

Medical Career

Collaborative Faculty, University of South Florida Morsani College of Medicine <i>Assistant Professor, Department of Internal Medicine</i>	2019 (current)
Howard Health and Wellness <i>Innovative General Medical Practice</i>	2015-present
Internal Medicine, Preventive Medicine	2005-2015
Solo Practice, Gastroenterology and Liver Diseases	1996-2005

Leadership Positions and Committees (Societal)

American Medical Association

Member, ad hoc Committee on Parliamentary Procedure	2015
Chair, FMA Delegation	2011-present
Vice Chair, FMA Delegation	2010
Member, Reference Committee A	2010
Delegate, FMA	2005-present
Member, Reference Committee on Governance and Finance (F)	2005-2007
Alternate Delegate from Florida	2003-2005
Member, Reference Committee D	2003
Delegate, FMA YPS to AMA YPS	2000-2003
Chair, Reference Committee (Young Physicians Section)	2000
Delegate, ACP-ASIM to AMA YPS	1998-2000
Chair, Reference Committee RFS, Annual Meeting	1996
Delegate, FMA Resident Physician Section	1995
Delegate, ASIM, RPS	1992-1995

Florida Medical Association

Immediate Past President	2019-Present
President	2018-2019
Chair, Board of Governors	2018-2019
President-Elect	2017-2018
Committee on Federal Legislation	2016
Committee on Finance and Appropriations	2011-present
Member, Board of Governors Executive Committee	2011-present
Speaker, House of Delegates	2014-2017
Vice Speaker, House of Delegates	2011-2014

Chair, FMA Delegation to the AMA	2011-present
Vice Chair, FMA Delegation to the AMA	2010-2011
Member, Board of Governors - Executive Committee	2010-present
Member, Board of Governors	2005-present
Delegate to the AMA	2005-present
Secretary, FMA Delegation to the AMA	2007-2010
Alternate Delegate to the AMA	2003-2005
Board Member, FMA Political Action Committee	2003-2007, 2014-present
Chair, Young Physician Section	2002-2004
Member, Board of Governors	2002-2004
Vice Chair, Membership	2004
Member, Strategic Planning Committee	2004
Vice Chair, YPS	2001-2002
Member, YPS Governing Council	1996-2004
Vice Chair, YPS	1997-1998
Member, Council on Legislation	1997-1998
Chair, Educational Session for FMA YPS Annual Meeting	1997
Chair, FMA-RPS Delegation to AMA Interim Meeting	1995
Member at Large, RPS Governing Council	1995-1996

Collier County Medical Society

Chair, Nominating Committee	2016
Chair, Legislation Committee	2007-2009
Immediate Past President	2002-2003
President	2001-2002
President-Elect	2000-2001
Treasurer	1999-2000
Secretary	1998-1999
Member, Executive Committee	1998-2003
Delegate to the FMA	1999-present

American Society of Internal Medicine (*now American College of Physicians*)

Member, Reference Committee, Annual Meeting	1997
Immediate Past Chair, RPS	1995-1996
Ancient Elliptical Order of Alligators Inductee	1994

Member, Board of Trustees	1994-1995
Chair, Governing Council RPS	1994-1995
Delegate to AMA RPS	1994-1995
Chair-Elect, RPS	1993-1994
Member at Large, RPS	1992-1993

Florida Society of Internal Medicine

Immediate Past President, Governing Council RPS	1994-1995
President, Governing Council RPS	1993-1994
President-Elect, Governing Council RPS	1992-1993
Alternate Delegate to ASIM House of Delegates	1992-1997

American College of Preventive Medicine

Member, Prevention Practice Committee	2012-2015
---------------------------------------	-----------

American College of Lifestyle Medicine

Member, Clinical Practice Model Working Group	2016-present
Member, Lifestyle Medicine Standards Committee	2013-2015

American College of Gastroenterology

Member, ad hoc Committee on Practice Affairs	1994-1995
--	-----------

Business Career (Non-Medical)

Life Coach 2016-2018

Graduate of Robbins Madanes Training

Completed training under: Tony Robbins, Cloe Madanes, Mark Peysha and Magali Peysha

Office Administrator, Yag-Howard Dermatology 2016-2018

Chief Financial Officer, Advanced Dermatology 1997-present

XPT Technologies, President 2000

Eat Right America, Consultant 2008

Postgraduate Education

Robbins Madanes Training, Life Coach Training 2018

Fellowship, Metabolic and Nutritional Medicine 2015

Metabolic Medicine Institute

American Academy of Anti-Aging Medicine, Board Certified 2014-2015

ROUXBE Cooking School 2014

Professional Plant Based Certification

Gastroenterology Fellowship 1994-1996

Division of Digestive Diseases and Nutrition

University of South Florida, Tampa, Florida

Chief Resident, Internal Medicine 1993-1994

University of South Florida, Tampa, Florida

Resident, Internal Medicine 1991-1993

University of South Florida, Tampa, Florida

Internship, Psychiatry 1990-1991

Long Island Jewish Medical Center

Hillside Hospital Division, Campus for the Albert Einstein College of Medicine

Medical Education

Doctor of Medicine 1986-1990

University of South Florida Morsani College of Medicine, Tampa, Florida

Undergraduate Education

Bachelor of Science in Biology, Cum Laude 1982-1986

University of South Florida, Tampa, Florida

Board Certification

Board Certified, Internal Medicine (recertification)	2018-2028
Board Certified, Gastroenterology <i>Passed all requirements for recertification with >100 hours and all modules, meeting Maintenance of Certification requirements.</i>	1997-2007
Board Certified, Internal Medicine (recertification) <i>Meeting Maintenance of Certification requirements.</i>	2005-2015
Board Certified, Internal Medicine	1995-2005
Board Certified, American Board of Anti-Aging and Regenerative Medicine	2015
Board Certified, Internal Medicine <i>National Board of Physicians and Surgeons</i>	2016, 2018
Board Certified, Gastroenterology <i>National Board of Physicians and Surgeons</i>	2016, 2018

Medical Society Memberships

American Medical Association

Florida Medical Association

Collier County Medical Society

American College of Physicians

American College of Lifestyle Medicine

American Gastroenterological Association

American Academy of Anti-Aging Medicine

American College of Preventive Medicine

American College of Sports Medicine

Non-Medical Memberships

American Institute of Parliamentarians

Naples Area Triathletes

National Speakers Association

Naples Velo Cycling Club

Gulf Coast Runners Club

United States of America Triathlon

National Youth Sports Coaches Association

Leadership Positions and Committees (Non-Societal)

Member, USF Morsani College of Medicine Alumni Board 2016-present

Member, Food Advisory Committee, Blue Zone Project Naples	2015-2017
Chair, Department of Internal Medicine, NCH Healthcare	2004-2007
Vice Chair, NCH Department of Internal Medicine	2002-2004
Chair, NCH Subsection Chiefs, Internal Medicine	2006-2007
Member, NCH Medical Executive Committee	2002-2007
Council on Medical Education, NCH	1996-2005
Residency Review Committee, representing ASIM and ABIM	1995-1996
President, House Staff Association (USF)	1993-1994
Medical Executive Committee, USF	1993-1994
Residency Review Committee, USF	1993-1994
Graduate Medical Education Committee, USF	1993-1994
Alumni Association, USF	1993-1994
Secretary, House Staff Association, USF	1992-1993
Director of Communications, Mortar Board	1985-1986

Community Service

Treasurer, Naples Faceoff Lacrosse Club	2015
School Advisory Committee, Gulfview Middle School	2013-2015
Board Member, Greater Naples Little League	2006-2007
Commissioner, Double A Division Little League	2005-2007
Commissioner, Single A Division Little League	2004-2005
Coach, Greater Naples Little League	2003-2007
Coach, YMCA, Naples Basketball	2003

Other Activities

Member, Peer Review Board, <i>Journal of Disease Reversal and Prevention</i>	2018-present
Podcast, Live Beyond Well (iTunes, Google Play)	2018
Published Author, <i>Chain Reaction</i> (novel)	2016
Musician, Jazz Ensemble/Seminar on Music and Movement	2014
Musician/Band Member, Throat Culture	2010-2014
Editor, <i>The Forum</i> (Collier County Medical Society Journal)	2001-2002
Certified Speaker, Merck	2001-2002
AMPAC Campaign Training Program	2000
Member, Editorial Review Board, <i>The Florida Internist</i>	2000-2004
Organizer and Moderator, General Medicine Journal Club	1999-2004
Lecturer, Internal Medicine Board Review Course, Gastroenterology	June 1, 1996

Lecturer, Medicine Today and In the Future, USF College of Medicine	April 1, 1996
Participant, FMA Legislative Visitation Program	March 1, 1996
Radio Show Guest Host, <i>Managed Care and the Doctor Patient Relationship</i>	January 1, 1996
Member, Manuscript Review Board, <i>Hospital Physician</i>	1995-1997
Instructor, 3rd Year Medical Student Course in Internal Medicine	1994
Organizer and Instructor, ECG Conference for 3rd Year Students	1994
Preceptor, Physical Diagnosis, 2nd Year Medical Students	1994
Participant, Physical Examinations for Boys & Girls Club, Tampa Bay	1991-1993
Instructor, AIDS Outreach Program	1989
Participant, Physician Shadow Program	1987
Swimming Coach, Special Olympics (USF)	1984

Honors and Awards

Service Award (Highest honor, given only three times) <i>American College of Physicians, Florida Chapter</i>	2018
Voted Best Medical Practice, Gulfshore Life	2004, 2005, 2008, 2009
Nominated Best Physician of the Year, NCH Healthcare	2005
Advanced to Fellowship Status, American College of Physicians	2000
Who's Who in Medicine in America	2000
AMA/Glaxo Wellcome Emerging Leaders Award	2000
American College of Physicians, Outstanding Resident of the Year	1994
Boys & Girls Club Certificate of Appreciation for Outstanding Community Service	1992
Resident Teacher of the Year Nominee	1992
Resident Teacher Awards	June/October 1992
President's List, University of South Florida	1984, 1985, 1986
Dean's List, University of South Florida	1983, 1984, 1985, 1986

Presentations

AMA Region 4 Medical Students, How to Craft Successful Policies	January 1, 2019
University of Miami School of Medicine, Medical Politics and Resolution Writing	November 1, 2018
University of South Florida Colloquium Speaker, Organized Medicine Overview, <i>Mainstream Politics and Healthcare Policy</i>	November 1, 2018
ACOG Regional Meeting, Lifestyle Habits for a Better Life	October 1, 2018
ACOG Regional Meeting, Working with Life Coaches	October 1, 2018
ACOG Regional Meeting, Nutrition for the Busy Clinician	October 1, 2018

University of Florida College of Medicine, How to Craft Successful Resolutions	October 1, 2018
USF MCOM, The Critical Science of Nutrition MS1-2 Course with Dr. Hansen	March 1, 2017
USF MCOM, The Science of Lifestyle Medicine Medical Grand Rounds	March 1, 2017
USF MCOM, Colloquium on Medical Politics and Communication	February 1, 2017
Plant Pure Summit Key Speaker	2016
Dr. Stoll's Immersion, Naples, Florida <i>The Gut Microbiome in Health</i>	October 1, 2016
ACP, Florida Chapter, The Science of Lifestyle Medicine	September 1, 2016
Costa Rica Physicians Group, San Jose, Costa Rica <i>The Science of Lifestyle Medicine</i>	July 1, 2016
Collier County Health Department, The Science of Lifestyle Medicine	March 1, 2016
Seminar Series for Lifestyle-Based Wellness Program London Bay Homes Seminar Series <i>Let's Talk About Food</i> <i>Sleep and Supplementation</i> <i>Essential Nutrition</i> <i>Exercise</i> <i>Environmental Toxicity</i> <i>Love and Connection</i> <i>Metrics and More</i> <i>How to Eat to Live</i>	2016
USF Colloquium, Politics/Policy and Resolution Creation	January 1, 2016
Live Better Now: Getting Started Right	January 1, 2016
Healthcare as a Career, Immokalee Foundation Series	January 1, 2016
Let's Talk About Health, Immokalee Foundation Seminar	December 1, 2015
Live Better Now: Let's Talk About Food	December 1, 2015
3rd International Plant Based Nutrition Conference, Orange County, California <i>The Gut Microbiome: The Universe Within</i>	September 2015
Dr. Stoll's Immersion, Naples, Florida <i>The Gut Microbiome in Health</i>	October 1, 2015
Live Better NOW, Workshop	October 1, 2015
7th Annual Women's Health Forum	March 1, 2015
Healthy Life Seminar, Berkshire Women's Group	December 1, 2014
Motion and Emotion through Music <i>Concert (with Dr. Howard's jazz quartet) and discussion of Lifestyle Medicine</i>	2014
Listening Workshop (multiple locations)	2014
Webinar Series <i>(84 separate webinars on a variety of topics related to health and nutrition)</i>	2013-2015
Live Better Now: Blog Talk Radio, variety of shows (26,000+ downloads)	2013
"Recover Right and Improve Your Performance," Florida Gulf Coast University	2009

"ERCP: Indications Contraindications and Complications," Gastroenterology <i>GI Clinical Conference, Tampa, Florida</i>	June 1, 1996
"Nutrition: What Goes in Comes Out," Medical Noon-Conference, Tampa, Florida	April 1, 1996
"Nutrition: What goes in Comes Out," Tampa Dietetic Association	March 1, 1996
"Celiac Disease Masquerading as Iron Deficiency Anemia"	October 1, 1995
"Sweets Syndrome," Oral presentation, ACP Regional Meeting	April 1, 1994
"Colorectal Neoplasms: Current Concepts, Future Trends"	May 1, 1994
"Medical Socioeconomics: What This Means to the Resident Physician" <i>Sponsored by FSIM at the University of South Florida</i>	1994
"Screening Colonoscopy in Asymptomatic Average Risk Subjects"	October 1, 1993
Best Scientific Paper Award , 87th Annual meeting of the Southern Medical Society <i>"Screening Colonoscopy in Asymptomatic Average Risk Subjects"</i> <i>Presentation to the Florida Gastroenterologic Society</i>	1993

Publications

"Chain Reaction" (novel)	January 2016
"The Truth About Your Diet," Health and Wellness Magazine	July 1, 2015
"Health Begins with You," Health and Wellness Magazine	October 1, 2015
"Personalized Medicine Can Save Your Life," Health and Wellness Magazine	September 1, 2015
"Testosterone Therapy for Men: What You Need to Know Right Now"	August 1, 2015
"Stomach Pain: Is it Irritable Bowel or Something More Serious?"	July 1, 2015
"Bacteria in Your Gut: How Are They Good for You?"	June 1, 2015
"Become Healthier Today: One Bite at a Time" <i>Health and Wellness Magazine</i>	May 1, 2015
"Reduce Your Risk of Alzheimer's Disease, Naturally," H&W Magazine	April 1, 2015
"Handbook for Gastroenterology" (internal publication for GI fellows)	1996
"Fever Following Percutaneous Gastrostomy Tube Placement" <i>C. Howard and P. Brady, Hospital Physician</i>	1996
"Bumper Bleeding: Gastrointestinal Hemorrhage as a Late Complication of PEG Placement," by C. Howard, P. Brady, K. Weiss and H. Pinkas. Gastrointestinal Endoscopy. Volume 43, number 4.	April 1, 1996
"The Last Minute," by C. Howard. ASIM Resident Impressions.	Winter 1995
"Managed Care and Resident Training: What's Really Going On?" by C. Howard. The Internist.	October 1, 1995
"Board Certification: A Method of Evaluation Whose Usefulness is Changing," by C. Howard. ASIM Resident Impressions.	Spring 1995
"Now's the Time (for Residents to Get Involved)," by C. Howard. ASIM Resident	

Impressions.

“Transjugular Intrahepatic Portosystemic Shunt for Palliation in a Patient with Bleeding Esophageal Varices and Hepatocellular Carcinoma. A Case Report and Review of the Literature.” Submitted for publication. C. Howard, HJ Nord.

“Why Physicians Should Be Involved with Medical Politics,” by C. Howard. The February 1, 1994 Internist.