

## **CURRICULUM VITAE**

Stephen B. Sondike, MD, FAAP, FSAHM  
Adolescent Medicine  
One Perkins Square  
Akron Ohio 44308

### **CURRENT POSITION:**

Division Director, Adolescent Medicine, Akron Children's Hospital. Sept 2016- present  
Clinical Professor of Pediatrics, Northeast Ohio Medical University. March 2017-present

### **PREVIOUS POSITIONS:**

Section Head, Adolescent Medicine, West Virginia University Physicians of Charleston;  
Medical Director, WVU Disordered Eating Center of Charleston (DECC)  
Director, Adolescent Cardiovascular Health Program

May 2005- Aug 2016

Professor of Pediatrics, West Virginia University

Program Director, NEW Kids Program, Division of Gastroenterology, Children's  
Hospital of Wisconsin; Assistant Professor of Pediatrics, Medical College of Wisconsin,  
Milwaukee, WI. September, 2003 to April, 2005

Director, Nutrition and Wellness Program, Adolescent Health Center, Mount Sinai  
Medical Center, New York, N.Y; Assistant Professor of Pediatrics, Mount Sinai School  
of Medicine, New York, N.Y.: July 2000- August 2003

### **POST-GRADUATE TRAINING:**

1997-2000: Fellowship, Adolescent Medicine, Schneider (now Cohen) Children's  
Hospital, New Hyde Park, N.Y.

1994-1997: Residency, Pediatrics, Schneider (now Cohen) Children's Hospital, New  
Hyde Park, N.Y.

## **EDUCATION:**

1990-1994: State University of New York, Brooklyn, NY: MD, 1994

1986-1990: Washington University, St. Louis, MO: B.A. Biology, 1990; B.A. Chemistry, 1990

## **MEDICAL LICENSURE:**

West Virginia # 21934

Ohio # 35.128619

## **BOARD CERTIFICATION:**

Pediatrics, 1997; Recertified 2011

Adolescent Medicine, 2002; Recertified 2009

## **PUBLICATIONS**

Karas D, **Sondike SB**, Fitzgibbon J, Redding M, Brown M.

Using a Clinical Decision Support Tool to Increase Chlamydia Screening Across a Large Primary Care Pediatric Network.

Clin Pediatr (Phila). 2018 Dec;57(14):1638-1641.

**Sondike SB**, Pisetsky E, Luzier J; Development of a significant eating disorder in and adolescent following bariatric surgery. Eat Weight Disord. 2015 Oct 8. [Epub ahead of print]

Co J, Jeffrey J, **Sondike SB**. Obesity, Hypertension and Metabolic Syndrome Children in West Virginia. W V Med J. 2015, July/Aug; 111(4); 20-26

Verma R, Walia R, **Sondike SB**, Khan, R. Pulmonary nocardiosis in an adolescent patient with Crohn's disease treated with Infliximab - A serious complication of TNF-Alpha Blockers. W V Med J. 2015, May/Jun; 111 (3); 36-40

Minor M, **Sondike SB**. Adolescent smoking cessation methods: a review article.

W V Med J. 2014 Jul-Aug;110(4):16-20.

Robinson C, Chiang M, Thompson S, **Sondike SB**. Occurrence of Vitamin D deficiency in Southern West Virginia. *South Med J*. 2012 Oct;105(10):504-7.

Luzier J, **Sondike SB**, Linton J, Mizes JS. Interdisciplinary Treatment of Adolescent Eating Disorders in West Virginia. *W V Med J*. 2012. May-June ; 108 (3): 36-41

**Sondike SB**. Rhabdomyolysis in an adolescent with non purging bulimia nervosa. *J Adolesc Health*. 2011 Apr; 48(4):421-3.

Kaslovsky, RA, **Sondike, SB**, Cummings,S. Children with Exertional Dyspnea: Is it asthma? *W V Med J*. 2010 Sep-Oct; 106 (6): 12-15

**Sondike SB**, Jeffrey J. In defense of metabolic syndrome. *J Adolesc Health*. 2009 Mar;44(3):305-6.

**Sondike, SB**, Kay, GA, Emmett, M. Weight Loss Regimens that control for carbohydrate quantity of quality: A review. *Pediatr Diabetes*. 2008 Jun;9(3 Pt 2):33-45.

**Sondike, SB**, Ryan P. Buttock Spots. *Clinical Pediatr (Phila)*. 2006 Nov; 45(9). 867-70

**Sondike, SB** Pediatric and Adolescent Obesity: An Increasing Problem. *Managed Care*, 2004 October; Vol 13, No10 (supplement): 17-20

Diaz A, Edwards S, Neal WP, Ludmer P, **Sondike SB**, Kessler C, Medeiros D, Nucci AT. Obtaining a history of sexual victimization from adolescent females seeking routine health care. *Mt Sinai J Med*. 2004 May;71(3):170-3.

**Sondike SB**, Nancy Copperman, Marc S. Jacobson. Effects of a low-carbohydrate diet on weight loss and cardiovascular risk in obese adolescents. *J Pediatr* 2003;142: 253-8

**Sondike SB**, Nancy Copperman, Marc S. Jacobson. Bringing a Formidable Opponent Down to Size. *Contemporary Pediatrics*, 2000. Vol 17, No. 5, 132-158

### **TEXTBOOK CHAPTERS:**

**Sondike, SB**.(2009) Overweight and Obesity: in Sarafoglou K, (Ed). *Essential Pediatric Endocrinology and Inborn Errors of Metabolism*. New York: McGraw-Hill, 2009; pp. 275-293.

**Sondike, SB**. (2008). Adolescent Obesity. In James, L.C. and Linton, J.C.(Eds) *Handbook of Obesity Intervention for the Lifespan*. New York: Springer Publishing, pp. 55-65.

## **RESEARCH PRESENTATIONS:**

Jeffrey J, Dalabih A, Scheibel A, Emmett M, Modak A, **Sondike S**. A primary prevention program delays onset and peak prevalence of obesity in a pediatric residency teaching practice. Poster Presentation, The Obesity Society Annual Meeting, Boston MA, November 5, 2014

Nidaa Issa, **Stephen B. Sondike**, Stephanie Thompson: Idiopathic Intracranial Hypertension in West Virginia. Platform Presentation, Charleston Area Medical Center/WVU Research Day, 4/17/12

Eric Han, **Stephen B. Sondike**, Stephanie Thompson: Vitamin D in anorexic and obese adolescents. Platform Presentation, Charleston Area Medical Center/WVU Research Day 4/17/12

Bret Wolfe, **Stephen B. Sondike**: Eating Disorders in Rural West Virginia Platform Presentation, Charleston Area Medical Center/WVU Research Day, 4/19/10.  
HONORABLE MENTION

**Stephen B. Sondike**. Diets Which Control for Carbohydrate Quality or Quantity; NICHQ Childhood Obesity Forum; Atlanta GA, 3/10/10

Beth Emrick, **Stephen B. Sondike**; LaCrosse Encephalitis in a 4 Month Old Infant Presenting with Seizure. Poster Presentation, AAP Annual Meeting, Washington DC, 10/17/09

Robert Kaslovsky, **Stephen B. Sondike**. Obese Children with Exertional Dyspnea: Is it Asthma? Platform Presentation, Faculty Research Day. Charleston WV, 10/2/08

Amanda N Schlak. **Stephen B. Sondike**, Maher Kali. Scott Dean. The Quality of Life for Adolescents with Metabolic Syndrome. Summer Research Extern Presentation, Charleston, WV. 7/23/08

**Stephen B. Sondike**, Robert Kaslovsky. Obese Children with Exertional Dyspnea: Is it Asthma? Poster Presentation. NAASO Annual Scientific Meeting. New Orleans, LA. Presentation Date: October 21, 2007

Melissa Bacchus, **Stephen B. Sondike**: A case of Rhabdomyolysis in a patient with Bulimia Nervosa. Platform presentation. Charleston Area Medical Center Research Day, Charleston, WV. April 17, 2007

**Stephen B. Sondike**, Subra Kugathasan, Erin McGuire. Trends in Inflammatory Bowel Disease: Effects of the Obesity Epidemic. Poster Presentation, 7/5/04 NASPHGAN World Congress, Paris, FR.

**Stephen B. Sondike**, Marc S. Jacobson, Nancy Copperman. The Ketogenic Diet Increases Weight Loss but Not Cardiovascular Risk: A Randomized, Controlled Trial. Platform Presentation, Society of Adolescent Medicine Annual Meeting, March 26, 2000, Arlington VA.

**Stephen B. Sondike**, Marc S. Jacobson, Nancy Copperman. Ketogenic Diets in Obese Adolescents. Poster Presentation, Long Island Jewish Medical Center, June 11, 1999, New Hyde Park, NY

Eric C. Weiselberg, **Stephen B. Sondike**, Marc S. Jacobson. Deaf Adolescents' Attitudes in Seeking Health Care Information. Pediatric Academic Societies' 1997 Annual Meeting Poster Session, Washington D.C., May 2, 1997

**Stephen B. Sondike**, Eric C. Weiselberg, Marc S. Jacobson. Attitudes of Deaf Adolescents towards Health Care. Schneider Children's Hospital Grand Rounds Presentation. New Hyde Park, N.Y. 1997

**Stephen B. Sondike**, William E. Buhro. The Chemistry of Barium (II) Alkoxides. Poster Presentation, Washington University Research Symposium, St. Louis, MO, 1988

## **PRESENTATIONS AND WORKSHOPS.**

### **Recurring Presentations:**

Resident Lecture Series: 6-7 lectures per year: Topics include Adolescent Interview, Pelvic Examination Workshop, Adolescent Contraception, Sexually Transmitted Infections, and Board Review.

Internal Medicine Grand Rounds, Charleston Area Medical Center, Charleston WV. Four times per year: Topics include Adolescent Interview, Eating Disorders, Suicide and Self Harm, Pediatric and Adolescent Obesity

Medical Student Lecture Series: 3-4 lectures per medical student rotation: Topics include Adolescent Interview, Suicide and Self Harm, Dyslipidemia and Cardiovascular Health, and Adolescent Contraception.

### **Individual/Invited Presentations:**

Jack Sprat and His Wife: Disordered Eating and the continuum from Anorexia Through Obesity: Pediatric Grand Rounds, Cardinal Glennon Children's Hospital, Saint Louis, MO. 10/23/15

Medical Screening and Modification of Co-Morbidities related to Pediatric Obesity: CAMC Wellness Conference. Roanoke, WV. 5/2/15

Jack Sprat and his Wife: Disordered Eating and the Continuum from Anorexia Through Obesity. 2015 Spring Continuing Education Conference for Social Workers. 4/17/15, Charleston, WV

Adolescent Controversies. Pediatric Grand Rounds. Charleston, WV, 2/6/15.

Medical Complications of Eating Disorders: Division of Behavioral Medicine Grand Rounds. Charleston WV, 10/30/14

The Adolescent Interview in the Emergency Department. Emergency Medicine Grand Rounds, Charleston WV, 10/8/14

Preventing attrition in a weight management practice: A family integrative approach. Obesity Summit, Morgantown, WV, 5/16/14

Update on HPV. Pediatric Grand Rounds, Camden Clark Hospital, Parkersburg, WV 5/13/14

Jack Sprat and his Wife: Disordered Eating and the Continuum from Anorexia Through Obesity; Philippine Medical Association of West Virginia Annual Meeting. Charleston, WV 11/3/12

UpDate on LowCarb 2012: Pediatric Grand Rounds, Charleston WV. 9/21/12

Jack Sprat and his Wife: Disordered Eating and the Continuum from Anorexia Through Obesity. Keynote Presentation. International Nutritional Summit, Philadelphia, PA 8/27/12

Controlled Carbohydrate Nutrition 2012; Up-date on Lo-Carb. International Nutritional Summit, Philadelphia, PA 8/27/12

Jack Sprat and his Wife: Disordered Eating and the Continuum from Anorexia Through Obesity. KIDSTRONG conference, Charleston, WV, 6/13/12

Jack Sprat and his Wife: Disordered Eating and the Continuum from Anorexia Through Obesity. Behavioral Medicine Grand Rounds. Charleston, WV 2/2/12

HPV Prevention and Therapies: Ohio County Medical Society Meeting, Wheeling WV, 10/25/11

Jack Sprat and his Wife: Disordered Eating and the Continuum from Anorexia Through Obesity. Pediatrics Grand Rounds. Charleston, WV 07/29/2011

Jack Sprat and his Wife: Disordered Eating and the Continuum from Anorexia Through Obesity. Pediatrics Grand Rounds, Morgantown WV 6/15/2011

The Adolescent Interview; Psychiatry Grand Rounds. Charleston WV 4/28/2011

Disordered Eating; WVU Obstetrics and Gynecology annual conference; 11/6/2010, Charleston WV

Eating Disorders; Psychiatry Grand Rounds. Charleston, WV 2/16/10

Pediatric Obesity; Children with Special Health Care Needs (CSHCN) Staff Meeting; Charleston, WV 9/30/09

Eating Disorders; Ob/Gyn Grand Rounds, Charleston, WV 6/9/09

Exertional Dyspnea in Obese Adolescents- Is It Asthma? WV asthma Coalition Spring Quarterly Meeting; Charleston, WV 5/5/09

Research Lunch and Learn: Up-Date on Low Carb; Charleston WV. 2/18/09

Pediatric and Adolescent Obesity: Diagnosis and Management. Pediatric Symposium, City Hospital Martinsburg, WV 5/28/08

Off The Charts: Pediatric and Adolescent Obesity: CME Workshops. (Sponsored by Unicare)

Charleston WV.	10/30/07
Morgantown, WV	10/31/07
Beckley, WV	11/1/07
Martinsburg, WV	4/5/08
Bluefield, WV	4/14/08
Logan WV	4/15/08
Parkersburg, WV	4/21/08
Clarksburg, WV	4/22/08

Eating Disorders for the Primary Care Pediatrician: Pediatric Grand Rounds, Charleston Area Medical Center, Charleston, WV 6/13/08

Controlled Carbohydrate Nutrition: Fads, Facts and Fictions. Research Lunch and Learn. Charleston WV, 5/14/08

Up-Date on Lo-Carb: Logan General Hospital, Logan WV, 6/5/07

Up-Date on Lo-Carb: Appalachian Regional Hospital, Williamson KY 5/21/07

HPV Vaccine Update: WV Association of Physician Assistants Annual Meeting. Snowshoe, WV 3/23/07

Up-Date on Lo-Carb: Pediatric Grand Rounds, Charleston Area Medical Center, Charleston WV 12/7/06

Controlled Carbohydrate Nutrition: Fads, Facts and Fictions: Appalachian Regional Hospital, Williamson KY 6/13/06

Jack Sprat and His Wife: Disordered eating and the Continuum from Anorexia Through Obesity. St Joseph's Hospital, Parkersburg, WV. 8/16/05

Jack Sprat and His Wife: Disordered eating and the Continuum from Anorexia Through Obesity. - Jackson General Hospital, Ripley, WV 8/12/05

Jack Sprat and His Wife: Disordered eating and the Continuum from Anorexia Through Obesity; Medicine Grand Rounds, Montgomery Hospital, Montgomery, WV 7/20/05

Pediatric and Adolescent Obesity: A Growing Problem; 3/18/05. Pediatric Grand Rounds, Beloit Hospital, Beloit, WI

Health Benefits of Controlling Carbohydrates. 6/30/04 Low-Carb 2004 (International Food and Beverage Exchange, Sponsor). Miami, FL.

Using Controlled Carbohydrate Nutrition to Treat Children and Young Adults. 5/7/04. American Society of Bariatric Physicians Annual Meeting. Scottsdale, AZ.

Jack Sprat and His Wife: Disordered eating and the Continuum from Anorexia Through Obesity: 4/24/04 Wisconsin Chapter of the American Academy of Pediatrics Annual Meeting. Wisconsin Dells, WI.

Jack Sprat and His Wife: Disordered eating and the Continuum from Anorexia Through Obesity: 4/4/04 Pediatric Grand Rounds, Children's Hospital of Wisconsin. Milwaukee, WI

Precursors to Metabolic Syndrome. 3/27/04. 2004 Medical Director Colloquy. Dallas TX.



Controlled Carbohydrate Nutrition: Fads Facts and Fictions. 3/26/04. : Hot Topics Presentation, Society for Adolescent Medicine Annual Meeting. St. Louis, MO

Jack Sprat and His Wife: Disordered eating and the Continuum from Anorexia Through Obesity. 4/25/04. Institute Leader, Society for Adolescent Medicine Annual Meeting. St. Louis, MO.

Pediatric and Adolescent Obesity: A Growing Problem. 2/25/04. Pediatric Grand Rounds, Bellin Hospital. Green Bay, WI

Pediatric and Adolescent Obesity. Pediatric Grand Rounds, 12/9/03, All Saints Health Care, Racine, WI

Controlled Carbohydrate Nutrition in Children and Adolescents. 12/2/03. Robert C. Atkins Foundation Science and Education Partnership Meeting. New York, NY.

Focus on Obesity: How to Make Students a “Value Added” Piece in your Office?; CME activity. November 14, 2003. Milwaukee, WI

YMCA Day of Opportunity presenter. October 4, 2003.

Pediatric and Adolescent Obesity: A Growing Problem. Pediatric Grand Rounds, Mount Sinai Hospital, 2/20/03, NY, NY.

Lo-Carb Diets: Fad Diet or New Paradigm?. Workshop, Society for Adolescent Medicine Annual Meeting, 3/7/02, Boston, MA (Co-presenter with Dr. Marc Jacobson, MD)

Managing Adolescent Obesity. Presentation, Managing Common Adolescent Conditions. 2/28/02. New York, NY

Intervention/Management of the Obese Child. Grand Rounds, Department of Pediatrics, Queens Hospital Center. 12/21/01, Queens, NY

Pediatrics and Cardiovascular Health. Grand Rounds, Department of Pediatrics, Harlem Hospital, 9/20/01, New York, NY

Controlled Carbohydrate Nutrition in Theory and In Practice. Workshop, Current Concerns in Adolescent Medicine, 10/25/01, Garden City, NY.

Disordered Eating for the Primary Care Pediatrician. Grand Rounds, Department of Pediatrics, Englewood Hospital and Medical Center. 10/2/01, Englewood, NJ

Disordered Eating for the Primary Care Pediatrician. Grand Rounds, Department of Pediatrics, Mount Sinai Hospital, 7/12/01, New York, NY

Disordered Eating for the Primary Care Pediatrician. Grand Rounds, North General Hospital  
Department of Medicine, 3/5/01, New York, NY.

Obesity: Identification and Management. Presentation, Common Morbidities of Urban  
Youth: Strategies for the Practitioner. 12/1/00, New York, NY.

Lo- Carb Diets; Fad Diet or New Paradigm?. Grand Rounds, Mount Sinai Hospital  
Department of Pediatrics, 10/22/00, New York, NY.

**INVITED REVIEWER:**

Archives of Pediatric and Adolescent Medicine  
Journal of Pediatrics  
Journal of Behavioral and Developmental Pediatrics  
Thrasher Research Fund  
Journal of Adolescent Health  
Journal of Substance Abuse

**PROFESSIONAL ORGANIZATIONS:**

American Academy of Pediatrics (AAP) (Fellow Status)  
American Academy of Pediatrics (AAP) Section on Adolescent Health  
West Virginia Chapter AAP  
Society for Adolescent Health and Medicine (SAHM)  
Academy for Eating Disorders (AED)

**COMMITTEE MEMBERSHIPS:**

National:

Pediatrics Review and Education Program (PREP) Adolescent Medicine Self-Assessment  
Editorial Board  
Associate Editor, West Virginia Medical Journal

Statewide:

West Virginia Healthy Lifestyles Coalition  
The Tri-State Children's Health Improvement Consortium (T-CHIC)-Advisory Board

Institutional:

Akron Children's Hospital IRB

Charleston Area Medical Center IRB – Vice Chair

Resident Research Committee- Chair

Academic Research Council

Intern Selection Committee

Wellness Committee

AWARDS and GRANTS:

American Academy of Pediatrics Special Achievement Award for Work with diagnosis and treatment of Disordered Eating in Children and Adolescents. Spring, 2014

AAP Adolescent Vaccinations and Wellness Grants for Chapters Supported By Merck: Co-investigator, 2014.