

**Dale E. Alsager, D.O., Ph.D.,**  
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## **Curriculum Vitae**

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*August 2015*

## **CURRICULUM VITAE SUMMARY**

***Dale E. Alsager, D.O., Ph.D.,***

### **PERSONAL HISTORY**

*Business Address:* PO Box 1010, Maple Valley, WA 98038-8824  
*Telephone:* (425) 432-4554 Fax: (425) 432-6852  
*E-mail* [CNTRYDOC77@aol.com](mailto:CNTRYDOC77@aol.com)

### **EDUCATION**

*1966-1994* B.Sc., Zoology/Chemistry; M.Sc., Zoology/Immunology; Ph.D., Biological Sciences; Dr of Osteopathic Medicine and Surgery.

**CURRENT LICENSURE:** *WA State licensed in Osteopathic Medicine & Surgery. (Retired Oct. 2013)*

### **TEACHING EXPERIENCE:**

Past volunteer lab assistant at the Kirksville College of Osteopathic Medicine, Osteopathic Manipulative Medicine, Kirksville, MO. Bastyr University (Bastyr College of Naturopathic Medicine) Seattle, WA; Okanagan Community College. Preceptor for Osteopathic Medical Students. Part time guest/instructor in Osteopathic Manipulation. 2011 – 2013 Pacific Northwest University, Yakima WA. University of Washington Department of Medicine, Pain Management Project Echo (Pain Management) and Addiction (Project Roam) August 2011 to September 2012.

### **PRIMARY FOCUS OF PRACTICE (Oct. 1996 – Oct. 2013)**

*Medical Director responsible for Rural Family Practice and imaging at two locations. Medical procedures and diagnostics, management of muscular-skeletal pain, using an interdisciplinary approach; osteopathic manipulative medicine, spine and sacral biomechanics, sports medicine, muscular skeletal injuries, diagnostic imaging, emporiatrics, and internal medicine.*

### **SPECIALIZED QUALIFICATIONS – General Medicine and Diagnostic Imaging**

*Board Certification in Family Practice and Osteopathic Manipulation. (2001)Retired Oct. 2013*

*Active in rural family practice since 1995 including management of hypertension, diabetes, stroke, coagulopathies, heart disease, hyperlipidemia, obesity, cardio-myopathies, CHF, atherosclerotic heart disease, peripheral vascular disease, osteoporosis, and muscular skeletal pain.*

*Special hands on course (post-graduate) on Medical Procedures by Dr. John L. Pfenninger at Michigan State University Medical Center, 1995*

*Independent Medical Examiner: S.E.A.K. Inc. Certified in disability and impairment rating examinations.*

*Member of The Cranial Academy, certified in Cranial Manipulative Techniques. (Retired)*

*Proficient at drawing blood, starting IVs, suturing, stabilizing wounds, and minor surgical procedures, treatment of acute infections in a rural practice setting.*

*Diplomate, National Board of Osteopathic Medical Examiners, 1994.*

*Specialized training courses on the design and construction of orthotic devices for the management of back pain and correction of biomechanical problems of the foot, lower extremities and sacrum.*

*Specialized training in medical billing, ICD 9, ICD 10, and CPT Coding.*

*Specialized skill and 12 years' experience in electronic medical records including current meaningful use, and PQRS requirements.*

*Specialized training/experience in radiology technique including x-ray operations, maintenance and film processing. Specialized training and skills in medical procedures including minor surgery, sigmoidoscopy, joint and muscle trigger point injections, IV therapies, and CT-guided joint injections. Specialized training in diagnostic imaging: DXA scan certificate (GE Healthcare). 100+ hours (A.O.A CME approved) specialized training on Picker IQ, PQ 6000 CT, Voxel workstation and MRI (Artoscan).*

*ACLS qualified (re-certified January, 2011. Update course scheduled).*

***EXPERIENCED PAIN MANAGER*** with multiple CME courses in the use of opioids and non-pharmaceutical methods for pain control. One month in-service training (intern) at St. Francis Hospital Center for Drug and Alcohol

*Detox and Addiction Treatment. One week In-Site training at Edgewood Treatment Center (Addiction and Recovery Center) Nanaimo, BC. DEA Controlled Substance License # DEA BA46148137, with Suboxone/Subutex special endorsement (2005). Relinquished on retirement Oct. 15, 2013.*

***University of Washington, Seattle, WA.***

*Department of Anesthesia and Pain Medicine. Opioid and Chronic Pain Telemedicine Clinic: Participant in Project Echo and Rome 2x/week Teleconference case management of selected Pain cases in the Pacific Northwest (Pain Management and Addiction). Project Directors: Dr. David Tauben and Dr. Joe Merrill. Aug. 2011 – Sept. 2012. UW Pain Champion program completed. (Pain Management, addiction, Internal Medicine).*

***Pacific Northwest University of Health Sciences, Yakima, WA.***

*Part time guest instructor in Osteopathic Manipulation. 2011 – Present.*

***RESEARCH AND PUBLICATIONS:***

*Approximately ten years as a research scientist with industry and government with over 50 publications in scientific, technical, and peer review literature.*

***PUBLIC SPEAKING:***

*Public speaking and continuing medical education lecturer. Fulfilling numerous requests at annual medical conventions, giving lectures on various topics including managing of muscular-skeletal pain, osteopathic manipulative treatment, biomechanics of the spine and pelvis. Complete list of lectures is available on request.*

***PROFESSIONAL ASSOCIATIONS***

*Ongoing membership in the Washington State Medical Association, American Osteopathic Association, and numerous other professional organizations. (Retired Member)*

*Life Membership Awarded November 2012 in recognition for long term dedicated support of the AOA.*

*Life Membership (Retired) Washington State Medical Association (Oct. 2013)*

## CURRICULUM VITAE - Detailed

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### PERSONAL HISTORY

Business Address: 22520 South East 218<sup>th</sup> Street  
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e-mail: [cndrydoc77@aol.com](mailto:cndrydoc77@aol.com)

### GRADUATE DEGREES

- 1966 University of Alberta, Edmonton, Alberta  
B.Sc., Zoology/Chemistry
- 1969 M.Sc., Zoology/Immunology  
Thesis: The response of the thymus gland to thyroxin (see list of publications)
- 1985 Pacific Western University, California/University of Alberta  
Ph.D., Biological Sciences  
Thesis: Blackbird depredation to field crops in Southern Alberta (three-year study funded in amount of \$260,000 by Alberta Government; course work completed at U of A and Pacific Western University (two publications; see list of publications)
- 1994 Kirksville College of Osteopathic Medicine, affiliated with A.T. Still University, Kirksville, MO, and Mesa, AZ.  
D.O., Doctor of Osteopathic Medicine & Surgery  
- A graduate of KCOM's 1<sup>st</sup> Rural Track Program to prepare graduates for rural and remote medical practice.

### HONORS

- 1994 Winner of President's Award for Medical Writing, Kirksville College of Osteopathic Medicine, with paper entitled "Primary Adrenal Insufficiency and Hypothyroidism: An unusual presentation". Pub. *Journal of the Cape*

*Girardeau County of Medical Association*, Vol. 45 (3 parts): July-September, 1995.

**PROFESSIONAL TRAINING AND EXPERIENCE**Postgraduate Medical Training  
(Rotating internship):

- |         |   |
|---------|---|
| 1994-95 | Detroit Riverview Hospital, Detroit, Michigan (Internal Medicine Track)<br>BiCounty Community Hospital, Warren, Michigan<br>Michigan State University and Ford Hospital Systems affiliated postgraduate programs. |
| 1995    | Medical Procedures by Dr. John L. Pfenninger, Michigan State University Medical Center<br>Children's Hospital, Detroit, Michigan, affiliated with Wayne State University  |
| 1996    | Group Health Cooperative Family Practice Residency (RI), Seattle Washington, affiliated with University of Washington<br>Swedish Hospital (part of Group Health R-1 Residency Training), Seattle WA               |
| 2011-12 | University of Washington, Dept. of Medicine, Seattle 6 month training pain management, and 6 month training in general medicine completed.  |

Additional Hospital-Based  
Clinical Training

- |         |  |
|---------|--|
| 1993-96 | Kirksville Osteopathic Medical Center, Kirksville, Missouri –Physician Rural Track Training Program:<br>Grim Smith Hospital, Kirksville, Missouri<br>Southeast Missouri Hospital, Cape Girardeau, Missouri<br>Saint Francis Medical Center, Cape Girardeau, Missouri<br>Doctors' Park, Cape Girardeau, Missouri<br>Detroit Riverview Hospital ICU, Detroit, Michigan<br>Bi-County Hospital, Warren, Michigan<br>Children's Hospital, Detroit, Michigan |
|---------|--|

## Medical Practice Experience:

- |                    |   |
|--------------------|---|
| 7/96-12/96         | St. Luke's Medical Center & NW Medical Arts, Bellevue, WA<br>Reference: Ken Bakken, D.O., Ph.D., Owner. Position: Osteopathic Physician and Surgeon (Pain Management) |
| 1996-Oct. 15, 2013 | Chief Medical Officer, Osteopathic Medical Services, Inc.   |

Practice specialty: Rural General Practice, Occupational Medicine, Osteopathic Manipulative Medicine (OMM), Pain Management, Diagnostic Imaging, and Work-related Injuries (see practice brochure) and Emporiatics.

**MEDICAL LICENSURE**

1996-present      State of Washington (0P00001485) Osteopathic Physician & Surgeon. Current Status – Inactive. Retired Oct. 2013.  
Specialty Endorsement: DEA – Buprenorphine – Suboxone/Subutex  
AOAAM (inactive – retired Oct. 15, 2013). Course update Oct. 27-30 Las Vegas, AOA convention.  
State of Michigan (5101012504 – Internal Medicine Resident Training License)

**TEACHING EXPERIENCE/MEDICAL SCHOOL FACULTY POSITIONS**

1988-89      Medical Physiology Laboratory Instructor  
Bastyr College of Naturopathic Medicine  
Seattle Central Community College – (part-time), Seattle, Washington

1993      Volunteer Teaching Assistant, Cranial Manipulation Course  
Kirksville College of Osteopathic Medicine  
Kirksville, Missouri

1994      Graduate Medical Education Lecturer (during internship)  
BiCounty Community Hospital, Warren, MI, various physical medicine topics, osteopathic techniques, osteopathic history and philosophy

1999-present      Preceptor site for medical students from AT Still University, Kansas City College of Osteopathic Medicine, College of Osteopathic Medicine of the Pacific, and Michigan State University College of Osteopathic Medicine.

2010-present      Part time guest lecturer Osteopathic Manipulation department for Pacific Northwest University, Yakima, WA.

2011-2012      University of Washington Department of Medicine, Pain Management (Project Echo), Addiction (Project Roam), and General Medicine. August 2011 to Sept. 2012.

**BUSINESS EXPERIENCE**

1989-93      Still National Osteopathic Museum. Dale & Betty Alsager were managing directors of SNOM, Kirksville, Missouri. Responsibilities included fund raising, day-to-day management and staff supervision, conducting public

and professional level tours, lectures and exhibit design. Dr. Alsager is a staunch supporter of osteopathic history and philosophy, and is considered an expert in osteopathic history by his peers. The Alsagers were appointed to the National Advisory Board of Still National Osteopathic Museum in July of 1994.

1996-Oct. 15, 2013 Chief Medical Officer of Osteopathic Medical Services, Inc.: A busy rural medical practice with two locations in Hobart and Maple Valley, Washington. The duties include direction and supervision of all staff, medical assistants and other practitioners in the delivery of medical services to a wide variety of patient ages and conditions. Supervises, directs, and conducts specialized radiological studies utilizing x-ray, CT, MRI, and DXA scan technology; responsible for all medical care decisions including the handling of walk-in emergencies. Responsible for specialized independent medical exams and disability evaluations.

#### **ADMINISTRATIVE AND BUSINESS EXPERIENCE**

Approximately 20 years of experience in the business sector at senior-management level in both large and small private business

Ten years' experience in the operation of multi-practitioner and single-practitioner medical practice. Strong command of Peachtree and QuickBooks Pro electronic accounting systems, as well as general accounting principles, budgeting and financial tracking of business performance. Experienced in medical practice business analysis, practice management skills including ICD 9 and CPT coding, provider contracts, regulatory issues including HIPAA and OSHA requirements.

#### **TRAINING IN BUSINESS MANAGEMENT**

Contract law course, administered by the University of Alberta.

Basic Supervision of Personnel, administered by the Alberta government.

Middle-management course: Several weeks training course in middle-management principles (Management by Objective)

Senior management training program: Several weeks' duration, administered by the Alberta Government, emphasizing financial

management, personnel management, and other principles of organizational management, following the theme (Management by Objective).

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Multiple training courses taken sponsored by the Washington Osteopathic Medical Association, the Washington State Medical Association, and Washington State Labor & Industries pertaining to the general management and operation of a medical practice and medical clinic-based business.

### **ELECTRONIC MEDICAL RECORD TECHNICAL EXPERIENCE**

Member of the AOA/AAO Committee chaired by Dr. Sleszynski for the incorporation of OMT SOAP note into electronic format.

Ten years of experience using Healthmatics electronic medical records and the incorporation of OMT SOAP guidelines into electronic medical record format.

Ten years of active experience using and maintaining electronic medical records in a private medical practice setting: designing installations, overseeing and performing maintenance of EMR software, hardware, and local area networks (LAN) for multiple workstations. Experienced using digital image transfer including Di-com technology for data transfer and storage of radiological images.

Experienced with comprehensive knowledge of AOA guidelines on ICD-9 and CPT coding, with respect to osteopathic manipulative medicine, and general practice.

Current EMR Research: Computer Operating Systems Capable of Full Integration of EMR and PM Functions on a Single Operating Platform: Pal-Med EMR/PM vs Practice Studio vs A4 Healthmatics vs HealthFusion.

Publication: “My EMR Nightmare ... And Why I’d Do It Again.” A three thousand-word article accepted for publication in the June edition of Physicians’ Practice Magazine and it’s 2008 Annual Technical Technology Guide.

Since Nov, 2011 – Oct. 15, 2013: - hands on HealthFusion with “Meaningful-Use” and “PQRS” federal requirements experience.

## SPECIALIZED SKILLS AND CERTIFICATES

Medical Procedures Course: Dr. John L. Pfenninger, Michigan State University Medical School, October, 1995; Text: John L. Pfenninger and Grant C. Fowler, Procedures for Primary Care Physicians.

Certificate in Swedish Massage and Sports Injury Therapeutic Massage, Bastyr University, 1990

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Certified Advanced First Aid, CPR and ACLS (several courses), re-certified November, 2008.

Advanced histology training, including electron microscopy, University of Alberta.

Multiple Red Cross & Royal Life Saving Society water safety certificates.

Advanced Live Blood Cell analysis using high-magnification-phase contrast microscopy – Certificate. An introduction to stem cell use and potential as a cure for human diseases – current practice overview in U.S., Mexico, and European Countries. American Biologies, Inc. Los Angeles, California

Several years' experience in laboratory management and technologist staff supervision. (publications)

July 1990      Ultrasound (Acuson) High Resolution GYN/OB, Cardiology. Bellevue, WA.

July 1990      Completed AngioDynography applications course – Certificate  
Quantum Medical Systems, Inc.  
Seattle, Washington

October 1998      Professional Speakers Seminar (sponsored by Purdue Pharmaceuticals)  
Scottsdale, Arizona

November 2001      American Osteopathic Board of Family Physicians – Certified in Family  
Practice and Osteopathic Manipulation.

2005      DEA Specialty Endorsement – Buprenorphone (Suboxone/Subutex). –  
Specialty training and experience in detox, addiction management.  
AOAAM

July 1, 1995	Diplomate – National Board of Osteopathic Examiners
1996-2006	Several specialized training courses in medical billing, ICD-9 and CPT coding sponsored by local and national medical associations
1997-present	Footmaxx system – orthotics, gait analysis, orthotics casting and scripting. Northwest Podiatric Laboratory, Blaine, WA. (publications)
March 2007	Advanced Nutritional Principles, Nutritional Interventions and Nutraceutical Applications in Clinical Practice. Sponsor was the Medical Educator Consortium, Inc. The training was held in Carefree, AZ, March 23-24, 2007 (certificate obtained)

**SPECIALIZED TRAINING IN RADIOLOGY**

- 1996-present      **Basic Radiology** including x-ray system basic operation, darkroom technique, film processing, processor maintenance and repairs, patient and operator safety, x-ray facility design, layout and construction, x-ray shielding requirements for proper licensing and facility design, x-ray machine trouble shooting, deinstallation and reinstallation procedures, and x-ray technique. Osteopathic Medical Services, Inc.
- November, 1998      New Developments in Radiology. 7.5 Cat. One CME hours. Virginia Mason Medical Center; Paul N Fredlund, MD, Medical Director. Certificate received.
- CT Technology Specialized Training:** 100+ hours CME AOA-approved training on Picker IQ and PQ 6000 models including Voxel workstation proficiency. Training included installation, deinstallation, set up, machine calibration, CT facility room design and layout, and basic operation. CT operational troubleshooting and CT techniques for image enhancement. CT protocol development and design for enhanced image quality. Voxel workstation analytical tools training for enhanced imaging of bone and joint tissues, including 3-D, 4-D, MPR analysis and Voyager software training (tubular structure viewing inside vessels and gut). Virtual colonoscopy basics using CT technology including blood vessel Intra-luminal analysis. Di-com technology for image storage and data transfer. Protonics CT image printer operation and trouble shooting procedures.
- One hundred plus hours hands-on training in CT guided joint, epidural, and organ injection techniques using the PQ 6000 CT scanner. Osteopathic Medical Services, Inc.
- Apr-Oct 2003      CT training by R. Grooms, RT® (CT). AOA approved 50 CME hours. (Category B).
- MRI (Artoscan M):** 200+ hours training in imaging techniques for sports injuries and extremity joint pathology utilizing MRI. Artoscan M MRI technology with multiple coils, T1 and T2 weighted imaging as well as STIR imaging techniques for maximizing image quality in sports injuries and joints. Training includes machine troubleshooting, maintenance, set up, calibration, deinstallation techniques, reinstallation techniques, facility design and shielding. Fifty plus specialized hours of training in image enhancement techniques for MRI joint imaging specific for early

diagnosis of rheumatoid, osteoarthritis, and other joint diseases using MRI technology. Osteopathic Medical Services, Inc.

Active in ISEMIR (International Society of Extremity MRI in Rheumatology) – see professional organizations. (Retired Oct. 2013)

February 2006 GE Healthcare Medical Training Course entitled enCORE DXA Scan Operator Training Course, total of 6.0 operator training hours. Signed by Jackie R. Wyarz ASRT Training Coordinator, GE Healthcare. Course took place in Maple Valley, WA.

### **SPECIALIZED TRAINING IN IMPAIRMENT AND DISABILITY EVALUATION**

December 2009 L&I Impairment and Disability Evaluation Update “Reducing Your Practice Headaches: Industrial Medicine Tips for Treating Doctors” 7 Category one CME training hours.

October 2000 Impairment Disability and Evaluation – physicians’ training course sponsored by S.E.A.K. Inc., in cooperation with the Washington State Department of Labor and Industries. Seattle Center, Seattle, Washington. Curriculum based on the 4<sup>th</sup> and 5<sup>th</sup> Editions of the AMA rules regarding Impairment and Disability Evaluation. October 14 and 15, 2000. CME credits received.

March 2012 S.E.A.K. Certification: March 10, 2012. Seattle, WA. Course Overview: S.E.A.K. Inc., in co-operation with WA State Department of Labor & Industries special training program on Rating Impairment under the 5<sup>th</sup> Edition of the AMA’s Guide dealing with effective return to work, physical capacity calculations, activity prescriptions, writing and defending IME reports, testifying and cross-examination skills. (14 Cat. 1A CME Hrs.)

“How to Use the AMA Guidelines – Fourth Edition for Impairment and Disability Evaluation” (American Medical Association, Chicago, 1993). CME credits received.

Analysis of 197 Sequential Cases Reviewed by Brigham and Associates, Inc., in 1999.

*The Guides Case Book*, Ed. C. R. Brigham (American Medical Association, Chicago, 1999).

### **EXPERIENCE IN COLLEGE CURRICULUM DEVELOPMENT AND TEACHING**

Dr. Alsager has a solid track record as an innovative curriculum developer with strong attention to detail, at the community College and Medical School levels.

Bastyr College of Naturopathic Medicine, Seattle, Washington, 1989-90.  
Responsible for development of an advanced human physiology  
laboratory curriculum for first-year medical students.

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Okanagan Community College, 1985-89

Accomplished curriculum development of several new technical courses for the Okanagan Community College System, Kelowna, British Columbia, Canada. One of these projects (Water-Quality Technology Program) received an outstanding and exemplary review by the accreditation agency for the Province of British Columbia Junior College System.

Nov.2013 – Present:

Interim Dean, International Cloud University, Faculty of Medicine and Healthcare.

Project: Development of an internet-based medical school curriculum designed for long distance education utilizing 3-D, digitalized, animated teaching tools, including data tracking and self-assessment. Working in conjunction with The American College of Osteopathic Family Physicians, Arlington Heights, IL, with the goal of developing a new curriculum specific to the needs of physicians practicing in rural communities.

International Cloud University: 2013-present

Dr. Alsager is currently developing a cloud-based, advanced Medical Resident (MR-3) curriculum featuring Rural Track Medical Procedures and Theory utilizing state of the art non-linear learning technology.

### **CERTIFICATES IN ADVANCED OSTEOPATHIC MANIPULATIVE TECHNIQUES**

- 1992                      Advanced techniques in HVLA osteopathic manipulation, taught by Bill Wyatt, D.O. (New England College of Osteopathic Medicine).
- 1992                      Basic Percussion Hammer Technique, taught by Robert Fulford, D.O. (Prescott, AZ).
- 1992                      “Vitalizing the Viscera”, taught by S. M. Davidson, D.O. (Phoenix, AZ).
- 1993                      Advanced Visceral Diagnosis and Osteopathic Treatment taught by J. P. Barral, D.O. (France).
- 1993                      Three weeks’ special training on McManis table osteopathic techniques, including spinal traction under V. G. Clark-Wismer, D.O., Hawaii (Dr. Clark-Wismer was a recognized world authority on the McManis table and ladder stool techniques taught by Lulu McManis, D.O., co-inventor of the table and developer of this unique osteopathic technique)
- 1994                      Member, The Cranial Academy (certified in Cranial Manipulative Techniques) (Retired Member)
- 1999                      Certified in McManis table technique, KCOM, September 1999.

### **CONSULTING SERVICES AND LECTURES PERFORMED**

- November 1998              3<sup>rd</sup> Interdisciplinary World Congress on Low Back and Pelvic Pain, November 19-21, 1998, Vienna, Austria – Provided a Poster Presentation on Short leg syndrome and its implications for chronic low back pain. Presented diagnosis and treatments, including pharmaceutical.
- June 1999                      Medicine Man Radio Show Program, June 7, 1999. Topic is “Pain Management and Fibromyalgia Syndrome”. One hour medical radio show program hosted by Dr. Noah McKay where Dr. Alsager was the featured guest. Fibromyalgia syndrome and pain management was the topic. The

one-hour radio show involved interactions and questions by the radio listening audience. A complete tape of the interview is available on request.

- March 2000 Two lectures, jointly presented lecture and practicum with David Levine, D.O. from Port Orchard, entitled "The Management of Chest Wall Pain and Thoracic Cage Dysfunction". "Diagnosis and Treatment of Anatomic Short Leg". Washington State Annual Convention, Stevenson, WA.
- July 2002 Boehringer Ingelheim Pharmaceuticals, Inc. Consultant and lecturer on their visiting professor program. This is a contract entered into July 16, 2002. The primary lecture describes frequently missed mechanical causes of low back pain and emphasizes the important role of NSAID therapy, and correction of mechanical causes in treatment protocols. The lectures address drug safety and the mechanisms of action of COX #1 vs. COX #2 NSAID therapy. Dr. Alsager compares molecular structure of various NSAIDS- particularly meloxicam - as a basis for safety and efficacy of adjunctive drug therapy in the treatment of low back pain.
- June 24, 2002 Alsager, DE. "Biomechanics and treatment of Chronic Low Back Pain". Sponsored by Boehringer Ingelheim Pharmaceuticals, Inc. Morton's, 2501 East Camelback Road, Phoenix, AZ. June 24, 2002.
- October 11, 2002 Alsager, DE "Clinical Correlation between Leg Length Difference, Low Back Pain and Foot Function" Proc of Fifth International Conference on Foot Biomechanics and Orthotic Therapy, Montreal, Quebec, Oct 2002.
- May 16, 2007 Osteopathic Medical Services, Inc. public health lecture series. A one-hour, open public forum on a variety of public health topics. Latest topic lecture is "Bone Health". Speakers: Dr. Dale Alsager, Karl Mincin, M.S., Consulting Nutritionist, and Marlene Puderer, Physical Trainer. This 45-minute lecture, followed by questions from the general public, involved a current medical approach to osteoporosis in the community, its diagnosis, treatment and implication on personal health and survival. A variety of other lectures are scheduled by Osteopathic Medical Services in Maple Valley, WA. A separate, complete list of lectures is available.
- December 19, 2007 Speaker: Dale E. Alsager, D.O., Ph.D., "Youth, Drugs and Alcohol Drug Prevention and Intervention Summit". This was a multi-agency summit involving Maple Valley community, parents, police, teens, counselors, and other professionals for the purpose of educating a community and organizing a proactive program to fight drugs and drug-related crime and activity in the Maple Valley community. Over 100 people were in attendance to hear this lecture. A handout was provided by Dr. Alsager.
- January 19, 2011 PNWU Yakima, WA. Anatomical Short Leg Syndrome Lecture.

1 hour long power point presentation and 2 hour lab for second year Osteopathic Medical students. Demonstration of Osteopathic manipulation

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was performed on the McManis table for a group of 80+ students and faculty of Pacific Northwest University of health sciences.

March 21-25, 2011: KCOM/A.T. Still Faculty Lecture: “Anatomic Leg Length Difference- The Most Common Underlying Cause of Low Back Pain.” A power point lecture to the KCOM Spring Primary Care Update Continuing Medical Education event, Honolulu, Hawaii. 55 physicians from across the USA attended.

November 6-9, 2014: Lecture at the Age Management Medical Group Annual Meeting, Las Vegas, NV, USA. “Putting Science into Micronutrient Testing and Evaluation in a Primary Care Practice,” by Dale Alsager, interim Dean of Medicine and Health Sciences, Seattle, WA.

#### **SPECIALTY CERTIFICATES AND TRAINING IN PAIN MANAGEMENT AND ADDICTION**

1997 Lecture provided by the American Academy of Pain Medicine with a handout entitled “The Use of Opiates for the Treatment of Chronic Pain: A Consensus Statement from the American Academy of Pain Medicine and the American Pain Society”, published 1997 by the American Academy of Pain Management and American Pain Management Society. This policy statement has been provided at multiple pain management courses and lectures and copies of this consensus statement have been available and utilized by my office since its publication in late 1997.

September 1997 A CME course dated September 20, 1997 in Yakima, Washington entitled “Non-surgical Approach to Pain Management”. Speakers included Stephen Butler, M.D., lecture entitled “Use of Narcotics for Non-malignant Pain”, Louis Saeger, M.D., lecture entitled “Management of Cancer Pain”, “Management of Neuropathic Pain”, Dan Wolf, .D.O., lecture entitled “A Psychiatrist’s Perspective of Chronic Pain Management”, Daniel Brzusek, .D.O., lecture entitled “Pain Management of Osteoarthritis and Rheumatic Diseases”

1998 Lecture entitled “Pitfalls and Perils in Pain Management”. Instructor: Henry J. Bienert, Jr., M.D. Lecture given June 15 at the Annual Northwest Osteopathic Convention in Wenatchee, Washington.

March 1998 “The Osteopathic Approach to Headaches”, March 13, 1998, SeaTac Marriott Hotel, Seattle. The lecture was entitled “Medication Use for Headaches” by Joseph Connelly, III, D.O.

May 1998 “Chronic Opiate Use – Is it Good or Bad for Injured Workers?” The lecturers were J. David Haddox, D.D.S., M.D. and Denis Turk, Ph.D. The next lecture was “Pain Clinics – Who is most likely to benefit”, given by James Robinson, M.D., Ph.D. These lectures were given on May 8, 1998

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in Seattle as part of the treatment of work-related musculoskeletal disorders.

May 1998 Provider Bulletin PB00-1, PB00-4 published with Health Service Analysis Section, State of Washington Department of Labor & Industries. The publication covers provider reporting requirements, opioid drug coverage rules, criteria for medical coverage decisions, and other aspects of the use of opiate drugs in work-related cases. The above document was presented for review at Seattle, Washington May 7 and 8, 1998 under a general course heading “Treatment of Work-Related Musculoskeletal Disorders” sponsored by the Department of Labor & Industries.

October 1998 Pain Management Seminar, October 2-4 1998, held at Scottsdale, Arizona. Lectures included “Under Management of Pain: A Physician’s Perspective” by Neil Irick, M.D., “Guidelines for the Management of Pain: The Position of the Pain Societies, and State Boards” presented by J. David Haddox, D.D.S., M.D., “The Practice and Principles of Pain Management” by Melvin Gitlin, M.D., “Pain Management in the Elderly Patient: Special Considerations” by Joan Harrold, M.D., “A Call to Action: Empowering the Physician and the Patient to Improve Pain Management” by L. Gean Dunegan, M.D., J.D.

February 1999 “Fundamentals of Addiction Medicine” put on by the Washington Society of Addiction Medicine, February 26-27, 1999 at the Sheraton Hotel in Seattle, sponsored by Providence General Medical Center. This course included multiple lectures over two days covering various aspects of addictionology and the treatment of chronic pain in the chemically dependent patient population and other topics.

June 1999 Lecture given at the Northwest Osteopathic Convention June 17-20, 1999, Stevenson, Washington by Gordon Irving M.D. entitled “Pain Management” on Saturday, June 19, 1999 at Stevenson, Washington.

October 1999 Lectures dated October 26, 1999 part of a scientific lecture program covering current and future options for pain management. Session moderator was William M. Silverman, D.O., FACOFP. Lectures included “The Clinical Role of Opiates in Cancer Pain Management” by Patricia

LoRusso, D.O., “Treatment of Acute and Chronic Pain Management” by John Scott, D.O., “Can We Justify the Undertreatment of Pain?” by Alan Spanos, M.D., “A Call to Action: Empowering the Physician to Improve Pain Management” by Patricia LoRusso, D.O.

February 2000 “Legal Implications of Prescribing Opiates for Non-Cancer Pain”, the lecturers were Don Williams, R.Ph, Executive Director, Washington State Board of Pharmacy, and Louis Saeger, M.D., Northwest Pain Specialist.

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Two CME hours, February 15, 2000, in Bellevue, Washington, sponsored by Purdue Pharma.

March 2000 “A Review of Patient Pain Management Contracts” and the prototype agreement presented was Swedish Pain Management Services Opiate Agreement, peer review and discussion. The lecture also included a review of a publication in American Family Physician, March 1, 2000, Vol. 61, No. 5 entitled “The Treatment of Non-malignant Chronic Pain”, author Dawn Marcus, M.D., University of Pittsburgh, Pennsylvania.

September 2000 Lecture given by Stewart Rosenblum, M.D., Ph.D., Director of Emmanuel Pain Management Clinic, Chairman of Oregon Anesthesiology, Chairman of the Group Pain Management Committee in Oregon, entitled “Alleviating the Pain” given at the Oregon Osteopathic Convention and Scientific Seminar in Portland, Oregon, September 14-17, 2000. Lecture given on Friday, September 15, 2000 entitled “Neuropathic Pain: Diagnosis and Treatment” given by V. Paul Bertrand, D.O.

April 2001 2001 Western States Osteopathic Convention in Las Vegas, April 18-22, 2001. The lectures attended included “Depression and Substance Abuse” by Anthony Dekker, D.O., FAAFP, FSAM, Professor, Department of Family Practice, University of Health Sciences, College of Osteopathic Medicine, Kansas City, Missouri. The lecture covered a variety of aspects of how to manage substance abuse in youth in a family practice setting. Lecture given entitled “Neuropathic Pain” by Daniel L. Burkhead, M.D.

September 2001 “Addictions: The Family in Crisis”, the instructor was Joseph McNerney, D.O. The lecture was held September 6-9, 2001 during the course of intensive update in Family Practice Medicine Board Review course, Chicago, Illinois. The second lecture was Cynthia Mears, D.O., Adolescent Medicine Specialist. This is the Professor in Northwest University Medical School and the lecture was “Alcohol and Drugs – Medical Care for Teenagers”.

October 2001 CME lectures taken at the American Osteopathic Association Convention, San Diego, California, October 21-25, 2001 entitled “Methamphetamines – Old Drug and New Curse” by Jerome C.M. Peters D.O., “Relationship of Violence and Substance Abuse” by Bruce Peters, D.O., “Treating the Depressed Addict: Special Considerations and New Options” given by William Vilensky, D.O., “Comorbidity of ADHD and Substance Abuse in Adults” by Bobbe J. Kelley, D.O.

2004 One-hour telephone lecture/course on chronic pain management sponsored by The Chronic Pain Network Program of Horsham, Pennsylvania. This telephone interactive course, paid for by contribution of Cephalon Corporation, included a kit of clinical reference materials for doctor and

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patient use in pain management. The materials included a subscription to the Journal of Pain and Symptom Management, an article review entitled “Urine Drug Testing in Pain Management” by Howard Heit, M.D., et al (March 2004, Volume 27, No. 3). Other kit materials, which are used in my practice on an ongoing basis, include patient pain diary booklets, handout entitled “Tips on Talking about Pain with Your Healthcare Provider” for patient use, a reference chart comparing commonly used opiate analgesics with respected dose formulations, dose interval and general comments, patient pain history forms, frequently asked questions regarding pain, pain disability index forms, drug and alcohol screening tools, pain assessment checklist, agreement for opiate therapy, quality of life forms, functional testing, pain disability index forms, as well as lecture outline on CD. This was held at the Country Doctor Office with Raif Jochim, representative from Cephalon Corporation (manufacturer/marketers of Fentanyl pain control products).

2004 Case-based pain management program sponsored by The Primary Care Institute. Facilitators: Thomas Stillman, M.D., Clinical Professor of Medicine, University of Minnesota, and Gary Williams, M.D., Ph.D., Chairman, Department of Medicine, Scripps Clinic and Research Foundation, Scripps Green Hospital, LaHoya, California. Credited CME hours – two.

August 2004 “Buprenorphine and Office-Based Treatment of Opioid Dependence” sponsored by the American Academy of Addiction Medicine, 8 CME hours resulting in Certification by Department of Health & Human Services, Substance Abuse and Mental Health Services Administration to prescribe Subutex and Suboxone for addiction treatment, Tacoma, WA, August 13, 2004. Fewer than 3% of all physicians are “certified” to prescribe this treatment.

- 2005 Lecture entitled “Anesthesiology for the Non-anesthesiologist”. Lecturer: David H. Rebuck, D.O. Lecture given at Primary Care Update, March 14-18, 2005. Sponsored by the Kirksville College of Osteopathic Medicine. Program Chairs were Ronald Kienitz, D.O. and Lloyd J. Cleaver, D.O. Held in Honolulu, Hawaii in 2005.
- 2005 Lecture by Elizabeth J. Narcessian, M.D., this was part of a training information package provided by “Partners Against Pain”. Professional outline and complete kit relating to the management of Oxycodone controlled release, MS-Contin and Morphine Sulfate controlled release products. The kit includes physician tools for patient selection and evaluation as well as pain assessment in the management of pain using opiates. The above package included a review of the Department of Health Professions Quality Insurance Division, Washington Board of Osteopathic Medicine and Surgery Policy Procedure entitled “The Curriculum Vitae (continued) 16  
Dale E. Alsager, D.O., Ph.D., Guidelines for Pain Management”. The second document is another item provided by the Department of Health Medical Quality Insurance Commission “Guidelines for the Management of Pain”. Those were documents that were reviewed and discussed at the same CME.
- June 6, 2005 Instructor was Marvin Antonie, special territorial representative, Alpharma Branded Products Division. Lecture was entitled “Oxycodone to Morphine Rotation Describing the Conversion of Oxycodone and Cadian Products and Techniques used when tapering patients off Oxycodone opiates and transferring to Morphine-related Opiates”. The lecture was based an article by Mazin Elias, M.D., FRCA, published in Practical Pain Management, March 2006, pages 46 through 51. One hour CME credit. The lecture was held at the Country Doctor Clinic in Maple Valley, Washington.
- September 2005 Three lectures, the first “New Strategies in Pain Management”, instructor: Darien Behravan, D.O., the second “Ethical Issues on End of Life Decisions”, instructor: Bill Morris, M.D., the third “Pain Management Tips for the Busy Practitioner”, instructor: Greg Holmquist, Pharm. D., given at the CME by the Bay, Monterey, California, September 9 and 11, 2005.
- March 2006 Lecture provided on Monday, March 13, 2006 entitled “Myofascial Pain Syndromes with Hands-on Workshop”. It was part of a program sponsored by the Kirksville College of Osteopathic Medicine held in Honolulu, Hawaii on March 13, 2006.

May, 2006 Several lectures as part of a program entitled “Pain Pot Pourri” sponsored by the AOCPMR, a program reviewing concepts of pain management from the physiatry perspective of functional medicine. This course was held Thursday, May 4 through Sunday, May 7, 2006 in Seattle, Washington. Total of 22 CME hours covering multiple topics on pain medicine. Lectures included non-opiate as well as opiate management pain control techniques. Lectures of particular relevance in new techniques for managing pain included “Cannabis in the Treatment of Chronic Pain”, lecturer was Gregory Carter, M.D., “Dry Needling Techniques for Treating Pain”, lecturer was Steve Goodman, M.D., “Ethical Concerns in Pain Medicine”, lecturer was Louise Andrew, M.D., J.D., “Botox in Pain Management”, lecturer was Michael Wieting, D.O., M.E.D. Physiatry, “Sacroiliac Pain”, lecturer was Paul Dreyfuss, M.D., “Nutritional Aspects of Pain Management”, lecturer was David Musnick, M.D., “Pain and Impairment – the AMA Guides and Beyond” by James Robertson, M.D., “Pain Management in the Recovering Population”, by Thomas Jan, D.O. Physiatry, “Multifactorial Approach to the Management of Chronic Pain”, by John R. Long, D.O. Physiatry.

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August, 2006 One-week on-campus course: In-Site Training, Edgewood Addiction and Recovery Treatment Center, Nanaimo, British Columbia.

October 25, 2006 Two lectures, Wayne Anderson, DO; use of Fentanyl for Chronic and Acute Pain Control. Host: Country Doctor Clinic, Maple Valley, WA, First Lecture; Seattle, WA, Second Lecture.

January, 2008 Washington Academy of Pain Management. Lectures attended Wednesday, January 16, 7 p.m.; “Psychological Prescreening by Physicians Prior to Initiating Chronic Opiate Therapy”, presenter: Michael Schatman, Ph.D., one hour lecture. “Pick an Opiate, any Opiate: Reasons to Think Through the Decision Process”, presenter: Greg Holmquist, Pharm. D., Pain and Palliative Specialist, Group Health, Seattle, WA., one hour lecture with interactive question period.

March, 2012 Fundamentals of Addiction Medicine: March 01/02, 2012. Training Course by PRMCE (Providence Regional Medical Center Everett). 15.5 Cat. 1 CME hrs. approved by WA. State Medical Quality Assurance Commission. Tulalip, WA.

## **PORTA-CLINICS INTERNATIONAL**

Dr. Alsager is creator and designer of a self-contained, compact clinic of modular construction design for use in remote and underserved regions, or disaster areas. These facilities provide state of the art diagnosis tools

(MRI, CT, X-ray, U/S), and trained physicians equipped to deal with a broad variety of medical conditions, and administer outpatient treatments from the site. Access to specialist care is through the use of DiCom image transfer and Satellite technology.

#### **ACADEMIC INTERESTS**

Rural Family Practice; Internal Medicine, Medical Research and Publishing, Travel Medicine (Emporiatrics); Osteopathic Manipulative Medicine; Sports Medicine; Pain Management; Bone and Joint Pathology; Muscular-Skeletal Biomechanics; Osteopathic History and Philosophy; Design and Implementation of Health Care Delivery Systems in underserved areas; Age Management Medicine.

#### **RECREATIONAL INTERESTS**

Physical fitness, dancing/music, swimming (instructor and lifeguard level), scuba, reading, licensed private pilot, draft horse driving, hobby farming, woodworking. Home Improvement.

#### **PROFESSIONAL AFFILIATIONS/MEMBERSHIPS**

American Osteopathic Association\*  
American Academy of Osteopathy\*  
The Cranial Academy\*  
American Association of Osteopathic Internists\*  
American Board of Osteopathic Family Physicians\*  
Director, Advisory Board to Still National Osteopathic Museum\*  
Washington Osteopathic Medical Association\*  
Washington State Medical Association\*  
American Medical Association\*  
American College of Osteopathic Family Physicians\*  
Washington Academy of Pain Management\*  
International Society of Extremity MRI in Rheumatology (ISEMIR)\*  
American Academy of Pain Management\*

(\*Retired Oct. 2013)

#### **SPECIALTY BOARD CERTIFICATION**

American Board of Osteopathic Medical Examiners  
Family Practice and Osteopathic Manipulation Board Certification,  
October 2001- December 31, 2009. (expired)

**RESEARCH AND TECHNICAL PUBLICATIONS**      See attached list (50+)

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Alsager, DE. "Naturopathy in Canada – An Overview". *AANP Quarterly*, the Newsletter of the American Association of Naturopathic Physicians. Summer, 1990; Vol. 5, No. 3.

Alsager, DE, Bowen, Peter, and Bamforth, JS. "Trembling Chin – A report of this inheritable dominant character in a four-generation Canadian family. *International Journal of Clinical Genetics*. 1991; 40:186-189.

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### MEDICAL LITERATURE (continued)

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Alsager, DE. "Diagnosis and treatment of anatomic short leg syndrome". Pub. *Proc. 86<sup>th</sup> Annual Northwest Osteopathic Convention*. Stevenson, Washington. June 17-20, 1999.

Alsager, DE. "Biomechanical considerations of an Unlevel Sacral Base". Pub. *Proc. of 88<sup>th</sup> Oregon Osteopathic Convention of Scientific Seminar*. Portland, Oregon, Sept. 14-17, 2000.

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Alsager, DE. "OxyContin CR Use Associated with B<sub>2</sub> Deficiency". *The Pain Clinic Journal*. Bernardsville, NJ. July, 2001.

Alsager, DE. "The Biomechanical Consequences of Gait Abnormality". Pub. *The Proc. of the 4<sup>th</sup> Annual International Conference on Foot Biomechanics and Orthotic Therapy*. Miami Beach, Florida. November 9-11, 2001.

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## **BIBLIOGRAPHIES OF PUBLICATIONS**

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### **MEDICAL PUBLICATIONS PENDING**

Alsager, DE. “Osteopathic Approach to Diagnosis and Treatment of Fibromyalgia Syndrome”. An osteopathic medical peer-reviewed journal. Pending

Alsager, DE. “Attacking Fibromyalgia”. A 250-page book summarizing most effective treatment option for FMS. Treatment guidelines for patients, physicians, physical therapists, massage therapists, and other alternative care. Manuscript in progress. Pending

Alsager, DE, Smith, C. “Correlation of Foot and Pelvic Biomechanics in the Prevention of Low Back Pain”. *Proc. of Fourth International Conference on Foot Biomechanics and Orthotic Therapy*. Miami Beach, Florida. November 9-11, 2001. (Note: Christopher Smith, DPM, is a Medical Director and Vice President, Northwest Podiatric Laboratory, Inc., in Blaine, Washington, and Professor Emeritus, California College of Podiatric Medicine.) Manuscript for publication in a peer review journal pending.

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### **BOOKS PUBLISHED**

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