

Curriculum Vitae
Michael P. Fragen, M.D.

Lutheran General Hospital
1775 Dempster
Park Ridge, Illinois 60068

Health Endeavors, SC
1615 So. Norbury Avenue
Lombard, Illinois 60148

Youthful Expressions, SC
1615 So. Norbury Avenue
Lombard, Illinois 60148

Professional Experience

- Present – 2005 President & CEO, medical service corporations, above
2005 – 1993 Advocate Medical Group, Department of Internal Medicine, Park Ridge, IL
- ♦ Primary Care, Preventive and Corporate Medicine
 - ♦ Musculoskeletal and Sports Medicine Consultations
 - ♦ Sports Medicine Fellow Physician Educator
 - ♦ Obesity Management Consultations
 - ♦ Department Physician, MRO, Chicago Suburban Municipalities
- 2003 – 1993 Medical Director, Health Endeavors, Des Plaines, IL 60016
- ♦ Healthcare Data Warehousing and Information Extraction
 - ♦ Physician Champion, Medical Group Quality Improvement and Outcomes Management
 - ♦ Member, Advocate Health Partners Quality Assurance & Credentials Committee
 - ♦ Chairman, Advocate Medical Group Quality Assurance Committee
 - ♦ Committee member, Advocate Medical Group Medical Records
 - ♦ Committee member, Advocate Medical Group Technical Solutions Team
 - ♦ Product Developer, Clinical Risk Assessment Software and Process
 - ♦ Patient History Survey Tool Developer w/ Point Of View Technologies
- Present – 1990 Team Physician, Fenton High School, Bensenville, IL
2001 – 1997 Principal Investigator, Advocate Clinical Research, Park Ridge, IL
1997 – 1992 Adjunct Professor, Northeastern Illinois University, Chicago, IL
- 1997 – 1992 Team Physician, Division I Athletics, Northeastern Illinois University, Chicago, IL
- 1992 – 1990 Physician Coverage, Surgical Cardiovascular Unit, Lutheran General Hospital, Park Ridge, IL

EDUCATION

- New Trier Township, Northfield, IL
- 1985 B.S. in Biochemistry, Northwestern University, Evanston, IL
1985 B.A. in Philosophy, Northwestern University, Evanston, IL
1989 M.D., Northwestern McGaw Medical Center, Chicago, IL

POST GRADUATE TRAINING

- 1992 Internal Medicine Residency, Lutheran General Hospital, Park Ridge, IL
1993 Fellowship in Sports Medicine, Lutheran General Hospital, Park Ridge, IL

MEMBERSHIPS

Fellow, American College of Sports Medicine
Member, American College of Physicians

CERTIFICATIONS

American Board of Internal Medicine Through 2006
Certificate of Added Qualification in Sports Medicine, ABIM Through 2007

RESEARCH EXPERIENCE

ESCR 428 – Sports Reconditioning (Winter-Spring Semester), 1994 & 1995. Adjunct Professor Northeastern Illinois University, Masters in Exercise Science Course.

Teaching Professor, Lutheran General Hospital Internal Medicine Residency Program, Ambulatory and Elective Rotations in Sports and Musculoskeletal Medicine, 1994 – Present.

Medical Supervisor, Lutheran General Hospital Primary Care Sports Medicine Fellowship Program, 1994 – Present.

“The Safety and Efficacy of Nicoderm as an Adjunct to a Smoking Cessation Program In a Dental Care Facility” – Publication pending.

“Exercise Induced Bronchospasm: Evaluation of Office Test Methodology For Non-Asthmatic Individuals” – IRB approved study awaiting funding, 9/94

“A Placebo Controlled Study Assessing the Safety and Relative Efficacy of High Dose Nicoderm” – study terminated early secondary to lack of effect and high drop out rate. Pending publication, Merion Merril-Dow and Alza Corps.

HATSI (Hyperbaric Adjunctive Therapy for Sports Injuries) in Professional and College Athletes” IRB Approval, Lutheran General Hospital, Dept. of R&E, 4/95.

“A Randomized, Multiple-Dose, Double-Blind Efficacy Comparison of Naproxen Sodium, Acetaminophen, and Placebo in the Treatment of Muscle Pain (Soreness) and Stiffness Resulting from Exercise-Induced Overexertion” – Proctor & Gamble, Smith, L., Fragen, M. et al., Completed 3/97.

“Changes in Strength, Soreness/Stiffness Parameters, and Blood Markers of Inflammation Associated with Experimentally – Induced Muscle Damage” Smith, L., Fragen, M., et al. – Presented at Regional and National Meetings of ACSM, 1997.

Muscle Injury and the Response of Radiolabeled White Blood Cells to Two Bouts of Eccentric Exercise,” Peller, P., Smith, L., Anwar, A., Fragen, M. – Aborted due to lack of WBC tracer response using quadriceps muscle and step test protocol.

“A Seasonal Assessment of Fatigue In College Soccer Players,” Smith, L., Anwar, A., Fragen, M., Barr, J., Sorenson, T., Hannan, J. – IRB Approval NEIU 8/96 – Terminated.

“Efficacy of Hyperbaric Oxygen Therapy to Modify Experimentally Induced Muscle Soreness,” Fragen, M., Herzel, S., Smith, L. – IRB approved 8/96

“Nicoderm vs. Zyban – Symptom Relief Study”, Sponsored by SmithKline Beecham. Principal Investigator, 9/98.

“Cytokines and Cell Adhesion Molecules Associated with Exercise-Induced Muscle Trauma,” Smith, L., Anwar, A., Fragen, M. – European J. of Applied Physiology, 2/99

OUTCOMES RESEARCH PROJECTS

“Claudication Screening in Primary Care” – Advocate Medical Group, July 2001 – April 2002

“Hypertension Management” – Advocate Medical Group, August-October 2000

- Supported by a Grant from Novartis Pharmaceuticals

“Cardiovascular Health Management” – ALGHP-AMG Partnership for, August 2000 – April 2002

- supported by Advocate-Lutheran General Foundation Grant, delivered to AMG PCP practice sites, AMG Leadership Committee, and AMG Quality Assurance Committee

“Sleep Disorder Screening in Primary Care Practice” – Results of 5 months of implementation of the POV Patient Interview Tool in AMG Primary Care sites, April 2000

- Supported by JD Searle Grant, along with the Benfield Group and Point-Of-View Survey Systems Company.

“Implementing CAGE” – results of implementation of Primary Care Patient Screening For Substance and Alcohol Abuse using CAGE+ as part of the POV Patient Interview Tool, along with Martin Doot, MD, Addiction Medicine, April 2000

- Supported by the Edwin E. Perkins Foundation

“Implementing an electronic version of PrimeMD” – results of implementation of Primary Care Patient Screening for Mood Disorder using the AMG-POVSS Patient Interview Tool – Ongoing.

- Supported by a grant from Pfizer Pharmaceutical

PRESENTATIONS

Office Practice of Sportsmedicine, 11/90

- American Association of Medical Assistants, Trinity College

Groin Pain in a Football Player, 5/92

- Annual Meeting of the American College of Sports Medicine, Dallas, Texas

Roles and Responsibilities of the Team Physician, 7/92

- Grand Rounds, Department of Internal Medicine, Lutheran General Hospital

Common Sports Injuries and their Prevention 10/92 – 10/96

Approach to Low Back Pain 10/92 - 10/96

Basic Anatomy and Applied Kinesiology 10/93 – 10/96

First Aid and Heat Illness 4/95 – 10/96

- American College of Sports Medicine Health Fitness Instructor's Certification Workshop,
Northeastern Illinois University

Injury Prevention, Identification, and Management 11/94, 11/95

- American College of Sports Medicine Exercise Specialist Certification Workshop,
Northeastern Illinois University

Eccentric Exercise and DOMS, Practical Issues, 10/96

- Midwest Regional Chapter Annual Meeting of American College of Sports Medicine

Medical Benefits of Resistance Training, 1/93

- National Strength and Conditioning Association Seminar, Lutheran General Hospital

Injury Risk and Prevention in Adolescents, 4/93

- Illinois Association of Physical Therapists, Loyola University

The Pre-participation Sports Physical Examination, 7/94

- Core Curriculum Lecture, Ravenswood Hospital, Department of Family Practice

Strength and Flexibility Training 3/95

- National Center for Advanced Medical Education, Review Course for the CAQ in Sports Medicine, Chicago.

Practical Approach to Sprain & Strain Injuries, 4/95

- Lutheran General Health Plan and Independent Practice Association CME program

Firefighter Risk Reduction, 11/95

- DuPage County Firefighter Safety and Training Officers Meeting

Meeting & Exceeding 1582 – Medical Perspective of Firefighter Fitness, 2/96

- Annual Meeting of the Northern Illinois Association of Fire Protection Districts

Medical Aspects of OSHA 1910.134 – Respiratory Protection Standard Compliance, 5/99, Metro Fire Chief's Association of Chicago

Electronic Data Collection Instruments (EDCI) in Clinical Practice, 5/15-16/2000

- Eighth Annual Naurice Nasset Research Forum, Advocate Health Care – Poster

Preventive Physicals & Work Injury Management Programs, a progress report, 10/26/2000, First Annual Meeting of Endeavor Plus Municipality Police & Fire Chiefs

Firefighter Fitness, OSHA 1910.134 Compliance, and Consumption Testing, 12/8/200, MABIS Division Ten Training Officer's Symposium

Hepatitis C: Don't Let This Ugly Dragon Slay You, June 11, 2001

Public Risk Management Association's 22nd Annual Conference for Public Agencies
Chicago, IL

Cardiovascular Health Management in a Medicare Managed Care Population, May 14, 2002

- Ninth Annual Naurice Nasset Research Forum, Advocate Health Care – Poster

Claudication Screen Tool Effectiveness, May 14, 2002

- Ninth Annual Naurice Nasset Research Forum, Advocate Health Care – Poster

Reducing the Incidence of Heart Disease Among Emergency Response Personnel, May 16, 2002 Public Risk Management Association's 23rd Annual Conference for Public Agencies, San Antonio, TX

The Current State of Firefighter Fitness and the Role of the Sports Clinician As Department Healthcare Professional, June 1, 2002, 2002 Annual Meeting of the American College of Sports Medicine, St. Louis, Missouri

Sports & Exercise: Essential Play For Men, April 16, 2004, Oakton Community College Continuing Education Seminar Series, Des Plaines, IL

"Sudden Death in Athletes" 10/93 – Fox News

"Belly Busters" 11/94 – Channel 7 Eyewitness News Special

"Magic's Return" 1/96 – Fox News, Chicago

"When to Exercise With Injuries" – Dana Sullivan (phone interview) 3/96

- Published in July '96 Issue of Women's Health and Fitness

"Ankle Sprains, Getting You Back On Your Feet" – Dana Sullivan (phone interview) 4/96

- Published in August '96 Men's Health

PUBLICATIONS

"Reducing the Incidence of Heart Disease Among Emergency Response Personnel", Feature Article, Public Risk, August, 2001