

CAROLINE A. MEEKS, M.D.
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CURRICULUM VITAE

EDUCATION

1962-1966 B.A. Immaculata College, Immaculata, PA, Dean's List '65-'66
1966-1967 Physical Therapy Certification, Stanford University, Stanford, CA
1967-1971 M.D. Medical College of Pennsylvania, Philadelphia, PA
1971-1972 Medical Rotating, Jefferson Medical College, Philadelphia, PA
1972-1973 Pediatrics, Pediatric Resident, Children's Hospital of Philadelphia, PA
1973-1974 Pediatrics, Senior Resident, University of Colorado Medical Center, Denver Children's Hospital, Denver, CO
1974-1976 Pediatric Infectious Disease Fellow, University of Washington School of Medicine, Seattle, WA
1983-1984 Part-time Behavioral Pediatrics Fellow (one day per week), University of Washington, Children's Hospital and Medical Center, Seattle, WA. Basic interviewing, communications, and counseling skills with families. Included: "Introduction to Psychotherapy Course", Department of Psychiatry, University of Washington. Six months, one morning per week, three months theory with guided reading and discussion, three months practical clinical observation and discussion.
1984 Basic training (40 hours) as a Crisis Clinics Volunteer.
1984-1991 Greater than 300 CME hours specific to Clinical Behavioral Medicine

OTHER TRAINING

1994-1997 Cornish College for the Arts, Visual Art (20 semester units)
1999 University of San Diego, Department of Art (4 semester units)
1999-2005 San Diego Community College, Computer Studies, Interactive Media Program: Print Module Certification

PROFESSIONAL QUALIFICATIONS

1972 Medical Board of Pennsylvania, Physician and Surgeon License
1976- Present American Board of Pediatrics
1975- Present Medical Board of Washington, Physician and Surgeon License #14732
2003- Present Medical Board of Pennsylvania California, License #G87032
2006- Present American Board of Integrative Holistic Medicine

EXPERIENCE

- 1968 Physical Therapist, Stanford University Medical Center (June- Aug.)
1969 Physical Therapist, University of Pennsylvania Hospital (June- Aug.)
1976-1977 Acting Co-director, Division of Infectious Disease, Children's Orthopedic Hospital and Medical Center, Department of Pediatrics, University of Washington, Seattle, WA
1977-1978 Acting Director, Division of Pediatrics Infectious Disease, Children's Orthopedic Hospital and Medical Center, Department of Pediatrics, University of Washington, Seattle, WA
1976-1979 Acting Instructor, Department of Pediatrics, University of Washington School of Medicine, Seattle, WA
1980 Awarded a three year grant by the FDA/NIH, as Principle Investigator to study bioavailability of oral antibiotics for treating serious infections, Children's Orthopedic Hospital and Medical Center, Seattle, WA
1980-1982 Acting Assistant Professor, Department of Pediatrics, University of Washington, Seattle, WA
1980 NIH/FDA award \$150,000, as Principle Investigator to study oral dicloxacillin pharmacology in Infants, Children's Orthopedic Hospital and Medical Center, University of Washington, Seattle, WA
1981-1982 Pediatrician, East District Health Center, Bellevue, WA
1981-1982 Pediatrician, Child and Youth Clinic, Seattle, WA
1982-1984 Pediatric Practice, employed by University Place Pediatrics, Tacoma, WA
1983- Present Clinical Assistant Professor, Department of Pediatrics, University of Washington, Seattle, WA
1984-1992 Behavioral Medicine Practice, Founder Parent Resource Institute, Seattle, WA
1985 Pediatrician, employed by Dr. Clarence Rozgay, Tukwila, WA
1986-1992 Pediatrician, employed by Dr. Malcolm Garber, Seattle, WA
1994-1996 Elder Care Coordinator, Personal Guardian for George T. McDermott
1994-1998 Board of Corporators, McDermott Realty of Florida
1996-1998 Co-Executor Estate: George T. McDermott Trust
2007- Present Health Educator: Life Style Change Educator and Laughter Yoga Teacher
2009- Present Volunteer Faculty UC San Diego, School of Medicine, Social & Behavioral Sciences

MEMBERSHIPS

- 1966 Who's Who in American Colleges and Universities
1966-1967 Class Vice-President, Stanford University
1967-1968 Class President, Medical College of Pennsylvania
1970-1971 Student Body Vice-President, Medical College of Pennsylvania
1972 Diplomat of the National Board of Medical Examiners
1973 Outstanding Young Women of America
1974 Candidate membership, American Academy of Pediatrics
1978- Present Fellow, American Academy of Pediatrics
1978 Member, Puget Sound Pediatric Society
1978 Member, Washington State Society of Pediatrics
1980 Member, Western Society of Pediatric Research
1982- Present Member, King County Medical Society
1984 Member, Northwest Family Training Institute
1987-1990 Member, National Speakers Association
1994-1997 Board Member, Vice-President-Treasurer, McDermott Realty of Florida
2007- Present Member, Association of Applied and Therapeutic Humor
2007- Present Member, Certified Teacher, Dr Kataria's School of Laughter Yoga
2007- Present Member, Certified Laughter Leader, World Laughter Tour
2008- Present Member, San Diego Watercolor Society

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a.k.a. Carolyn M. Sack, M.D.

BOOKS

1. Prescriptions for Parenting, Meeks, Carolyn Ann. Warner Books, Inc., 240 Pages. June, 1990. 2004.
2. Recetas Para Educar (Spanish Edition), Meeks, Carolyn Ann. Ediciones Medici, 240 Pages. 1990.
3. Recetes Per Educar (Catalan Edition), Meeks, Carolyn Ann. Ediciones Medici, 240 Pages. 2004.

SCIENTIFIC PUBLICATIONS: (known as Sack, C.M.)

1. Ray, C.G., Pelletier, L.L., Plorde, J.J., Sack, C.M., Ralph, E.D., McCracken, Jr., G.H. 1975. Manual of Antimicrobial Therapy. Continental Printing Co.
2. Syriopoulou, B., Scheifele, D.W., Sack, C.M., Smith, A.L. 1979. Effect of inoculum size on the susceptibility of Haemophilus influenzae b to B-lactam antibiotics. **Antimicrob. Ag. Chemother.** 16:510-512.
3. Koup, J.R., Sack, C.M., Smith, A.L., Gibaldi, M. 1979. Hypothesis for the individualization of drug dosage. **Clin. Pharmacokinet** 4:460-469.
4. Sack, C.M., Koup, J.R., Smith, A.L. 1980. Chloramphenicol pharmacokinetics in infants and young children. **Pediatrics** 66:579-587.
5. Koup, J.R., Sack, C.M., Smith, A.L., Neely, N.N., Gibaldi, M. 1981. Rapid estimation of chloramphenicol clearance in infants and children. **Clin. Pharmacokinet.** 6:83-88.
6. Tuomanen, E.I., Powell, K.R., Laferriere, C.I., Sack, C.M., Smith, A.L. 1981. Oral chloramphenicol in the treatment of Haemophilus influenza meningitis. **J. Pediatr.** 99:968-974.
7. Jacobs, R.F., Adelman, L., Sack, C.M., Wilson, C.B. 1982. Management of pseudomonas osteochondritis complicating puncture wounds of the foot. **J. Pediatr.** 69:432-435.
8. Sack, C.M., Koup, J.R., Opheim, K., Neely, N., Smith, A.L. 1982. Chloramphenicol succinate kinetics in infants and young children. **Pediatr. Pharmaco.** 2:92-103.
9. Smith, A.L., Meeks, C.A., Koup, J.R., Opheim, K.E., Weber, A., Vishwanathan, C.T. 1990. Dicloxacillin absorption and elimination in children. **Dev Pharmacol Ther** 14:35-44.

ABSTRACTS: (known as Sack, C.M.)

1. Sack, C.M., Koup, J.R., Opheim, K., Neely, N., Smith, A.L. 1980. Pharmacokinetics of chloramphenicol succinate after intravenous administration. Presented at the annual meeting Of the Society of Pediatric Research, San Antonio, TX, May 1980. **Pediatr. Res.** 14:279.
2. Sack, C.M., Koup, J.R., Opheim, K., Adelman, L., Smith, A.L. 1982. Oral dicloxacillin bioavailability in infants and young children. Presented at the 22nd Interscience Conference on Antimicrobial Agents and Chemotherapy.

MEDIA PRESENTATIONS AND INTERVIEWS ON POSITIVE PARENTING

- 1987-88 Tacoma, WA – Radio: KLAY-AM – “Good Morning Show”
Featured 4 times, Guest Host twice
- 1987-88 Seattle, WA – Radio: KNHC-FM – “Call Katie Show”
- 1988 Seattle, WA – Radio: KING-AM – “Chris Brecher Show”
Featured in a 9-part “call-in” series on Self Esteem and the Family
- 1990 Seattle, WA- Book Tour Interviews on Parenting Issues
Radio: KIRO-AM – “KIRO Middy”
KUOW-FM – “Seattle Afternoon”
KKMO-AM – “Brunch with Barb”
KCIA-AM – “Cross Talk Magazine”
- TV: KIRO – “Weekend Northwest”
KIRO – “Midday News”
- New York, NY – Book Tour Interviews on Parenting Issues
Radio: WCBS-FM – “Dialogue”
UPI – “American Montage” (National)
- TV: WNYW – “Good Day, New York”
CNN – “Sonia Live”
CNBC – “Family Therapy” (National)
VIACOM – “Magazine” (National)
WWOR – “Nine Broadcast Plaza” (National)
- Connecticut – Book Tour Interviews on Parenting Issues
TV: CABLEVISION – “Fairfield Exchange”
- Boston, MA – Book Tour Interviews on Parenting Issues
Radio: WMJX-FM – “Public Affairs”
WHDH-AM – “The Morning Show”
WZOU-FM – “Sunday Morning Magazine”
WBZ-AM – “The Dave Maynard Show”
- TV: WBZ/NBC – “Evening News”
WCVB/ABC – “Good Day, Boston”
- Washington, D.C. – Book Tour Interviews on Parenting Issues
Radio: WMZQ-FM – “Public Affairs Show”
WASH-FM – “Sunday Morning Magazine”
WOL-AM – “The Kathy Hughes Show”
WTOP-AM – “Between the Lines”
- TV: WJLA/ABC – “In Person”
- Chicago, IL – Book Tour Interviews on Parenting Issues
TV: NBC – “The Oprah Winfrey Show”

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1990 (continued) MEDIA PRESENTATIONS AND INTERVIEWS ON POSITIVE PARENTING

Philadelphia, PA – Book Tour Interviews on Parenting Issues

Print Feature Article: Interviewed by Philadelphia Inquirer
Mainline Times
Suburban and Wayne Times

Radio: WRTI-FM – “On the Line”
WZZD-AM – “Reaching Out”
WYSP-FM – “What You Should Know”
WUSL-FM – “99 Magazine”
WEGX-FM – “Karen Clauss Program”
WXTU-FM – “Interview by Sam Clover”
WMGR-AM/OPEN FM – “Philadelphia Get to Know Us”

Atlanta, GA – Book Tour Interviews on Parenting Issues

Radio: WPLO-AM/WPHX-FM – “Insight”
WRFG-FM – “Health Transformation”
WYZE-AM – “Metro Edition”
WFOX-FM – “Public Affairs Show”

TV: WAGA/CBS – “Noon News”

Los Angeles, CA – Book Tour Interviews on Parenting Issues

Print Feature Article: Interviewed for L.A. Parent

Radio: KRLA – “KRLA Connection”
KPPC – “For Your Information”
KFI – “News Front”
Strand Broadcasting – “Mike Carruther’s Show”
KMYX-FM – “Dennis Beaver Show”
KTMS – “South Coast Focus”

TV Media Tour (by Satellite) – Book Tour Interviews on Parenting Issues

Orlando	WESH/NBC	“Noon News”
Detroit	WJBK/CBS	“Noon News”
Cleveland	WJW/CBS	“Noon News”
Kansas City	WDAF/NBC	“Noon News”
Portland	KOIN/CBS	“Noon News”
Salt Lake City	KUTV/NBC	“Noon News”
Austin	KTBC/CBS	“Noon News”
Denver	KCNC/NBC	“4 PM News”

1991 National Print Media –
Feature Article “Parenting Tips” – September 3, 1991 – Woman’s Day

1992 National Print Media –
Feature Article “Elementary Years” – January 1992 – Working Mother

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2007- 2009 HEALTHCARE PRESENTATIONS:
THERAPEUTIC STRESS REDUCTION WITH LAUGHTER YOGA

Chopra Center for Well-Being, La Costa Resort and Spa, Carlsbad CA

San Diego Community College, Continuing Education, La Jolla, CA, Coronado, CA

Kaiser Permanente, Positive Choice Wellness Center, San Diego, CA

Moores UCSD Cancer Center, Breast Cancer Support Group, La Jolla, CA

School of Herbal Studies and Healing, Women's Retreat, Idyllwild, CA

Sharp Coronado Hospital, Coronado, CA