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