

## **CURRICULUM VITAE**

**Jill Suzanne Cottel, MD**  
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### **PERSONAL INFORMATION**

Age 47 years old.

### **PRESENT POSITION**

Medical Director, Poway Integrative Medicine Center  
Private Practice, Internal Medicine  
Volunteer Consulting Physician for the LDN Research Trust

### **BOARD CERTIFICATION**

Diplomate of the American Board of Internal Medicine, 1998, recertified in 2008  
Diplomate of the American Board of Integrative Holistic Medicine, 2007, recertified in 2014

### **HOSPITAL AFFILIATIONS**

Pomerado Hospital, Poway, CA

### **EDUCATION**

September 1987 – March 1991	University of California at San Diego, Bachelor of Arts, Biochemistry and Cell Biology, Graduated Cum Laude
September 1991 – June 1995	University of California at San Diego, Doctor of Medicine
September 1994 – May 1995	University of San Diego, Graduate Program in Pastoral Care and Counseling
June 21, 1995 – June 30, 1998	Good Samaritan and Emanuel Hospitals, Portland, Oregon Internship and Residency in Internal Medicine

## **ACADEMIC APPOINTMENTS**

UCSD School of Medicine, Voluntary Clinical Instructor, 2006 to 2010  
UCSD School of Medicine, Assistant Clinical Professor, 1999-2000

## **TEACHING EXPERIENCE**

Preceptor, Primary Care Clerkship for third-year medical students, UCSD SOM, 2006-2008

Preceptor, Introduction to Clinical Medicine for first and second-year medical students, UCSD SOM, 2006-2008

Preceptor, Introduction to Clinical Medicine for first and second-year medical students, UCSD SOM, 1999-2000

## **ACADEMIC AND COMMUNITY HONORS**

### In Current Practice

Certificate of Achievement Award for Highest Patient Satisfaction Score for Sharp Community Medical Group Inland North Primary Care in 3<sup>rd</sup> and 4<sup>th</sup> quarter 2011, 4<sup>th</sup> quarter 2012, 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup> quarter 2013, 1<sup>st</sup>, 4<sup>th</sup> quarter 2014, 1<sup>st</sup>, 2<sup>nd</sup> quarter 2015, 4<sup>th</sup> quarter 2016

### Graduate:

Tony M. Andrews Award for Excellence in Bedside Teaching, May 1998

1992 NIH Predoctoral Short Term Research Training Award

Edward O. Kallman Scholarship, Spring 1992

Volunteer of the Year Award, March of Dimes, San Diego chapter, 1992

National Charity League of San Diego Scholarship Award, Spring 1992

### Undergraduate:

President's Undergraduate Fellowship 1990-1991

March of Dimes 1991 Summer Science Research Award

UCSD Research Scholar, 1989

University of California Regents Scholar 1987-1991

## **PROFESSIONAL AND SOCIETY MEMBERSHIPS**

American College of Physicians, Member

Academy of Integrative Health and Medicine, Member

Christian Medical and Dental Association, Member

## **WORK EXPERIENCE**

Poway Integrative Medicine Center, Poway, CA 2005-present

North County Internists, Poway, CA 1999 – 2005

Kaiser Permanente Internal Medicine Per Diem physician, San Diego, CA 1999

## **VOLUNTEER EXPERIENCE**

LDN Research Trust, Volunteer Consulting Physician, 2015-present

Callsign Compassion Medical Ministries, Co-founder and Volunteer Physician, 2006-2012, health fairs in Baja Sur, Mexico, subsequent health fairs in San Diego and Riverside Counties

Mexican Medical Ministries, Volunteer Physician, 2006-2008, previous trips to Baja Sur and Tijuana, Mexico in 10/06, 12/06, 2/07, 3/07, 4/07, 6/07, 11/07, 5/08

Survivors of Torture International, Volunteer Physician, 2006-2007

Doctors of the World, Human Rights Clinic, Volunteer Physician, 2003-2007

## **COMMUNITY LECTURES AND ACTIVITIES**

Multiple interviews with Linda Elsegood for LDN Research Trust 2015-2017, including the LDN Radio Show in November 2016 and April 2017.

“LDN in Primary Care”, Presentation for LDN Research Trust 2016 Conference.

“Beyond Inhalers: An Integrative Holistic Approach to the Treatment of Asthma and COPD”, for Palomar Health, November 2014

“Conquering Cholesterol”, for OASIS, San Diego, Volunteer Lecture Series, June 2007

“Conquering Cholesterol”, for MOMS Mothers group, Escondido, CA May 2006

“An apple a day, nutrition for women and those we love”, for MOMS Mothers group, Escondido, CA May 2005

Panel Speaker, Careers in Medicine Class, SDSU, March 2002

“Caring for Your Heart”, for Grumman Retiree Club, San Diego Chapter, November 1999

Greater San Diego Science and Engineering Fair, Judge, 1999

March of Dimes Chain Reaction Youth Council, Advisor, San Diego Chapter 1992-1993

Planning Committee for Salk Symposium in La Jolla, CA, yearly from 1987-1992

## **RESEARCH EXPERIENCE**

Fall 1996—Descriptive study of after-hours phone calls under Jocelyn White, MD, Dept. of Internal Medicine at Good Samaritan Hospital, Portland, OR

Summer 1992—Investigation of “Possible carbonic anhydrase deficiency in a patient with renal tubular acidosis and Meniere’s disease” under Jerry Schneider MD, Dept. of Pediatrics, UCSD School of Medicine

Summer 1991—Investigation of “Microcell mediated chromosomal transfer in the study of cystinosis” under Jerry Schneider MD, Dept. of Pediatrics, UCSD School of Medicine

Summer 1990—Investigation of “Somatic cell hybridization in the study of a patient with infantile nephropathic cystinosis” under Jerry Schneider MD, Dept. of Pediatrics, UCSD School of Medicine

## **POSTER PRESENTATIONS**

Remission of Clinically Isolated Syndrome with Low Dose Naltrexone, Cottel J, at the Science and Connection: A New Era of Integrative Health and Medicine conference on 10-26-14 to 10-30-14, through Scripps Conference services.

## **PUBLICATIONS**

Schnaper HW, Cottel JS, Merrill S, et al. Early occurrence of end-stage renal disease in a patient with infantile nephropathic cystinosis. *J Pediatr* 1992; 120: 575-8.

Cottel J, Gray J, Cooper T. Community resources for pregnant and parenting teens. Directory published by San Diego-Imperial Chapter, March of Dimes Birth Defect Foundation, 1992.