

Warren B. Howe, M.D.

4222 Northridge Way
Bellingham, WA 98226

360-650-1049 (Home)

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360-650-3883 (FAX)

360-758-0464 (Pager)

CURRICULUM VITAE

Birth date: 25 October 1940

Citizenship: U.S.A.

Family Status: married; wife, Hedy; two daughters, Elizabeth Rose (11/19/73) and Sarah Billings (10/1/75)

Present Position: Physician, Western Washington University Student Health Service; Team Physician, Western Washington University. Present position began October 1992.

Previous position: Partner, Family Medicine Clinic of Oak Harbor, Inc., P.S.; practice of family medicine with special interest in sports medicine, September 1971 - October 1992.

Education:

Walt Whitman High School, Huntington Station, NY; graduated 1958

University of Rochester, Rochester, NY; Bachelor of Arts 1962

Washington University School of Medicine, St. Louis, MO; Doctor of Medicine 1965

Internship:

Philadelphia General Hospital, Philadelphia, PA; rotating; June 1965 - June 1966

Residency:

University of Rochester & Highland Hospital Family Medicine Program, Rochester, NY; September 1969 - September 1971

Military service:

U.S. Naval Reserve: November 1961-June 1964; September 1969-February 1973

U.S. Naval Reserve (Senior Medical Student Program): June 1964-June 1965

U.S. Navy (active duty): July 1966-August 1969

Highest rank held: Lieutenant Commander

Decorations: Navy Achievement Medal, National Defense Medal, Vietnam Service Medal

Medical positions held (excluding formal training programs):

Research clerk, U.S. Naval Medical Research Unit No. 4, Great Lakes, IL; July-August 1962

Staff Medical Officer, Commander Destroyer Squadron Thirteen; July 1966-August 1967

Staff, Pediatrics Clinic, U.S. Naval Station Dispensary, Long Beach, CA; July 1966-January 1967

Assistant Medical Officer, USS Simon Lake (AS-33), Holy Loch, Scotland; August 1967-June 1968

Senior Medical Officer, USS Simon Lake (AS-33), Holy Loch, Scotland; June 1968-August 1969

Private medical practice, Oak Harbor, WA: September 1971 -October 1992

Team physician, Oak Harbor High School "Wildcats"; May 1972-October 1992

Student Health Service, Western Washington University; October 1992-present

Team Physician, Western Washington University; October 1992-present

Memberships:

American Medical Association; 1966-1999

American Academy of Family Physicians; 1969-present

Skagit-Island Counties Medical Society; 1971-1992

Whatcom County Medical Society; 1993-present

Grievance Committee 1998 - present

Grievance Committee Chair 1999 - present

Board of Trustees 1999 - present

Washington State Medical Association; 1971-present

American College of Sports Medicine; 1972-present

Credentials Committee 1978-1983

Credentials Committee Chairman 1981-1983

Membership Committee 1984-1995

Membership Committee Chairman 1986-1995

British Association of Sport and Medicine; 1980-1993

American College Health Association; 1989-2004

American Medical Society for Sports Medicine; 1992-present (charter member)

Board of Directors 1992-1995

Fellowships:

American Academy of Family Physicians; 1974

American College of Sports Medicine; 1976

Certifications:

Diplomate of the National Board of Medical Examiners; 1966

Diplomate of the American Board of Family Practice:

Original certification 1972

Recertified 1978, 1984, 1990, 1996, 2002

Certificate of Added Qualification in Sports Medicine 1993

Recertified 2002

Medical Licensure:

Washington 1970 (License #0011620)

New York 1968 (License #0101079)

California 1966

Faculty Appointments:

University of Washington School of Medicine (Department of Family Medicine)

Clinical Instructor 1972-1975

Clinical Assistant Professor 1975-1982

Western Washington University (Dept. of Health, Phys. Ed. and Recreation)

Adjunct Faculty 1993-present

Hospital Staff Memberships:

St. Joseph Hospital, Bellingham, WA; active staff 1992-present

Whidbey General Hospital, Coupeville, WA

active staff, 1971-1992

courtesy staff 1993-present

Chief-of-Staff 1977

Providence Medical Center, Seattle, WA; courtesy staff, 1980-1996

Other Affiliations:

Editorial Board, *The Physician and Sportsmedicine*; 1984-present

Editor, "Emergencies in Sports" series, 1992-1998

Member, Washington Interscholastic Activities Association Committee on Medical Aspects of Sports; 1981-present

Director, Oak Harbor School District No. 201 (publicly elected position); 1975-1987.

Board President 1980-1982.

Member, National Medical Advisory Board, Physical Medicine Research Foundation; 1985-1993

Chairman, Oak Harbor Citizens' Committee for School Support; 1988-1990

Lecturer, Western Washington University Department of Physical Education, Health and Recreation, 1992-present.

Board of Directors, National Operating Committee on Standards for Athletic Equipment (NOCSAE), representing the American Medical Society for Sports Medicine, 1998 - present.

Awards and Honors:

Washington Secondary School Athletic Administrators' Association Honor Award, 1978

Distinguished Service Award presented by the City of Oak Harbor, March 23, 1984

Northwest Interscholastic Activities Association Appreciation Award, 1988

Paul Harris Fellowship presented by the Oak Harbor Rotary Club in recognition of distinguished community service, June 30, 1989

Washington State Wrestling Coaches' Association Hall of Fame "Contributor Award", November 17, 1991

American Medical Society for Sports Medicine Humanitarian Award presented "in recognition of outstanding humanitarian service," April 10, 2002

Oak Harbor Education Foundation "Excellence in Education Award" presented May 9, 2003

Inducted into the National Wrestling Hall of Fame "for lifetime service to the sport of wrestling" May 24, 2003

Northwest Interscholastic Activities Association "Hal Moe Meritorious Award" presented September 17, 2003

American College of Sports Medicine Citation Award "granted by the College to an individual or group who has made significant and important contributions to sports medicine and/or the exercise sciences" presented June 3, 2005.

Sports Medicine Activities:

High School Team Physician, Oak Harbor "Wildcats"; 1972-1992.

Attending physician, Washington State High School "AAA" Wrestling Championship Tournament; 1978-1988.

Head Tournament Physician, Washington State High School "A, AA, and AAA Mat Classic"; 1989-present.

Attending physician, N.A.I.A. National Wrestling Championship Tournament; 1976

Attending physician, Seattle Goodwill Games (wrestling/track & field); 1990

Team Physician, Western Washington University; October 1992-present

Consultant physician, Leading Edge Gymnastics Academy North, Inc.; February 1993 - present

Publications:

- Stepwise Development of Resistance to D-Cycloserine in Staphylococcus aureus. J. Pharmacol. Exp. Therap. 143: 282-284 (1964).
- How I Manage Genital Herpes. Phys. Sportsmed. 12: 47-53 (January, 1984).
- Primary Care Sports Medicine: A Part-Timer's Perspective. Phys. Sportsmed. 16: 102-114 (January, 1988).
- Sportsmedicine and the Primary Care Practitioner. Orthopaedic Review 17: 1074-1079 (1988).
- What I Take to the Game. Phys. Sportsmed. 18: 61-66 (September 1990).
- "Common Sports Injuries." In Conn's Current Therapy 1992, ed. R. E. Rakel. Philadelphia, PA: W.B. Saunders.
- "The Team Physician." In Primary Care Clinics, ed. M. B. Mellion, December 1991. Philadelphia, PA: W. B. Saunders.
- "The Athlete with Chronic Illness." In Sports Medicine for the Primary Care Physician, ed. R. B. Birrer. Boca Raton, FL: CRC Press, Inc. 1994.
- "Ethical Considerations in Sports Medicine." In Sports Medicine for the Primary Care Physician, ed. R. B. Birrer. Boca Raton, FL: CRC Press, Inc. 1994.
- "Wrestling" and "Soccer" chapters in Sports Medicine Secrets, ed. Morris B. Mellion. Philadelphia, PA: Hanley & Belfus 1994 (1st edition) and 1999 (2nd edition).
- "Injury Prevention" chapter in Epidemiology of Sports Injuries, ed. Dennis J. Caine et al. Champaign, IL: Human Kinetics 1996. (co-written with John Weaver MD and Craig K. Moore MD).
- Meningococemia: Heading Off a Killer. Phys. Sportsmed. 24(2): 57-60 (February, 1996).
- "Infectious Mononucleosis in Athletes" chapter in Textbook of Sports Medicine, ed. William E. Garrett et al. Media, PA. Williams & Wilkins 2001.
- Preventing Infectious Disease in Sports. Phys. Sportsmed. 31(2): 23-29 (February, 2003).

Lectures & Presentations:

- "Head and Neck Injuries in Sports", presented to coaches' sports medicine seminar at Western Washington University annually 1976-1983.
- "Upper Extremity Injuries in Sports", presented to coaches' sports medicine seminar at Western Washington University annually 1976-1983.
- "General Review of Sports Medicine for Coaches", presented every second year for coaches in the Oak Harbor School District. A 5-6 hour seminar reviewing current recommendations and practices in sports medicine for coaches in all sports.
- "Sports Medicine Survey", presented to the Island-Whidbey General Hospitals Medical Staff, September 17, 1979.
- "The Family Doctor as Team Physician", presented at the annual meeting of the Washington Academy of Family Physicians, May 9, 1980.
- "XXII World Congress on Sports Medicine", a talk summarizing the meeting presented to the Whidbey General Hospital Continuing Education meeting, September 1982.

"Pre-Participation Physical", presented to the annual meeting of the Washington State Medical Association, September 23, 1983.

"Exercise to Improve Your Health", presented to the meeting of the American Diabetes Association, Washington Affiliate Chapter 4, March 24, 1984.

"Physician Office-Based Fitness/Wellness Program", presented to the International Symposium on Fitness and Health Education, February 12, 1985.

"The Role of the Team Physician", presented to:

Whitworth College Sports Medicine Clinic, August 20, 1977

Washington State Coaches' Association Seminar, August 4, 1982

16th Annual Sports Medicine and Conditioning Seminar March 26, 1983

Washington Secondary Schools Athletic Administrators Association, April 14, 1983

Applied Sports Medicine Clinic, Alberta, Canada, April 12, 1986

"Exercise: Mistakes and Problems to Avoid", presented to the 1984 Whidbey General Hospital Exercise Symposium, April 25, 1984.

"Sports Medicine and Primary Care", presented to the Applied Sports Medicine Clinic, Alberta, Canada, April 12, 1986.

"Starting a Personal Exercise Program", presented to a lay audience at the Whidbey General Hospital Health Fair, May 10, 1986.

"Sports Medicine and Physical Medicine: A Productive Partnership" presented to:

Physical Medicine Research Foundation Symposium on Musculoskeletal Pain, Vancouver, B.C., August 23, 1986;

North American Academy of Manipulative Medicine annual meeting, Las Vegas, NV, October 28, 1987.

"Counseling the Athlete on Drug Use/Abuse", presented to the Northwest Athletic Trainers Association clinical symposium, March 14, 1987.

"Pre-Participation Evaluation", presented to Whidbey General Hospital Medical Staff CME meeting, July 5, 1988.

"Acute Scrotal Pain - High School Football Player", case discussant at American College of Sports Medicine Annual Meeting, June 1989.

"The Pre-Participation Evaluation", presented at the American College Health Association Annual Meeting, May 1993.

"Evaluating Sports Injuries", presented at the 13th Annual Seminar on Pre-Hospital Medicine, Bellingham, WA, September 1994.

"Four Instructive Cases", presented at the Washington Athletic Trainers' Association annual meeting, Renton, WA, July 29, 1995.

"Life-Threatening Injuries and Illnesses in Sports" presented at NATA District 10 annual meeting, Yakima, WA March 22, 1997.

"Wrist Pain in a Female Gymnast" clinical case presentation at American College of Sports Medicine Annual Meeting, Denver, CO May 29, 1997.

"Ergogenic Supplement Use in Athletics" presented as part of Body Image Awareness Symposium at Western Washington University, Bellingham, WA February 24, 1999.

LEGAL/TESTIMONY FEES *

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| Record Review | \$192.00 per hour (\$48 per quarter hour)** |
| Research, etc. | \$192.00 per hour (\$48 per quarter hour) |
| Report preparation | \$192.00 per hour (\$48 per quarter hour) |
| Out of town travel | \$130.00 per hour actual RT travel time overnight = minimum 8 hr. per day |
| Waiting time | \$130.00 per hour (\$31 per quarter hour) |
| Deposition 1 hour) | \$260.00 per hour (\$65 per quarter hour, min 1 hour) |
| Court Testimony 1 hour) | \$320.00 per hour (\$80 per quarter hour, min 1 hour) |
| Arbitration Testimony 1 hour) | \$320.00 per hour (\$80 per quarter hour, min 1 hour) |
| Phone calls | \$192.00 per hour (\$48 per quarter hour) |
| Conference time | \$192.00 per hour (\$48 per quarter hour) |

Expenses such as airfare, lodging, extended long distance phone charges, parking, etc. billed at cost.

* = as of 1/1/2004

** = 2 hour minimum for initial review of any case