' compensation, and medicolegal evaluation. I also am a certified Medicolegal Evaluator (CMLE) with additional clinical experience in primary and urgent care settings.

My expertise includes evaluation and management of workplace and personal injuries—particularly musculoskeletal injuries, eye injuries, and lacerations—as well as assessment and management of hazardous occupational exposures, including heavy metals, asbestos, chemical agents, bloodborne pathogens, noise, heat, and related environmental risks. I routinely provide expert opinions regarding medical causation, extent of injury, maximum medical improvement (MMI), permanent impairment, disability, and fitness for duty/return-to-work determinations.

I am trained in the application of regulatory and consensus standards, including OSHA, ANSI, and ATSDR guidelines. I am experienced in the use of evidence-based medical and disability resources, including Official Disability Guidelines (ODG), MDGuidelines, and the American Medical Association's *Guides to the Evaluation of Permanent Impairment* (4th, 5th, and 6th editions). I have been qualified through Offshore Energies UK (OEUK) to perform offshore medical examinations.

I have conducted numerous industrial site assessments and have performed several hundreds of independent medical examinations, peer reviews, medical record reviews and utilization reviews. I am also experienced in providing deposition and trial testimony.

Employment

Insight Expert Solutions (IES)

CEO & Founder, 2015-Present

- We provide independent medical examinations (IMEs), peer reviews, utilization reviews, case/records reviews, depositions, trial testimonies and more.
- IES began as 1099 independent contractor work in 2015. It transitioned to an official part-time medical practice in 2023, full-time in 2024, and was named IES in 2025.

Premise Health (at Bell Helicopter)

Corporate Medical Director, 2020-2024

- In this role I led a team of medical professionals in providing occupational health services to Bell Helicopter employees in Hurst, Texas. I also collaborated with safety professionals, industrial hygienists and others to ensure workplace safety. I was often consulted for guidance on regulations and standards, such as the Occupational Safety and Health Administration (OSHA) and the Center for Disease Control and Prevention (CDC). I also created protocols and standard operating procedures for nurses and medical assistants.

Nova Medical Centers

Medical Director, 2014-2017 & 2019-2020

- In this role I led a team of medical professionals in providing occupational health services to the employees of numerous organizations in the Dallas-Fort Worth metroplex. I also performed consultations and site tours and provided insights on topics such as workers' compensation, workplace safety, and injury management.

CareNow

Physician, 2017-2019

- In this role I provided urgent care and occupational health services on a part-time basis.
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Professional Training & Education

University of Texas Health Science Center (Tyler, Texas)

Occupational Medicine Residency Certificate of Completion, 2019

- Activities & Committees: Chief Resident. Program Evaluation Committee. Resident Advisory Committee. Self-Study Committee. Commencement Committee. Graduate Medical Education Committee. Resident Quality & Safety Council.

University of Texas Health Science Center (Tyler, Texas)

Master of Public Health (MPH), 2019

- Activities & Committees: Student Senate President. University of Texas System Student Advisory Council Member.

Methodist Health System (Dallas, Texas)

Internship Certificate of Completion, 2013

Southern Illinois University School of Medicine (Springfield, Illinois)

Doctor of Medicine (MD), 2012

- Activities & Committees: Student Senate Vice Chair. Christian Medical & Dental Association (CMDA) Chapter Lead.

Southern Illinois University MEDPREP Program (Carbondale, Illinois)

Certificate of Completion, 2008

- Post-baccalaureate Pre-Medicine Program

University of Illinois (Springfield, Illinois)

Master of Biology, Incomplete-2006 (Began MEDPREP)

University of Illinois (Champaign-Urbana, Illinois)

Bachelor of Arts (BA) in English, 2002

Current Certifications & Licenses

American Board of Preventive Medicine (ABPM)

Board Certification in Occupational & Environmental Medicine

American Heart Association (AHA)

Advanced Cardiac Life Support Certification

Drug Enforcement Agency (DEA) Diversion Control Division

DEA Registration Certification

Federal Aviation Administration (FAA)

Aviation Medical Examiner Certification

Federal Motor Carrier Safety Administration (FMCSA) National Registry of Certified Medical Examiners (NRCME)

Department of Transportation (DOT) Medical Exam Certification

International Academy of Independent Medical Evaluators (IAIME)

Certified Medicolegal Evaluator (CMLE)

Offshore Energies UK (OEUK)

OEUK Doctors Workshop Training & Directory Listing

Texas Department of Insurance (TDI) Division of Workers' Compensation (DWC)

Designated Doctor & Certifying Doctor Certifications

Texas Medical Board (TMB)

Physician Full Permit License

United States Citizenship and Immigration Services (USCIS)

Civil Surgeon Designation Certification

Professional Memberships

American Board of Preventive Medicine (ABPM)

Active Member

American College of Occupational & Environmental Medicine (ACOEM)

Active Member

- Current Activities & Committees: ACOEM Ambassador Committee. Private Practice Group.
- Past Activities & Committees: Resident & Recent Graduate (RRG) Committee. American Medical Association (AMA) Delegate Alternate for RRG. Corporate Medicine Group

Association for Responsible Alternatives to Workers' Compensation (ARAWC)

Active Member

International Academy of Independent Medical Evaluators (IAIME)

Active Member

Tarrant County Bar Association

Active Member

Presentations

“Association of Obesity & D.O.T. Certification Reduction: Risk stratification based on BMI”. Presented at the American Occupational Health Conference (AOHC) on April 28, 2019, and the TexMed Conference on May 18, 2019

“Strategies to Support Students Pursuing STEM+ Health Careers”. Presented at the Pre-Health Conference at the University of Texas Health Science Center in February of 2019.

“Metal Toxicity and the Respiratory Tract” Review. Presented at the University of Texas Southwestern Medical Toxicology Fellow Department in October of 2018.

“Cancer in Agricultural Populations”. Presented at the 2018 AgroMed Conference in Fort Worth, Texas in April of 2018.
