

Richard J. Ingebretsen, M.D., Ph.D.

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EDUCATION

1993 **M.D.** - University of Utah School of Medicine
1989 **Ph.D.** - University of Utah, Major: Science Education
1983 **M.S.** - University of Utah, Major: Biophysics
1978 **B.S.** - University of Utah, Major: Psychology

TRAINING

1994-1996 **Internal Medicine Resident**, LDS Hospital, Salt Lake City, Utah
1993-1994 **Internal Medicine Intern**, LDS Hospital, Salt Lake City, Utah

EXPERIENCE

2019 to present **Faculty, University of California, San Diego, Health Sciences**
Clinical Professor of Emergency Medicine

2017 to present **Faculty, Rocky Vista University College of Osteopathic Medicine**
Clinical Instructor

2014 to present **University of Utah School of Medicine**
Executive Committee

2013 to 2016 **Associate Dean for Student Affairs, College of Science**
University of Utah

2012 to present **Faculty, The Ohio State University College of Medicine**
Clinical Assistant Professor of Emergency Medicine

1996 to Present **Faculty, Department of Internal Medicine, University of Utah**
Clinical Instructor of Medicine.
Director, Wilderness Medicine
Instructor, Social Medicine
Instructor, Medical Ethics
Preceptor for Physical Diagnosis and for Doctor in the Community
Instructor, Sports Medicine

1985 – Present **Faculty, Department of Physics and Astronomy, University of Utah**
Professor - Lecturer
Administered the pre-medical general physics series, physics of the human body as well as other undergraduate physics courses including computer physics, astronomy and elementary physics. Helped develop the medical physics program and developed and directed the elementary physics laboratories.

1994 to 2009	Attending Emergency Room Physician St. Marks Hospital, Salt Lake City, Utah Brigham City Community Hospital, Brigham City, Utah
1994 to Present	Attending Physician , Health and Fitness Institute, LDS Hospital, Salt Lake City
1996 to Present	Consultative Physician , Disability Determination services, State of Utah
1997 to 2004	Research Physician, Pharmaceuticals , Radiant Research Conducted significant research on new medicines including antibiotics, antiviral agents, blood pressure medicines and psychotropic medicines.
2005 to 2014	Research Physician, Pharmaceuticals , Salt Lake Research Conducted significant research on new medicines including antibiotics, antiviral agents, blood pressure medicines and psychotropic medicines.
2010 – Present	Medical Director Salt Lake County Sherriff Search and Rescue Helped to oversee and develop protocols for search and rescue for Salt Lake County’s Sherriff’s department

TEXTBOOKS PUBLISHED

Physica de Humana Corpus, January 2013
Advanced Wilderness Life Support, August 2012
Basic Wilderness Life Support, January 2013
Wilderness Life Support, January 2018

GUEST LECTURES GIVEN

College of Utrecht, Utrecht, Netherlands April 2012^[11]
Queenstown, New Zealand, January 2014^[11]
Tropical Diseases, Chandigarh, India, September 2013
Travel Medicine and Tropical Disease, Chamonix, France, July 2014
Guest Lecturer Komfo Anochie Teaching Hospital, Kumasi Ghana July 2012

AWARDS

2015	Excellence in Teaching Award, LDSSA
2007	Humanism in Medicine Award, School of Medicine
2007	Outstanding Clinical Instructor, School of Medicine
2006	Outstanding Facilitator Award, School of Medicine
2005	University Distinguished Teaching Award
2003	Student Body “Student’s Choice Award for Outstanding Teaching”
2002	Outstanding Adjunct Faculty Award, University of Utah
1996	Second Place, Poster Competition, Regional A.C.P. meeting
1996	Outstanding Teaching Fellow, Physics Department, University of Utah
1993	Second Place, Clinical Vignette Competition, Regional A.C.P. meeting
1991	Outstanding Research Award, Physics Department, University of Utah

MEDICAL SCHOOL COMMITTEES

2010 – present	Review Committee for Medical Education
1997 to 2009	Admissions Committee - Selections Committee
2003 to Present	Executive Committee School of Medicine
1997 to 1998	Curriculum Redevelopment Committee
1999 to 2000	Clinical Assessment Committee
2001 to 2005	Awards Committee

PHYSICS COURSES

General Physics - 2010
General Physics - 2020
Physics of the Human Body I – 3110
Physics of the Human Body II – 3111
Elementary Physics
Popular Astronomy
Physics of Photography
Elementary Lab Director

HEALTH EDUCATION AND PROMOTION

Introduction to Wilderness Medicine HEDU 2090

MEDICAL SCHOOL COURSES

Wilderness Medicine
Physical Diagnosis
Social Medicine
Preceptor – Doctor in the Community
Ambulatory Sports Medicine – University of Utah

ADMINISTRATIVE EXPERIENCE

2013 to 2016 **Associate Dean for Student Affairs, College of Science**
University of Utah

1993 - 2019 **Director, Wilderness Medicine of Utah**
Developed and direct an organization to train back country guides in wilderness medicine. Instructors are medical students from the University of Utah School of Medicine

2005 to Present **President, Wilderness Life Support Institute**
Developed protocols for the Advanced Wilderness Life Support (AWLS) certificate and for the Basic Wilderness Life Support (BWLS) certificate, these courses have recently been adopted by the U.S Army

1992 to Present **Owner - Operator River Bound Adventures**
Manage an educational river company with an annual budget of \$50,000 and a staff of approximately 10 people

- 1994 to Present **President, Board of Trustees, Glen Canyon Institute**
 President and founder of an environmental organization based on scientific research seeking to restore the Colorado River, with an annual budget of nearly \$300,000 and a staff of 5 people. Primary responsibilities for raising money to meet the budget
- 2005 to Present **Vice Chair - Southern Utah Wilderness Alliance (SUWA)**
 Helped to direct activities to preserve Southern Utah's landscape
- March 1994 **Coordinator, Medical Expedition to Guatemala for CHOICE Humanitarian**
 Organized and led a medical trip to Senahu, Guatemala. We taught and trained 27 health care workers, constructed a health care outpost, inoculated children, provided medications, conducted epidemiological research and attended to the immediate health care of the villagers.
- August 2000 -2001 **Director and Medical board member and for medical protocols for Kenya CHOICE Humanitarian**
 Developed and then traveled to Africa to coordinate treatment protocols and educational programs to enable native healthcare workers to prevent as well as to treat malaria and schistosomiasis.
- July 2008 **Director, Medical Expedition to Ethiopia, Ascend Alliance**
 Developed and traveled to Dyre, Ethiopia to coordinate treatment protocols and educational programs.
- July 2010 **Guest lecturer and visiting attending physician** Komfo Anochie Teaching Hospital, Kumasi Ghana. I represented the University of Utah School of Medicine, lectured the American and Ghanaian residents

TEXT EDITING

- 2007 Senior Editor, Advanced Wilderness Life Support
 2012 Senior Editor, Basic Wilderness Life Support
 2013 Senior Editor, The Physics of the Human Body

BOARD CERTIFICATION

- Diplomate - American Board of Urgent Care Medicine
 American Board of Internal Medicine

CERTIFICATES

- BLS - Basic Life Support
 ACLS - Advanced Cardiac Life Support
 ATLS - Advanced Trauma Life Support
 AWLS - Advanced Wilderness Life Support

ENVIRONMENTAL

- Founder, Glen Canyon Institute
 Vice Chair - Southern Utah Wilderness Alliance (SUWA)
 President, Board of Trustees, Glen Canyon Institute

PROFESSIONAL AFFILIATIONS

American College of Physicians
Utah Academy of Family Physicians
American Medical Association
Wilderness Medicine of Utah
Wilderness Medical Society

RESEARCH

Cardiology-Hypertension

1. Essential Hypertension in males and females

Endocrinology-Diabetes Mellitus

2. Diabetes Mellitus Type 2 with Metformin and or Solyfonurea and XXXXXXXXXX
3. Type 2 Diabetes Mellitus with Metformin and Solyfonurea

Endocrinology-Obesity

4. trial in obesity in male and female patients

Gastroenterology-Irritable Bowel Syndrome

5. Phase III in non-constipated patients with irritable bowel syndrome

Infectious Disease-Influenza

6. Influenza trial in elderly adults

Neurology-Alzheimer's Disease

7. mild to moderate alzheimers disease this study included doing a MINI

Neurology-Anxiety

8. trial for general anxiety disorder

Neurology-Depression

9. trial for moderate depression, this trial included doing a MINI

Neurology-Migraine

10. trial for menstrual migraine headache and also a trial for general migraine headaches

Neurology-Panic Disorder

11. trial for general panic disorder

Other Experience

12. Methodology for Computer Data Interface/ Masters Degree theses
13. Explorations of Strategies Used by Physics Students/ Ph.D. dissertation
14. Familial Combined Hypercholesterolemia in a Family/ American Heart Journal (publication pending)

Other-Other (for proposal tracking only)

15. Dilated Cardiomyopathy in a Family/ Poster in regional A.C.P. meeting, genetic research ongoing
16. Lliac Vein Compression Syndrome From Urinary Bladder Distention Due to Prostatism/ Southen Medical Journal
17. Improving Health Care to the Remote Areas of Guatemala/ published for CHOICE Humanitarian

18. Medical Programs in Kenya- A Report Health Care in Kenya, A report to CHOICE humanitarian on their medical program n Mombasa, Kenya

Urology-Benign Prostatic Hypertrophy

19. A Phase II Randomized, Sham-Controlled, Double-Blind, Dose-Finding Study to Assess the Efficacy and Safety of Transurethral Photodynamic Therapy with XXXXX in Subjects with Lower Urinary Tract Symptoms Due to Benign
20. A Multi-Center, Randomized, Double-Blind, Placebo Controlled, Parallel Evaluation of the Efficacy and Safety of XXXXX in the Treatment of the Signs and Symptoms of Benign Prostatic Hyperplasia
21. A Multi-Center Open-Label Evaluation of the Safety of XXXXX in the Treatment of the Signs and Symptoms of Benign Prostatic Hyperplasia

Urology-Bladder Cancer

22. Evaluation Of The XXXXX To Estimate Risk Of Bladder Cancer Found On Cystoscopy
23. An Open Label Study Of The Long-Term Safety Of XXXXX In The Treatment Of Rapid Ejaculation
24. A Placebo-Controlled, Double-Blind, Randomized, Parallel Study Of The Withdrawal Effects Of Chronic Daily And As Needed Dosing With XXXXX In The Treatment Of Premature Ejaculation
25. A Multicenter, Randomized, Parallel Group, Double-Blind, Placebo Controlled Flexible Dose Study With An Open-Label Extension To Assess The Efficacy And Safety Of XXXXX In The Treatment Of Men With Erectile Dysfunction (ED) And Concomitant Lower Urinary Tract Symptoms (LUTS) Associated With Benign Prostatic Hyperplasia (BPH) In The United States

Urology-Erectile Dysfunction (Organic)

26. Double blind trial for the treatment of erectile dysfunction

Urology-Prostate Cancer

27. A Randomized, Double-Blind, Placebo-Controlled Study To Evaluate XXXXX In The Treatment Of Bone Loss In Subjects Undergoing Androgen-Deprivation Therapy For Non-Metastatic Prostate Cancer
28. A Phase 2, Randomized, Multicenter, Placebo-Controlled, Double-Blind, Dose-Ranging Clinical Trial To Study The Efficacy And Safety of 5, 15 or 25mg/day XXXXX (XXXXX) for the Treatment of Hot Flashes Following Surgical or Medical Castration of Prostate Cancer Patients
29. A Randomized, Double-Blind, Placebo-Controlled, Parallel Group Study Of The Efficacy And Safety Of XXXXX 0.5 mg Administered Once Daily For Four Years To Reduce The Risk Of Biopsy-Detectable Prostate Cancer
30. A Randomized, Double-Blind, Placebo-Controlled, Multicenter Efficacy And Safety Study Of XXXXX For The Prevention Of Prostate Cancer In Men With High Grade Prostatic Intraepithelial Neoplasia (Pin)
31. A Phase II Study Evaluating The Safety And Efficacy Of XXXXX In Men With Hormone Naïve Prostate Cancer That Are Exhibiting Early Signs Of Biochemical Failure

32. Phase IIb, Multicenter, Randomized, Double-Blind, Placebo-Controlled Trial To Assess The Safety And Efficacy Of XXXXX In Delaying The Systemic Progression Of Prostate Cancer In Patients With Intermediate To High Risk Of Recurrence With Rising Prostate Specific Antigen (PSA) Levels After Prostatectomy, Prostatectomy And Radiotherapy, Or Radiotherapy Alone For
33. A Phase II Randomized, Double Blind, Controlled Study To Evaluate The Safety And Efficacy Of XXXXX In Combination With XXXXX In Patients With Androgen-Independent Adenocarcinoma Of The Prostate

Urology-Urinary Incontinence

34. A Multicenter, Randomized, Double-Blind, Study To Evaluate The Safety And Efficacy Of XXXXX Vaginal Ring Releasing 4 mg/Day Versus 6 mg/Day Versus Placebo In Women Diagnosed With Overactive Bladder Who Have Symptoms Of Predominant Or Pure Urge Incontinence, Urgency And Frequency
35. A Double-Blind, Multi-Center, International (US And Europe), Randomized, Placebo-Controlled Study Of Safety And Efficacy Of XXXXX 60 Mg Modified Release Capsules Versus Placebo, Once Daily, For 12 Weeks Followed By A 9-Month, Open-Label Treatment Phase In Patients With Overactive Bladder
36. Effect Of XXXXX On Valsalva Leak Point Pressure And Quantitative Rhabdosphincter Electromyography (Emg) Measures In Women With Stress Urinary Incontinence (Sui).

Women's Health-Contraceptive

37. A Multicenter, Open-Label Study to Evaluate the Efficacy and Safety of an Extended Cycle, Low Dose, Combination Oral Contraceptive Regimen, XXXXX Which Utilizes Ethinyl Estradiol During the Seven Day Interval Between Each 84-day Cycle of Combination Therapy for the Prevention of Pregnancy

Women's Health-Dysmenorrhea

38. A Randomized, Multicenter, Double-Blind Study To Evaluate The Efficacy Of Extended Cycle Combination Oral Contraceptive, XXXXX Which Utilizes XXXXX During The Usual Hormone-Free Interval, Compared To Conventional Oral Contraceptive Therapy For The Treatment Of Cyclic Pelvic Pain In Women
39. A Randomized, Multicenter, Double-Blind Exploratory Study to Evaluate the Efficacy of an Extended Cycle Combination Oral Contraceptive, XXXXX, which Utilizes Ethinyl Estradiol During the Usual Hormone-Free Interval, Compared to Placebo For the Treatment of Cyclic Pain in Adolescents

Women's Health-Fibroids

40. A Phase III, Continuation Study To Evaluate The Long-Term Safety Of XXXXX In Subjects With Uterine Leiomyomata

Women's Health-Hormone Replacement Therapy

41. A Multi-Center, Double-Blind, Placebo-Controlled Comparison Of Multiple Doses Of XXXXX And XXXXX, In Combination And Alone, In Relieving Vasomotor Symptoms In Postmenopausal Women
42. Placebo-Controlled, Randomized, Double-Blind, Multicenter Study, To Demonstrate The Efficacy Of 12 Weeks Of Treatment With XXXXX On Moderate To Severe Vasomotor Symptoms And Vulvar/Vaginal Atrophy In

Cardiology-- Diabetes:

43. A Phase 3, Open-Label, Three-Group Parallel Study to Evaluate the Efficacy and Safety of Human Insulin Inhalation Powder (HIIP) in Patients with Type 2 Diabetes Treated with Once-Daily Insulin XXXXX
44. A Phase 3, Open-Label, Parallel Group Study to Compare Two Dosing XXXXXXXX for Pre-prandial Human Insulin Inhalation Powder (HIIP) in Insulin-Naïve Patients with Type 2 Diabetes Mellitus
45. A Prospective, Multi-Center, Open-Label, Randomized, Controlled Clinical Trial Comparing the Efficacy and Safety in Subject with Type 1 Diabetes Receiving Subcutaneous Basal Insulin and Prandial Inhalation of XXXXXXXX Insulin Versus Subcutaneous Basal and Prandial Insulin Over a 52- Week Treatment Period and a 4-Week Follow-up
46. Prospective, Multi-Center, Open-Label, Randomized, Controlled Clinical Trial Comparing the Efficacy and Safety in Subjects with Type 2 Diabetes Receiving Subcutaneous Basal insulin and Prandial Inhalation of XXXXXXXX/insulin Versus Subcutaneous Premixed Therapy Over a 52- Week Period and a 24-Week Follow-up
47. A 2-Month Safety Follow-up Trial of Subject from MannKind Protocols MKC-TI-009, MKC-TI- 102, MKC-TI- 103, MKC-TI-030

Urology-Prostate Cancer

48. A PHASE 3, OPEN-LABEL, MULTI-CENTER, SAFETY AND EFFICACY STUDY OF OAKWOOD LABORATORIES' XXXXXXXX XXXXX FOR INJECTABLE SUSPENSION 22.5 MG IN PATIENTS WITH PROSTATE CANCER

Neurology- insomnia

49. Efficacy and Safety of 2mg/day of XXXXXXXX on Sleep Maintenance Insomnia with a sub-study of the effect of M100907 on stable Type II Diabetes Mellitus: a One year, multi-center, randomized, double-blind, placebo-controlled Study IND # XXXX

Urology Bowel Incontinence

50. A Multicenter, Open-label Study of the Long-term Safety and Efficacy of XXXXXXXX in Patients with Opioid-Induced Bowel Dysfunction IND # XX,XXXX

A Multicenter, Randomized, Placebo-controlled, Double-blinded Study of the Efficacy and Safety of XXXXXXXX in Patients with Opioid-induced Bowel Dysfunction

Other-Hyperlipidemia-Dyslipidemia

A 12-Week Open-Label, Multicenter Study to Compare the Lipid Effects of Niacin ER and Simvastatin (NS) to Atorvastatin in Subjects with Hyperlipidemia or Mixed Dyslipidemia

Urology- Gout

A Phase 3, Randomized, Multicenter, Double-Blind, XXXXXXXX-Controlled Study Assessing the Efficacy and Safety of Oral XXXXXXXX in Subjects with Gout

Other Publications:

1. Iliac Vein Compression Syndrome from Urinary Bladder Distension Due to Prostatism; "Southern Medical Journal", Sep, 1995
2. Improving Helath Care to the Remote Areas of Guatemala; "Choice Humanitarian", 1995

