CURRICULUM VITAE

Updated 22 Jul 2022

NAME: Charles Britton Christian, Jr.

DATE OF BIRTH: 15 Feb 1944

PLACE OF BIRTH: Tuscaloosa, Alabama USA

CURRENT POSITIONS: 1. Owner and Medical Director, 2004 - Present

Inside Outside Wellness Center and Medical Spa, Nutritional & Preventive Medicine Clinic, San Antonio, Texas Web Site: <http://www.insideoutsidespa.com> Biography: <http://insideoutsidespa.com/charles-b-christian-jr-md-san-antonio-bio.php>

1. Physician Partner, 1999 - Present

Cenegenics Medical Institute, Las Vegas, Nevada

1. Board of Directors – Southwest Texas Blood & Tissue Foundation 2015 - Present
2. Advisory Board -Texas Organ Sharing Alliance 2018- Present
3. Intern Supervisor - UTSA Kinesiology & Public Health Interns 2008 - Present

PRIOR POSITIONS: 1. Private Practice – 1985 – 2019 CardioThoracic Surgery San Antonio, Texas Multiple Hospital Affiliations.

1. Primary Heart Procurement Surgeon 1985-2019 Methodist Heart Transplant Program, San Antonio, Texas
2. Supervising Physician 2014-2021 Methodist Outpatient Cardiopulmonary Rehabilitation Center San Antonio, Tx.
3. Owner & Medical Director, 1997-2003 Optimal Health Partners, San Antonio, Texas
4. Intern Supervisor - UTSA Kinesiology & Public Health Interns 2008 - Present

OFFICE ADDRESS: 4499 Medical Drive, Suite 225

San Antonio, TX 78229

Phone: (210) 616-0836

Fax: (210) 616-0586

Cell: (210) 240-5580

Office Text: (210) 616-0826

E-Mail: cbcmd@sbcglobal.net

HOME ADDRESS: 3401 River North

San Antonio, TX 78230

Phone: (210) 694-0752

MARITAL STATUS: Married- Dianne E. Coccia-Christian

Children- Andrew, 17- Matthew, 15

Three adult children prior marriage

HOSPITAL AFFILIATIONS: Affiliate Staff- San Antonio, TX

Methodist Hospital San Antonio

CURRENT HMO/PPO

AFFILIATIONS: Methodist Physician Alliance

BCBS of Texas

Medicare

Aetna

EDUCATION:

HIGH SCHOOL: Tuscaloosa High School

Tuscaloosa, Alabama 1958-1962

COLLEGE: United States Air Force Academy, Colorado

B.S. Engineering Science 1962-1966

MEDICAL SCHOOL: University Of Alabama School of Medicine

Birmingham, Alabama

Doctor of Medicine 1969-1973

INTERNSHIP: Straight Surgery, July 1973-June 1974

Wilford Hall USAF Medical Center

Lackland AFB, Texas

RESIDENCY: General Surgery, July 1974-June 1978

Wilford Hall USAF Medical Center

Lackland AFB, Texas

FELOWSHIP: Cardiothoracic Surgery, July 1978-June 1980

Wilford Hall USAF Medical Center

Lackland AFB, Texas

Director: William Stanford, M.D.

Jul 78-Dec78 and Apr 79-Jun 80

St. Lukes Hospital

Milwaukee, Wisconsin

Donald Mullen, M.D.

Robert Flemma, M.D.

Derward Lepley, M.D.

January 1979-March 1979

POST GRADUATE: Boston Children’s Hospital

Boston, Massachusetts

Aldo Castaneda, M.D.

William Norwood, M.D.

October-November 1980

University of Alabama School of Medicine

Birmingham, Alabama

John Kirklin, M.D.

December 1980-January 1981

University of California at San Francisco

San Francisco, California

Paul Ebert, M.D.

January- March 1981

Other Training: Thoratec Ventricular Assist Device Training

Texas Heart Institute

Houston, Texas Nov 2000

Heartmate Left Ventricular Assist Device Training ,

Texas Heart Institute

Houston, Texas Nov 2001

ABIOMED Cardiac Assist Device

University of Texas San Antonio Health Science Center

San Antonio, Texas October 2001 and Feb 2002

PLC Co2 Laser System

Texas Heart Institute

Houston, Texas Nov 2001

Zone Nutrition Instructor Training

San Francisco, California December 1999

Osteoporosis Mentorship Training

Osteoporosis Center of Atlanta

Atlanta, Georgia April 2001

Botox Preceptorship Training

Sponsored by Allergan, 2004

DXA Operator and Radiation Safety OfficerTraining 2017

Sponsored by Hologic

SuperSlow Strength Training Instructor Course 2003

Ken Hutchins, Founder of SuperSlow

MEDICAL BOARD

CERTIFICATIONS: National Board of Medical Examiners

Certificate # 131684, 1 July 1974

American Board of Surgery

Certificate # 24919, 28 June 1979 (Expired)

American Board of Thoracic Surgery

Certificate # 3676-valid thru 31 Dec 2021(Expired)

Diplomat, American Academy of Anti-Aging Medicine

Certificate # 3242, June 1999

STATE LICENSURE: Texas

Certificate # G6066, 26 Feb 1984 Current

PROFESSIONAL

ORGANIZATIONS: Bexar County Medical Society

Texas Medical Association

Life Time Member, Association of Graduates USAF Academy

Associate Member, American Society of Nutrition

Life Time Member, Combat Control Association

Professional Member, National Strength Training Association

PROFESSIONAL INTERESTS: Nutritional, Exercise and Lifestyle Management of Metabolic Syndrome, Sarcopenia, Dynapenia and Obesity.

Biochemistry, Pathology and Prevention of Atherosclerosis

Essential Fatty Acid Metabolism (Omega 3 and Omega 6 Fats)

Heart Transplantation and Treatment of Heart Failure

Myocardial Preservation Strategies

Resolution of Chronic Low Grade Inflammation

Gut Health

DXA Osteoporosis Evaluation

DXA Body Composition Analysis

High Intensity Strength Training

Air Quality Issues and Climate Change

Skin Physiology, Aging and Skin Care Strategies

PRIOR MILITARY MEDICAL

ASSIGNMENTS: Staff, Cardiothoracic Surgery, July 1980-June 1983

Wilford Hall USAF Medical Center

Lackland AFB, Texas

Chairman, Cardiothoracic Surgery, Jun 1983-Oct 1984

Rank of Colonel USAF

Wilford Hall USAF Medical Center

Lackland AFB, Texas

OTHER MILITARY

ASSIGNMENTS

PRIOR TO MEDICAL

SCHOOL: Assistant Office in Charge, Dec 1966-Jan 1968

Combat Control Team, 2nd Aerial Port Squadron

Sewart AFB, Tennessee

Officer in Charge, Jan 1968-March 1968

Combat Control Detachment

Ft. Campbell, Kentucky

Officer in Charge, April 1968-Aug 1969

Combat Control Team, 2nd Aerial Port Squadron

Sewart AFB, Tennessee

Commandant, Combat Control School, April 1968-Aug 1969

Sewart AFB, Tennessee

MILITARY TRAINING: U.S. Army Airborne School

August 1963- Ft. Benning, Georgia

Red Cross Advanced/Instructor First Aid Course

July 1966- USAF Colorado, Colorado

USAF Air Traffic Control Officer’s Course

December 1966- Keesler AFB, Mississippi

USAF Deep Sea Survival School

March 1967- Homestead AFB, Florida

Combat Control Officer’s Course

April 1967- Sewart AFB, Tennessee

Advanced Hand to Hand Combat

April 1967- Sewart AFB, Tennessee

Repelling and Stream Crossing Course

July 1967- Ft. Campbell, Kentucky

USAF Survival School

September 1967- Fairchild AFB, Washington

USAF Tropic Survival School & Ethnic Familiarization Course

October 1967- Canal Zone, Panama

USAF Academic Instructor Course

February 1968- Maxwell AFB, Alabama

USAF Special Air Warfare-Counterinsurgency Course

May 1968- Hulburt Field, Florida

USAF Combat Operations Specialist Course

May 1968- Elgin AFB, Florida

USAF Arctic Survival School

December 1968- Eilson AFM, Alaska

USAF Hyperbaric Oxygen Chamber Course

July 1976- School of Aerospace Medicine

Brooks AFB, Texas

Congenital Heart Disease Anatomical Course

November 1979- Armed Forces Institute of Pathology

Washington D.C.

MILITARY AWARDS &

# HONORS: Master Parachutist and Jumpmaster

August 1969- Sewart AFB, Tennessee

Meritorious Service Medal

October 1984- Lackland AFB, Texas

PRESENTATIONS: Christian, CB Jr and Ratner, IA:

Hodgkins Disease of the Lung, Case Report

Pediatric Surgery Session

Texas Pediatric Association: Dallas, Texas Sep 1976.

Christian, CB Jr and Ratner, IA: Congenital

Diaphragmatic Hernia In Infants and Children

Five-Year Review 1970-1975. Santa Rosa Northwest

American College of Surgeons Austin, Texas, Jan 1977.

Christian, CB Jr and Brady CE:ERCP: Experience at Wilford

Hall USAF Medical Center. Society of Air Force Clinical

Surgeons, Biloxi, Mississippi, Apr 1978.

Christian, CB Jr and Stanford W: Congenital Cystic Diseases

Of the Lung. Wilford Hall USAF Medical Center, Exp, Society of Air Force Clinical Surgeons. San Antonio, TX Apr 1979.

Christian, CB Jr and Stanford W: Congenital Diaphragmatic

Hernia. Wilford Hall USAF Medical Center Exp, Society of Air

Force Clinical Surgeons. San Antonio, TX Apr 1979.

Christian, CB Jr: Cardiac Neoplasms, 20 year Experience.

Wilford Hall USAF Medical Center Exp, Society of Air

Force Clinical Surgeons. San Antonio, TX March 1981.

Christian, CB Jr: History of Thoracic Surgery Sessions of Air

Force Clinical Surgeons. Society of Air Force Clinical Surgeons, San Antonio, TX May 1983.

Christian, CB Jr: Radical Surgical Palliation of Giant Recurrent Neurofibrosarcoma of the Chest Wall. Society of Air Force Clinical Surgeons, Biloxi, Mississippi Apr 1984.

Christian, CB Jr: Delayed Mediastinal Infection After Open Heart Surgery. Society of Air Force Clinical Surgeons, Biloxi, Mississippi, Apr 1984.

Christian, CB Jr: Cardiothoracic Surgery at Wilford Hall USAF Medical Center, The Past 30 Years, Present Statistics and the Future. Society of Air Force Clinical Surgeons, Biloxi, Mississippi, Apr 1984.

Marohn M and Christian, CB Jr: Left Ventricular to Coronary Sinus Fistula After Mitral Valve Replacement and Other Complications of Mitral Valve Replacement. Society of Air Force Clinical Surgeons, Biloxi, Mississippi, Apr 1984.

Christian, CB Jr: 30 Year History of Cardiothoracic Surgery at Wilford Hall USAF Medical Center, Quarterly Staff Meeting Wilford Hall USAF Medical Center. Jul 1984.

Christian, CB Jr: Myocardial Protection for Acute Myocardial Ischemia. Society of Air Force Clinical Surgeons, San Antonio, Texas May 1985.

ABSTRACTS: Christian, CB Jr and Gilmore RW: Diverticulitis of Jejunum, Cause of Enterolith, Case Report and Review of the Clinical

Significance of the Disorder, Southern Surgical Association. 1977.

Baisden CE and Christian, CB Jr: Influenza of Postoperative Irradiation of Survival of Non Oat N2 Bronchogenic Carcinoma, Western Thoracic Surgical Association, Jul 1984.

Newton DE, Baisden CE and Christian, CB Jr: Combined Cardiac and Noncardiovascular Procedures, Wilford Hall USAF Medical Center Experience. Western Thoracic Surgical Association, June 1984.

DISCUSSION: Roberts AJ et al: Clinical Advantage of Secondary Cardioplegia for Coronary Artery Bypass Surgery. Association of Academic Surgeons, Syracuse, New York, Nov 1983. Discussion of Paper.

Richards WO et al: Pharmacologic Inhibition of Scar Formation and Contraction of Intracardiac Prosthetic Patches. Association of Academic Surgeons, Syracuse, New York, Nov 1983. Discussion of Paper.

BOOKLETS: Cardiac pacemaker patient Handbook. Wilford Hall USAF Medical Center. 1982.

Handbook for Cardiothoracic Surgery. Rotation for Residents. Wilford Hall USAF Medical Center. 1982.

30 Year History of Cardiothoracic Surgery at Wilford Hall USAF Medical Center. History and Briefing Manual. 1984.

PUBLICATIONS: Christian, CB Jr. Strength Training: a strategy to combat the loss of lean mass and strength associated with the Frailty Syndrome. San Antonio Medicine, Dec 2103

Christian, CB Jr. Adventures in Wellness. San Antonio Medicine, Oct 2008.

Mack JW, Christian CB Jr, Barnes B, et al: Cardiothoracic Surgery in the United States Air Force. Texas Medicine, 79:60, 1983.

Christian CB Jr, Mack J and Wetstein L: Current Status of Coronary Artery Bypass Grafting for Coronary Atherosclerosis. Surgical Clinics of North America, 65: 509-525, 1985.

RESEARCH PROJECTS: Prior Sponsor and Primary Investigator, FDA IND # 25613. Advanced Myocardial Protection Techniques Utilizing Glutamate Enhancement of Blood Cardioplegia.

OTHER: Program Chairman, Thoracic Surgery Specialty Session, Society of Air Force Clinical Surgeons, San Antonio, Texas, Apr 1981, Guest Consultant, William I Norwood MD, Boston Children’s Hospital.

Program Chairman, Thoracic Surgery Specialty Session, Society of Air Force Clinical Surgeons, San Antonio, Texas, May 1983, Guest Consultant, James K Kirklin, MD, University of Alabama.

INSURANCE Malpractice Texas Medical Liability Trust 1991-Current

Premier BusinessOwners Policy Nationwide Insurance