

David R. Shlim, M.D.

Curriculum Vitae

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Birthdate: 4 June 1949

Birthplace: Portland, Oregon USA

Citizenship: American

Marital Status: Married to Margaret Jane Gallie

Children Matthew Shlim, Born 22 March 1991;
Anna Tara Shlim, Born 31 January 1996

Education

Pomona College (Claremont, California) B.A. in English Literature, 1971.

Rush Medical College (Chicago, Illinois) M.D., 1976.

Post-Graduate Training

Good Samaritan Hospital and Medical Center Flexible Residency 1976-77.

Work Experience

1977—1978 Family Practice, Fortuna, California, USA. Medical staff
Redwood Memorial Hospital, Fortuna, California.

- 1978 Staff Physician, Emergency Department, St. Joseph's Hospital, Eureka, California, USA.
- 1979—1981 Staff Physician, Emergency Department, Dwyer Memorial Hospital, Milwaukie, Oregon, USA; and Staff Physician, Good Samaritan Hospital and Medical Center, Portland, Oregon, USA.
- 1981—1983 Staff Physician, Emergency Department, Good Samaritan Hospital and Medical Center, Portland, Oregon, USA.
- 1983—1985 Associate Medical Director, The CIWEC Clinic, Kathmandu, Nepal
- 1985—1998 Medical Director, The CIWEC Clinic Travel Medicine Center, Kathmandu, Nepal.
- 1998—Present Research Director, The CIWEC Clinic Travel Medicine Center, Kathmandu, Nepal
- 1998—Present Medical Director, Jackson Hole Travel and Tropical Medicine, Jackson, Wyoming
- 1993-1999 Medical Advisor, Shoreland, Inc. (based in Milwaukee, Wisconsin)
- 1999—2000 Editor in Chief, Medicine Planet (internet travel health information company based in San Francisco, California)
- 2000—Present Developing books, lectures, and conferences on the Tibetan Buddhist concept of compassion as it applies to Western medicine
- 2007—Present Medical Editor, CDC *Health Information for International Travel* (The Yellow Book)

Certification

National Board of Medical Examiners	1976
California State Medical License	1977—1979
Oregon State Medical License	1978—Present
Wyoming State Medical License	1998—Present
Nepal Medical Council	Member since 1983 (No. 755)
Advanced Cardiac Life Support	Certified 1980 and 1982.
Certificate of Knowledge in Travel Health from the International Society of Travel Medicine (awarded for helping create and edit the examination)	2003

Memberships

International Society of Travel Medicine

Fellow, Royal College of Physicians and Surgeons, Glasgow

International Society for Mountain Medicine

American Society of Tropical Medicine and Hygiene

Wilderness Medical Society

Professional Volunteer Activities

1979	Volunteer Physician, Himalayan Rescue Association, Pheriche, Nepal (three months)
1980	Volunteer Physician, Himalayan Rescue Association, Pheriche, Nepal (three months)

- 1982 Volunteer Physician, Himalayan Rescue Association, Pheriche, Nepal (three months)
- 1980—1983 Associate Medical Director, Himalayan Rescue Association.
- 1983—1992 Medical Director, Himalayan Rescue Association.
- 1992—Present Medical Advisor, Himalayan Rescue Association
- 1984—1998 Attending Physician, Ka-Nying Shedrup Ling Monastery, Boudhanath, Nepal.
- 1990—1998 Attending Physician, Tibetan Refugee Reception Center, Kathmandu, Nepal
- 2000--2002 Secretary/Treasurer, American Committee on Clinical Tropical Medicine and Travelers' Health of the American Society of Tropical Medicine and Hygiene
- 2003—Present President and Chairman of the Board, Rangjung Yeshe Gomde (a Tibetan Buddhist retreat center in Leggett, California)
- 2006—Present Chairman, Teton District Board of Health
- 2013—Present President, International Society of Travel Medicine
- Editorial Board, *Journal of Wilderness and Environmental Medicine*.
- Editorial Board, *Journal of Travel Medicine*.
- Editorial Board, *High Altitude Medicine and Biology*.

Journal Articles

1. Taylor DN, Houston R, Shlim DR, Bhaibulaya M, Ungar BLP, Echeverria P. Etiology of diarrhea among travelers and foreign residents in Nepal. *J Am Med Assoc* 1988;260:1245-1248.
2. Shlim DR, Houston R. Helicopter rescues and deaths among trekkers in Nepal. *J Am Med Assoc* 1989;261:1017-1019.

3. Schwartz E, Shlim DR, Eaton M, Jenks N, Houston R. The effect of oral and parenteral typhoid vaccination on the rate of infection with *Salmonella typhi* and *Salmonella paratyphi A* among foreigners in Nepal. Arch Intern Med 1990;150:349-351.
4. Schwartz E, Shlim DR. Enteric fever among Israeli travelers in Nepal: The need for typhoid vaccination. Israel Journal of Medical Sciences 1990;26:325-327.
5. Shlim DR, Meijer HJ. Suddenly symptomatic brain tumors at altitude. Ann Emerg Med 1991;20:315-316.
6. Shlim DR, Schwartz E, Houston R. Rabies immunoprophylaxis strategy in travelers. Journal of Wilderness Medicine 1991;2:15-21.
7. Schwartz E, Innis BL, Shlim DR, Snitbhan R. Viral hepatitis in foreign residents and travelers in Nepal. Journal of Wilderness Medicine 1991;2:88-93.
8. Shlim DR, Cohen MT, Eaton M, Rajah R, Long EG, Ungar BLP. An alga-like organism associated with an outbreak of prolonged diarrhea among foreigners in Nepal. Am J Trop Med Hyg 1991;45:383-389.
9. Robertson JA, Shlim DR. Treatment of moderate acute mountain sickness with pressurization in a portable hyperbaric (Gamow) bag. Journal of Wilderness Medicine 1991;2:268-273.
10. Shlim DR, Gallie J. The causes of death among trekkers in Nepal. Int J Sports Med 1992;13:S74-S76.
11. Connor BA, Shlim DR, Scholes JV, Rayburn JL, Reidy J, Rajah R. Pathologic changes in the small bowel in nine patients with diarrhea associated with a coccidia-like body. Ann Intern Med 1993;119:377-382.
12. Hoge CW, Shlim DR, Rajah R, Triplett J, Shear M, Rabold JG, Echeverria P. The epidemiology of diarrheal illness associated with a coccidian-like organism among travelers and foreign residents in Nepal. Lancet 1993;341:1175-1179.
13. Schwartz E, Jenks NP, Shlim DR. "Typhoid hepatitis" or typhoid fever and acute viral hepatitis. Transactions of the Royal Society of Tropical Medicine and Hygiene 1994;88:437-438.
14. Shlim DR, Papenfus K. Pulmonary embolism presenting as high altitude pulmonary edema. Journal of Wilderness Medicine 1995;6:220-224.
15. Shlim DR, Hoge C, Rajah R, Rabold JG, Echeverria P. Is *Blastocystis hominis* a cause of diarrhea in travelers? A prospective controlled study in Nepal. Clin Infect Dis 1995;21:97-101.
16. Hoge CW, Shlim DR, Ghimire M, Rabold JG, Pandey P, Walsh A, Rajah R, Gaudio P, Echeverria P. Placebo-controlled trial of co-trimoxazole for the treatment of Cyclospora infections among travelers and foreign residents in Nepal. Lancet 1995;345:691-693.

17. Shlim DR, Schwartz E, Eaton M. Enteric fever in Nepal: The clinical importance of *Salmonella Paratyphi A* infection. *Journal of Travel Medicine* 1995;2:165-168.
18. Hoge CW, Echeverria P, Rajah R, Jacobs J, Malthouse S, Chapman E, Jimenez LM, Shlim DR. Prevalence of Cyclospora species and other enteric pathogens among children less than 5 years of age in Nepal. *J Clin Microbiology* 1995;33:3058-3060.
19. Serichantalaergs O, Nirdnoy W, Cravioto A, LeBron C, Wolf M, Svennerholm AM, Shlim DR, Hoge CW, Echeverria P. Coli surface antigens associated with enterotoxigenic Escherichia coli strains isolated from persons with traveler's diarrhea in Asia. *J Clin Microbiol* 1997;35:1639-1641.
20. Hoge CW, Shlim DR, Echeverria P, Rajah R, Hermann JE, Cross JH. Epidemiology of diarrhea among expatriate residents living in a highly endemic environment. *JAMA* 1996; 275:533-538.
21. Shlim DR, Pandey P, Rabold JG, Walch A, Rajah R. An open trial of trimethoprim versus Cyclospora infections. *J Travel Med* 1997;4:44-45.
22. Taylor DN, Connor BA, Shlim DR. Chronic diarrhea in the returned traveler. *Medical Clinics of North America* 1999;83:1033-1051.
23. Gambel JM, Shlim DR, Canas LC, et al. Partnerships for detecting emerging infectious diseases: Nepal and global influenza surveillance. *Emerg Infect Dis* 1998;4:128-30.
24. Shlim DR, Hoge CW, Rajah R, Scott R McN, Pandey P, Echeverria P. Persistent high risk of diarrhea among foreigners in Nepal during the first two years of residence. *Clinical Infectious Diseases* 1999;29:613-616.
25. Shlim DR. Traveler's diarrhea. *Wilderness and Environmental Medicine* 1999;10:165-170.
26. Shlim DR, Innis B. Hepatitis E vaccine for travelers? (Editorial). *J Travel Med* 2000;7:167-169.
27. Pandey P, Cave W, Shlim DR. Hepatitis A post hepatitis A vaccination? *J Travel Med* 2000;7:213-214. [Awarded "Best Short Article" in the *Journal of Travel Medicine* for the years 1999-2001]
28. Pollard AJ, Niermeyer S, Bartsch P, et al. Children at high altitude: an international consensus statement by an ad hoc committee of the International Society for Mountain Medicine, March 12, 2001. *High Alt Med Biol* 2001;2:389-403.
29. Pollard AJ, Shlim DR. Epidemic meningococcal disease and travel. *J Travel Med* 2002;9:29-33.

30. Pandey P, Shlim DR, Cave W, Springer M. Risk of possible exposure to rabies among tourists and foreign residents in Nepal. *J Travel Med* 2002;9:127-131.
31. Shlim DR, Solomon T. Japanese encephalitis: Exploring the limits of risk. *Clinical Infectious Diseases* 2002;35:183-188.
32. Shlim DR. Medicine on the move. Book review: *Principles and Practice of Travel Medicine*, Jane N. Zuckerman, ed. *Lancet* 2002;359:1442-1443.
33. Shlim DR. Cyclospora cayetanensis. *Clinics in Laboratory Medicine* 2002;22:927-936.
34. Hackett P, Shlim DR. Medical advisors for commercial adventures: coming of age? (Editorial). *High Altitude Medicine and Biology* 2003;3:343-346.
35. Cave W, Pandey P, Osrin D, Shlim DR. Chemoprophylaxis use and the risk of malaria in travelers to Nepal. *J Travel Med* 2003;10:100-105.
36. Shlim DR. Update in Traveler's Diarrhea. *Infectious Disease Clinics of North America* 2005;19:137-149.
37. Shlim DR. Looking for Evidence that Personal Hygiene Precautions Prevent Travelers' Diarrhea. *Clinical Infectious Diseases* 2005;41 (Suppl 8):S531-S535.
38. Shlim DR. Introduction to Traveler's Diarrhea: A Fifty Year Perspective. *Clinical Infectious Diseases* 2005;41 (Suppl 8):S521-S523.
39. Leshem E, Pandey P, Shlim DR, Hiramatsu K, Sidi Y, Schwartz E. Clinical features of patients with severe altitude illness in Nepal. *J Travel Med* 2008;15:315-22.
40. Pandey P, Bodhidatta L, Lewis M, Murphy H, Shlim DR, Cave W, Rajah R, Springer M, Batchelor T, Sornsakrin S, Mason CJ. Travelers' diarrhea in Nepal: an update on the pathogens and antibiotic resistance. *J Travel Med* 2011;18(2):102-8.
41. Shlim DR, Langer, CS. Are expedition medical kits too dangerous to carry? *J Travel Med* 2012;19:205-206.
42. Watcharapong P, Steffen R, Shlim DR, Gherardin T, Chatterjee S. Travel medicine for Asian travelers—do we need new approaches? *J Travel Med* 2012; 19(6): 335-337.

Letters

1. Shlim DR, Dexamethasone in the treatment of acute mountain sickness. *N Engl J Med* 1985; 312:1390.

2. Babcock D, Houston R, Kumaki D, Shlim DR. *Blastocystis Hominis* in Kathmandu, Nepal. N Engl J Med 1985; 313:1419.
3. Schwartz E, Shlim DR. Tickbite appendicitis. J Am Med Assoc 1988; 259:3561.
4. Shlim DR, Cohen MT. Guillain-Barre syndrome presenting as high altitude cerebral edema. N Engl J Med 1989;321:545.
5. Eaton M, Cohen MT, Shlim DR, Innes B. Ciprofloxacin therapy for typhus. J Am Med Assoc 1989;262:772-773.
6. Shlim DR. Severe facial rash associated with mefloquine. J Am Med Assoc 1991;266:2560.
7. Hoge CW, Shlim DR, Echeverria P. Cyanobacterium-like cyclospora species. N Engl J Med 1993;329:1504-1505.
8. Rabold JG, Hoge CW, Shlim DR, Kefford C, Rajah R, Echeverria P. Cyclospora outbreak associated with chlorinated drinking water. Lancet 1994;344:1360-1361.
9. Shlim DR. Diplopia at high altitude [note]. Journal of Wilderness Medicine 1995;6:341-342.
10. Connor BA, Shlim DR. Foodborne transmission of cyclospora. Lancet 1995;346:1634.
11. Shlim DR, Panosian C. Case 21-1998: Rabies. NEJM 1999;340:64-65.
12. Shlim DR. Into Thin Air: Deaths on Everest. JAMA 1999;282:2212.
13. Shlim DR. Tropical sprue as a cause of traveler's diarrhea. Wilderness and Environmental Medicine 2000;11:140-141.
14. Shlim DR. Response: If you don't feel well at altitude...Wilderness and Environmental Medicine 2001;12:156-157.

Book Chapters

1. Taylor DN, Shlim DR. Approach to recurrent and prolonged diarrhea in the traveler. In: Jong, EC and Keystone, JS, eds. Travel Medicine Advisor. Atlanta: American Health Consultants; 1990.
2. Shlim DR, Houston R, Motamedi M. Helicopter rescues and deaths among trekkers in Nepal. In: Steffen R, Lobel HO, Haworth J, Bradley DJ, eds. Travel Medicine: Proceedings of the first conference on international travel medicine, Zurich, Switzerland, 5-8 April 1988. Berlin: Springer-Verlag; 1989.
3. Lange RW, Stich AHR, Fleischer K, Shlim DR. Expatriates and long-term travelers. In: Dupont HL and Steffen R, eds. Textbook of Travel Medicine and Health, B.C. Decker, Inc. Hamilton, Ontario 1997.

4. Connor BA, Shlim DR. Cyclosporiasis. In: Strickland GT, ed. *Hunter's Tropical Medicine and Emerging Infectious Diseases*. W.B. Saunders Company, Philadelphia 1999:600-603.
5. Shlim DR, Valk TH. Expatriates and long-term travelers. In: Dupont HL and Steffen R, eds. *Textbook of Travel Medicine and Health* (2nd edition). B.C. Decker, Inc. Hamilton Ontario 2001.
6. Shlim DR, Hoge CW. Blastocystis hominis. In: Yu VL, Weber R, Raoult D, eds. *Antimicrobial Therapy and Vaccines Volume I: Microbes* (2nd edition). Apple Trees Productions, LLC. New York 2002.
7. Hoge CW, Shlim DR. Cyclospora cayetanensis. In: Yu VL, Weber R, Raoult D, eds. *Antimicrobial Therapy and Vaccines Volume I: Microbes* (2nd edition). Apple Trees Productions, LLC. New York 2002.
8. Shlim DR, Pandey P. Diarrhea in Expatriates. In: Ericsson CD, DuPont HL, Steffen R, eds. *Travelers' Diarrhea*. BC Decker Inc. Hamilton 2003.
9. Shlim DR. Self-Treatment of Traveler's Diarrhea. In: Keystone, Kozarsky, Nothdurft, Freedman, Connor, eds. *Travel Medicine*. Elsevier Science, 2003.
10. Shlim DR. Altitude Illness. In: Arguin, Kozarsky, Navin, eds. *Health Information for International Travel: 2005-2006*. Centers for Disease Control. Elsevier/Mosby 2005.
11. Shlim DR. History of Cyclospora at the CIWEC Clinic, Nepal. In: Wilder-Smith A, Schwartz E, Shaw M, eds. *Travel Medicine: Tales Behind the Science*. Elsevier, Amsterdam, 2007.
12. Pandey P, Shlim DR. History of the CIWEC Clinic in Kathmandu, Nepal. In: Wilder-Smith A, Schwartz E, Shaw M, eds. *Travel Medicine: Tales Behind the Science*. Elsevier, Amsterdam, 2007.
13. Shlim DR. Compassion. In: Walker PF, Barnett ED, eds. *Immigrant Medicine*. Saunders Elsevier, China, 2007.
14. Shlim DR. Diarrhea in Expatriates. In: Ericsson CD, DuPont HL, Steffen R, eds. *Travelers' Diarrhea*, 2nd edition. BC Decker Inc., Hamilton, 2008.
15. Shlim DR. Foreword. In: Auerbach PS, ed. *Wilderness Medicine*, 6th edition. Elsevier Mosby, 2012.
16. Current chapters in *CDC Health Information for International Travel 2012*, New York: Oxford University Press, 2012:
 1. Risks travelers face
 2. Why guidelines differ (with Alan J. Magill)
 3. Altitude illness (with Peter H. Hackett)
 4. Perspectives: Prevention of travelers' diarrhea—it's not only what you eat and drink
 5. Problems with heat and cold (with Howard D. Backer)
 6. Cyclosporiasis (with Barbara L. Herwaldt)
 7. Rabies (with Charles E. Rupprecht)

8. Nepal
 9. Travel vaccine summary table
17. Current chapters in CDC Health Information for International Travel 2012, Oxford University Press, 2014:
1. Why guidelines differ (with Alan J. Magill)
 2. Risks travelers face
 3. Altitude illness (with Peter H. Hackett)
 4. For the record: A history of the definition and management of altitude illness
 5. Prevention of travelers' diarrhea—it's not only what you eat and drink
 6. Problems with heat and cold (with Howard D. Backer)
 7. Rabies (with Charles E. Rupprecht)
 8. Nepal
 9. Travel vaccine summary table

Medical Newsletters and Monographs

1. Shlim DR, Schwartz E. Fever and headache among travelers in Asia. *Wilderness Medicine Newsletter*. July 1989.
2. Shlim DR, Schwartz E. Enteric fever among travelers in Asia. *Wilderness Medicine Newsletter*. January 1990.
3. Shlim DR. Treatment of traveler's diarrhea in children. *Wilderness Medicine Newsletter* 2000;17(4):11-12.
4. Shlim DR. Prevention of Rabies in Travelers: Appropriate Care in the Overseas Setting. In: *Rethinking Rabies Risks: Sharpening Clinical Skills for a Reemerging Threat*. Basgoz N, ed. ScienS Worldwide Medical Education 2000.

Abstracts

1. Connor BA, Shlim DR, Rajah R. Abnormal d-xylose absorption in patients with cyanobacteria-like body diarrhea. *Gastroenterology* 1992;102:A610.
2. Connor BA, Shlim DR, Rajah R. Duodenal aspirates in nine patients with diarrhea associated with a cyanobacteria-like body (CLB). *Gastroenterology* 1992;102:A610.
3. Shear M, Connor BA, Shlim DR, Taylor DN, Rabold JG. Azithromycin treatment of *Cyclospora* infections. *Gastroenterology* 1994;105:A772.

Lay Periodicals and Book Contributions

1. Shlim DR. A case of HACE. *Off Belay*. June 1980;51:9-12
2. Shlim DR. Acute mountain sickness. *Emergency*. October 1980;12:77-79.
3. Shlim DR. Backpacking the upper limits. *Backpacker*. December/January 1981-82;10:84-85.

4. Shlim DR. First class first aid. *Backpacker*. November 1982:10;80-82.
5. Shlim DR. A perspective on mountain sickness and mountain rescue in Nepal. *Nepal Himal* 1985 (First Edition):29-33.
6. Shlim DR. Health and safety. In: Armington S. *Trekking in the Nepal Himalaya*. Berkeley, Calif: Lonely Planet Publications; 1994:104-136. First published in 1985.
7. Shlim DR. Vanishing into thin air. In: *Insight Guide Nepal*. Apa Publications (HK) Ltd. 1991:243-245.
8. Shlim DR. Good Faith: Reflections on the ethics of rescue in adventure travel. *Summit: The Mountain Journal*. Summer 1991;92-95.
9. Shlim DR. Staying healthy in the Himalaya. *Nepal Travel Trade Reporter*. February 1994.
10. Shlim DR. Adventure-travel medicine. *Summit: The Mountain Journal*. Special Guide Issue Spring-Summer 1995.
11. Shlim DR. Nothing More. *Summit: The Mountain Journal*. Winter 1995-96.
12. Shlim DR. Dispelling the Myths of Traveler's Diarrhea. *Summit: The Mountain Journal*. Summer 1996: 64-67.
13. Shlim DR, Connor BA. Medical Sleuths in Kathmandu. In: *1996 Medical and Health Annual*, Encyclopedia Britannica, Inc. Chicago, 1996. [Telling the story of how we discovered a new intestinal pathogen called Cyclospora]
14. Hackett PH, Shlim DR. The High Life: Health and Sickness at High Altitude. In: *1997 Medical and Health Annual*, Encyclopedia Britannica, Inc. Chicago, 1997.
15. Shlim DR. They Took Me In. Himalaya: Personal Stories of Grandeur, Challenge, and Hope. Edited by Richard C. Blum, Erica Stone, and Broughton Coburn. National Geographic Society and American Himalayan Foundation. Washington. D.C., 2006.

Books

Rinpoche, Chokyi Nyima, with Shlim DR. *Medicine and Compassion: A Tibetan Lama's Guidance for Caregivers*. Wisdom Publications, Inc. Boston, 2015.

Rinpoche, Chokyi Nyima and Shlim DR. *Medicine and Compassion: A Tibetan Lama and an American Doctor on How to Provide Care with Compassion and Wisdom*. Second edition. Wisdom Publications, Inc. Boston, 2015.

Conferences Organized

Medicine for Adventure Travel. Innovative course in the science behind travel medicine, Jackson Hole, Wyoming. Chairman since creating the course in 1993. Five day courses held in 1993, 1994, 1995, 1997, 1999, 2001, and 2006.

Medicine and Compassion. A three day course dealing with issues of suffering and compassion from a Tibetan Buddhist point of view, as it applies to medical practitioners. Jackson Hole, Wyoming. September 1-3, 2000.

Medicine and Wisdom. The second course dealing with the concepts of compassion and wisdom as they apply to health care professionals. Jackson Hole, Wyoming. June 27-30, 2002.

Organized and hosted an international Consensus Conference on Traveler's Diarrhea for the International Society of Travel Medicine called "Diarrhea at the Summit" in Jackson Hole, Wyoming June 12-14, 2004. The proceedings of the conference were published in *Clinical Infectious Diseases* in December 2005.

Medicine and Compassion. The third course on medicine and compassion featuring Chogyi Nyima Rinpoche. Presented at the Harvard School of Public Health, Boston, Massachusetts, July 7-9, 2005.

Awards

Scientific Research Award, Fourth Conference on International Travel Medicine, Acapulco, Mexico. 23-27 April 1995.

Research Award, Wilderness Medical Society, awarded 8 August 1996. [Awarded for the cumulative contributions to research in the field of wilderness medicine]

Himalayan Rescue Association. Lifetime Contribution Award. Presented by the Prime Minister of Nepal, K.P. Koirala, December 1998.

Best Short Original Article in *Journal of Travel Medicine*, 1999-2001: "Hepatitis A Post Hepatitis A Vaccination?" Awarded at ISTM Meeting in Innsbruck, May 2001.

Paul Auerbach Award, Wilderness Medical Society. For lifetime contribution to wilderness medicine. July 2012.

Additional Teaching

Lecturer at Palisades School of Mountaineering Mountain Medicine Seminar 1978, 1980, 1982.

Lecturer, Bhutan Eco-Tourism Conservation Training Workshop, Thimpu, Bhutan, February 1993.

Lecturer, Sikkim Biodiversity and Ecotourism Workshop, Gangtok, Sikkim, 12-16 February 1996.

Visiting Lecturer at Gorgas Course, Lima, Peru, 25-27 February 2004.

Medicine and Compassion: Year long project at Port Neuf Hospital, Pocatello, Idaho, 2005-2006.

Photography

Contributing photographer to *Sir Edmund Hillary's Sagarmatha*. Singapore: APA; 1991.

Other Activities

Lead singer, songwriter, and rhythm guitarist for "Fear of Heights," a rock and roll band in Kathmandu, Nepal 1983-1988.

Tour doctor for The Rolling Stones, 2013 to present.