

Stephanie Karozos, M.D.

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MEDICAL WORK EXPERIENCE

Saint Anthony North Family Medicine Residency - Westminster, CO August 2019 - Present
Adjunct faculty

- Outpatient patient care (primary role) including primary care, Integrative Medicine consults, acupuncture/dry needling, and weekly supervision of residents.

Saint Anthony North Family Medicine Residency - Westminster, CO August 2018 - July 2019
Integrative Medicine Fellow

- Junior faculty position which included completion of University of Arizona Integrative Medicine Fellowship program & Helms Medical Acupuncture course, providing Integrative Medicine consults, mindfulness group visits, and supervision of residents in clinic and hospital settings.

Saint Joseph Family Medicine Residency - Denver, Colorado February 2017 - June 2018
Chief Resident
Integrative Medicine Track Co-Creator July 2016 - June 2018

EDUCATION AND TRAINING

Aloha Mentorship Program - Boulder, CO January 2022-Present
Japanese Meridian Therapy Acupuncture Apprenticeship

Andrew Weil Center for Integrative Medicine - Tucson, AZ August 2018 - September 2020
Integrative Medicine Fellowship

Saint Anthony North Family Medicine Residency - Westminster, CO August 2018 - July 2019
Integrative Medicine Clinical Fellowship

Helms Medical Institute - Tempe, AZ December 2018 - May 2019
300 hour Medical Acupuncture Certification

Saint Joseph Family Medicine Residency - Denver, CO June 2015 - June 2018
Resident Physician

Indiana University School of Medicine - Indianapolis, IN August 2011 - May 2015
Doctor of Medicine

Purdue University - West Lafayette, IN August 2007 - June 2011
Bachelor of Science, Biology (Neurobiology & Physiology)
Minors: Spanish, Psychology

SERVICE AND LEADERSHIP

POSTGRAD

Colorado Academy of Family Physicians Board of Directors April 2021 - Present

RESIDENCY

GME Wellness Committee July 2016 - June 2018
Family Medicine Residency Wellness Committee July 2016 - June 2018
Meaning in Medicine Lecture Series July 2016 - June 2018
Resident Physician Staff Council July 2016 - June 2017
Community Medicine Curriculum Reform July 2015 - June 2016

MEDICAL SCHOOL

Student Outreach Clinic Volunteer March 2014 – May 2015
Wheeler Mission Shelter Clinic Volunteer March 2014 – May 2015
Volunteer Service Coordinator March 2013 – May 2015
“Iatrogenesis” Newsletter Editor March 2013 – May 2015
Integrative Medicine Student Interest Group Creator & President March 2012 – May 2015
Wellness Committee Liaison March 2012 – May 2015
Stop Taking on Pounds Pediatric Weight Management Program January 2012 – May 2012

HONORS AND AWARDS

Visiting Resident of the Month- Children’s Hospital Colorado 2016
Indiana University School of Medicine Class of 1957 Scholarship Recipient 2015
Rod and Cele Flanary Scholarship Recipient 2011
Purdue University Academic Excellence Scholarship Recipient 2007

PUBLICATIONS AND PRESENTATIONS

Integrative Medicine Fellowship August 2018 - July 2019

Presentations at residency didactic sessions addressing the following topics:

Integrative Medicine Consultations
Common Dietary Supplements
Integrative Approach to IBS

Integrative Medicine Track July 2016 - June 2018

Presentations at residency didactics addressing the following topics:

Botanical Supplements
Bright Light Therapy for Depression
Wellness Multi-dimensional Overview
Humor in Medicine

Rocky Mountain Research Forum – Denver, Colorado April 2016

- Sandhu S, Bemski J, Wiedel T, Rushing J, **Karozos S**, Magill Collins M, McMullen K. Mammogram Screening - Team Q.I. Project. Poster presented at Rocky Mountain Research Forum (May 2016) Denver, Colorado.

Other Publications

Dagher PC, Mai EM, Hato T, Lee SY, Anderson MD, **Karozos SC**, Mang HE, Knipe NL, Plotkin Z, Sutton TA. The p53 inhibitor pifithrin- α can stimulate fibrosis in a rat model of ischemic acute kidney injury. Am J Physiol Renal Physiol 302(2): F284 - 91

RESEARCH EXPERIENCE

Indiana University School of Medicine - Indianapolis, Indiana August 2013

Research Assistant - Department of Internal Medicine

PI - Dr. Palmer MacKie, M.D.

- Created and distributed survey strategy for evaluating Integrative Pain Program
- Compiled a review of the efficacy of mindfulness in chronic pain treatment

Indiana University School of Medicine - Indianapolis, Indiana June 2010 - August 2010

Research Assistant - Department of Nephrology

PI - Dr. Timothy Sutton, M.D.

- Exposed porcine cell cultures to hypoxic conditions to illustrate time-dependent gradient of expression of Hypoxia-Inducible Factor 1a and tumor suppressor p53 via Western Blotting

Purdue University - West Lafayette, Indiana January 2008 - May 2011

Research Assistant - Department of Biological Sciences

PI - Dr. Dennis Minchella, Ph.D

- Developed and executed Amplified Fragment Length Polymorphism procedure for *Biomphalaria glabrata* snail species to analyze genetic variation among *Schistosoma mansoni* infected and uninfected individuals in *B. glabrata* snail populations

LICENSES & CERTIFICATIONS

- American Board of Integrative Medicine Board Eligible
- Andrew Weil Center for Integrative Medicine Fellowship Graduate
- American Board of Family Medicine Board Certified
- Colorado State License & DEA
- Helms Medical Institute 300 hour Medical Acupuncture Certification
- Integrative Medicine in Residency Certification
- BLS, ACLS

PROFESSIONAL SOCIETIES

Colorado Academy of Family Physicians 2015 - present

American Academy of Family Physicians 2015 - present

American Medical Women's Association 2011 - 2015

LANGUAGES

- English - fluent/native speaker
- Spanish - intermediate proficiency

PERSONAL INTERESTS

Hiking, skiing, Japanese acupuncture, travel, yoga, biking, reading, concerts, painting