

Camilo Ruiz DO PA – Sleep and Internal Medicine Specialists  
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## Dr. Camilo A. Ruiz, D.O., FACOI, FAASM

<b>Graduate Medical Education</b>	<p><b>Larkin Community Hospital-in affiliation with Nova Southeastern University</b>          July 2012-June 2013 Miami, FL          Sleep Medicine Fellowship</p> <p><b>Palmetto General Hospital-in affiliation with Nova Southeastern University</b>          July 2008-January 2011 Miami, FL          Chief Internal Medicine Resident July 2009-January 2011</p> <p><b>Lankenau Hospital-in affiliation with Thomas Jefferson University</b>          June 2007-July 2008 Philadelphia, PA          Obstetrics and Gynecological Surgery Internship</p>
<b>Medical School</b>	<p><b>Nova Southeastern University College of Osteopathic Medicine</b>          August 2003-May 2007 Fort Lauderdale, FL          Doctor of Osteopathic Medicine D.O. degree</p>
<b>Undergraduate</b>	<p><b>Florida International University</b>          August 1998-May 2002 Miami, Florida          Bachelor of Science in Biological Sciences with Honors, <i>cum laude</i>          Honors Thesis: <i>Selenium Distribution in the Human Retina</i>          Thesis advisors: Dr. J.C. Makemson, Ph.D., Dept. of Biological Sciences, Dr. R.A. Bone, Ph.D., Dept. of Physics, Dr. J.T. Landrum, Ph.D., Dept. of Chemistry          Minor: Sociology/Anthropology</p>
<b>Professional Certifications &amp; Licensure</b>	<p>Board Certified, Diplomate of the American Osteopathic Board of Internal Medicine September 2011 Certificate # 4261, Recertified until 12/31/2031          Board Certified, Sleep Medicine, CAQ, Recertified until 12/31/2033          Board Eligible, American Board of Obesity Medicine, Exam on 10/2026          Florida License OS 10517 October 2008-Present          DEA Registered October 2008-Present          Basic Life Support Provider (BLS) Active          Advanced Cardiac Life Support Provider (ACLS) Active</p>
<b>Hospital Committees &amp; Academic Appointments</b>	<p>Broward Health Medical Center, Inter-hospital Bylaws Committee, 2025-Present          Broward Health Medical Center, Chair of Medicine, 2024-Present          Broward Health Medical Center, Vice-Chair of Medicine, 2022-2024          Broward Health Medical Center, Medical Executive Committee, 2022-Present          Broward Health Medical Center, Certificate and Qualifications Committee Member 2022-Present          Broward Health Medical Center, Peer Review Committee Member 2020-Present          Broward Health Medical Center GME, Internal Medicine Residency Faculty, Teaching Attending, March 2019-Present          Broward Health Medical Center GME, Internal Medicine Residency, Clinical Competency Committee, Internal Medicine Residency, March 2019-Present          Broward Health Medical Center, Active Attending, 2013-Present          Clinical Assistant Professor, Nova Southeastern University College of Osteopathic Medicine, 2011-Present          Clinical Assistant Professor, Florida International University Herbert Wertheim College of Medicine, 2017-Present          Clinical Affiliate Assistant Professor, Florida Atlantic University Charles E. Schmidt College of Medicine, 2019-Present</p>

AMOpportunities Clinical Experience Preceptor for IMGs, 2019-Present

**Honors & Awards**

Congressional Hispanic Caucus Institute Scholarship Award, July 2006.  
Nominated Rookie Teacher of the Year, Howard A. Doolin Middle School, Miami, FL., 2002-2003.  
Department of Biological Sciences Outstanding Service Award, April 2002.  
Dean's List, Fall 1998, Fall 1999 through Spring 2001, Fall 2001, Spring 2002.  
USAA All-American Scholar, April 2001.  
AMSA Outstanding Service Award, April 2001.  
Minority Biomedical Research Support Scholar, 2000-2002.  
Florida Bright Futures Academic Scholarship F.I.U. 1998-2002.

**Professional Society Memberships, Service Committees, & Honorary Fellowships**

American Osteopathic Association (AOA) Member 2003-Present  
American College of Osteopathic Internists (ACOI) Member Fellow, 2013  
Florida Osteopathic Medical Association (FOMA) Member 2003-2017  
American Academy of Sleep Medicine (AASM) Member and Fellow, 2017  
AASM Coding and Compliance Committee Member, June 2015-June 2018  
AASM Educational Products Development Subcommittee Member, June 2015-June 2018  
AASM Official Spokesperson 2014-Present  
FOMA, Student Chapter Secretary August 2004-August 2005. Burns Academical Society, Resident Advisor, 2009-2011  
Alpha Epsilon Delta Honor Society Inductee, April 2001.  
Golden Key International Honor Society Inductee, November 2000.

**Professional Work Experience**

Camilo Ruiz DO PA (Private practice) D/B/A Sleep & Internal Medicine Specialists. Medical Director, Responsible for the operational efficiency of a combined concierge internal medicine and sleep disorders practice. Accreditation Committee for Health Care (ACHC) certified sleep lab and responsible for processes that help improve healthcare safety, encourage superior health outcomes and enhance the value of internal medicine, sleep, and obesity healthcare. July 2013 till present.

Inpatient Consultants, IPC, Miami, FL.

Hospitalist physician. Provided and coordinated inpatient medicine care including admissions and discharges. August 2013 till October 2014. Medical Director: Dr. J. Sanchez, MD

HCA/Florida IPS Medical Services Hospitalist Group, Aventura, FL.

Hospitalist physician. Provided and coordinated inpatient medicine care including admissions and discharges. December 2011 till August 2013. Medical Director: Dr. A. Soto, MD

Concentra Urgent Care Centers, Miami, FL.

Urgent Care and Occupational medicine staff physician. Provided and coordinated medical care for patients. Procedures ranged from beginning IV fluids, laceration repairs, interpreting x-rays, EKGs, PFTs, joint aspirations, trigger point injections to patient stabilization and EMS transfers. November 2009 till November 2011. Center Medical Director: Dr. A. Gonzalez, MD

General Science Teacher, Howard A. Doolin Middle School, Miami-Dade County Public Schools, Miami, FL.

Bilingual science instruction of limited English proficiency students, grades 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>. Lesson plan development and pupil instruction for Florida standards proficiency testing. August 2002-June 2003. Supervisor: M. Gilson.

**Research Trials &  
Publications, Books,  
Book Chapters,  
Abstracts, &  
Live Presentations**

Research Assistant, Department of Chemistry and Physics, Florida International University, Miami, FL.  
Supervised human subject training of psychophysical techniques, serum carotenoid extraction and separation using high performance liquid chromatography (HPLC), human eye dissection, statistical analysis, and abstract writing. August 2000-July 2002. Principal Investigators: Dr. R.A. Bone, Ph.D. and Dr. J.T. Landrum, Ph.D.

Presenter, Louisiana Academy of Sleep Medicine (LASM) Annual Meeting. Lafayette, Louisiana held on October 24, 2025. *Zepbound (Tirzepatide): The First and Only Pharmaceutical Treatment Approved for Moderate-to-Severe OSA in Adults with Obesity. Review of SURMOUNT-OSA trial.*

*Residency to Revenue: A Roadmap from Student to Independent Medical Practice.* The essential guide for medical students, residents, and early-career physicians who aspire to build a successful independent clinical practice. Published book on June 10, 2025 available through Amazon.

Presenter, Broward Health Medical Center, Department of Graduate Medical Education. Fort Lauderdale, Florida held on April 19, 2024. *OSA and Ventilatory Devices.*

*Bowel Obstruction from Biliary Stent Migration: An Unusual Case of Abdominal Pain.* Nudelman B G, Cortes M, Khella R, George, A, Ruiz, C. *Cureus* 16(1): e52257. Case report published on January 14, 2024.

Presenter, Broward Health Medical Center, Grand Rounds, Novel Approach to Central Sleep Apnea. Fort Lauderdale, Florida held on July 15, 2021.

Presenter, Community Education Program, Boca Raton Marriott at Boca Center Conference Room, Boca Raton, Florida held on February 25, 2020. *Inspire Implantable Upper Airway Stimulation and OSA.*

Presenter, North Shore Medical Center, Department of Continuing Medical Education, Grand Rounds, Miami, Florida held on March 1, 2019. *Sleep Disorders: The Public Health Risk, Recognition, Management, and the Unmet Challenge.*

Presenter, Palmetto General Hospital, Department of Medical Education, Grand Rounds, Miami, Florida held on April 21, 2016. Sleep Deprivation. ACGME Required lecture.

Presenter, Interstate Postgraduate Medical Association, Primary Care Update, Phoenix, Arizona held on November 2, 2014. *Sleep and Wellness* and Meet the Professor sessions.

**The Community Research of South Florida (Clinical Research Center) Sub-Investigator and sub-coordinator on Phase II, III, and IV clinical trials. January 2009-2015. Principal Investigator: Dr. J. Diaz. Research Coordinator: Mrs. N. Concepcion. Miami, FL.**

**AstraZeneca:** A 24-week, multi-center, randomized, double-blind, age-stratified, placebo-controlled phase III study with a 28-week extension period to evaluate the efficacy and safety of investigational drug 10mg once daily in patients with type 2 diabetes mellitus, cardiovascular disease, and hypertension, who exhibit inadequate glycemic control on usual care.

**Biota:** A phase II, multi-center, international, randomized, double-blind, placebo-controlled study of BTA 798 in asthmatic adults with symptomatic human rhinovirus infection.

**Boehringer Ingelheim:** A phase III, randomized, double-blind, placebo-controlled, parallel group safety and efficacy study of BI xxxxx (10mg and 25mg administered orally once daily) during the 52 weeks in patients with type 2 diabetes mellitus and insufficient glycemic controlled on MDI insulin alone or with Metformin.

A phase III, multi-center, international, randomized, parallel group, double-blind cardiovascular safety study of BI 10773 (10mg and 25mg) administered orally once daily compared to the usual care in type 2 diabetes mellitus patients with increased cardiovascular risk.

**Bristol-Myers Squibb:** A multi-center, randomized, double-blind, placebo-controlled, parallel group, phase III trial to evaluate the safety and efficacy of xxxx in subjects with type 2 diabetes mellitus with inadequately controlled hypertension treated with an ACEI or ARB and an additional antihypertensive medication.

**Glaxo-Smith Kline:** A randomized, double-blind, double-dummy, placebo controlled multicenter study to evaluate the efficacy and safety of xxxx inhalation powder and xxxx inhalation powder in the treatment of asthma in adults and adolescents not currently with inhaled corticosteroids.

A randomized, double-blind, multicenter study to evaluate the efficacy and safety of inhaled xxxx in the treatment of persistent asthma in adults and adolescents currently receiving mid to high strength inhaled corticosteroids.

**Reckitt Benckiser:** Double blind, randomized, placebo-controlled study of Mucinex for the treatment of symptoms of an acute respiratory tract infection when two tablets are given every twelve hours for seven days.

**Takeda:** A phase III, open-label, randomized, long-term comparison of the safety and tolerability of the TAK-491 plus Chlorthalidone fixed-dose combination versus Olmesartan Medoxomil-Hydrochlorothiazide fixed-dose combination in subjects with essential hypertension.

A Phase 2, randomized, placebo-controlled, factorial, double-blind, double-dummy, parallel group, multicenter study to determine the efficacy and safety of 25mg and 50mg of TAK xxxx in combination with xxxx 100mg in subjects with type 2 diabetes mellitus.

*Cardiac Tamponade as the Initial Presentation of Primary Mediastinal Large B-Cell Lymphoma: A Rare Clinical Entity.* Consortium for Excellence in Medical Education Resident Research, Nova Southeastern University, Fort Lauderdale, FL., October 8, 2010. Poster presentation.

*Obstetrics and Gynecology: A Competency-Based Companion.* Barry Mann MD, Michael Belden MD. Chapter 33 "Contraception" contributing author. Publisher Saunders Elsevier, 2010.

Bone, R.A., Landrum, J.T., Guerra, L.H., and Ruiz, C.A. (2003). *Lutein and Zeaxanthin Dietary Supplements Raise Macular Pigment Density and Serum Concentrations of these Carotenoids in Humans.* The Journal of Nutrition, 133:992-998.

Landrum, J.T., Parker, A., Cai, Y, Ruiz, C.A. Bone, R.A. (2002). *Selenium Distribution in the Human Retina.* Investigative Ophthalmology and Visual Science (IOVS), Vol. 43, 727.

*Selenium Distribution in the Human Retina,* Association for Research in Vision and Ophthalmology (ARVO), Fort Lauderdale, FL., May 5-10, 2002. Poster presentation.

*Association between Macular Pigment in the Peripheral Retina and AMD*, Annual Biomedical Research Conference for Minority Students (ABRCMS), Orlando, FL., November 2001. Poster presentation.

*Lutein and Zeaxanthin Supplements and their Influence on Macular Pigment Density*, Conference on Aging Retina and Early Degeneration, Boston, MA., Harvard University, October 2001. Poster presentation.

*Dependence of Macular Pigment Density Increases on Elevated Serum Levels of Lutein and Zeaxanthin Resulting from Supplementation*, ARVO, Fort Lauderdale, FL., April 29-May 4, 2001. Poster presentation.

*Distribution of a Minor Carotenoid Component in the Human Retina*, ARVO, Fort Lauderdale, FL., April 29-May 4, 2001. Poster presentation.

*Xanthophyll Carotenoids and the Macular Pigment*, European Association for Vision and Eye Research (EVER), Alicante, Spain, October 10-13, 2001. Poster presentation.

*The Influence of Lutein Supplementation on Macular Pigment*, EVER, Alicante, Spain, October 10-13, 2001. Poster presentation.

*Association between Macular Pigment Carotenoids in the Human Retina and AMD*, National Minority Research Symposium (NMRS), Washington, D.C., November 8-11, 2000. Poster presentation.

#### **Corporate Affiliations & Public Speaking Engagements**

Zepbound (Tirzepatide) therapy speaker 2025  
 Quiviviq (Daridorexant) therapy speaker 2022-2023  
 Dayvigo (Lemborexant) therapy speaker 2021  
 Remede system and central sleep apnea therapy 2021  
 Inspire Medical / Hypoglossal nerve stimulation thought leader 2015-2021  
 Despierta América, Univision, Medical Segment: Recomendaciones para sobrellevar el cambio de horario sin que afecte nuestra salud. March 9, 2018  
 Despierta América, Univision, Medical Segment: Dime a que hora te despiertas y te dire como eres. December 4, 2015  
 Actualidad Radio, Cada Tarde, Medical Segment: Dormir poco nos hace más susceptibles a la enfermedad. October 12, 2015.  
 CNN en Español, Realidades en Contexto, Medical Segment: Los hombres engordan cuando se convierten en papas. July 27, 2015.  
 Despierta América, Univision, Medical Segment: Posiciones al dormir que le quitan el sueño. March 25, 2015  
 Actualidad Radio, Cada Tarde, Medical Segment: ¿Cuántas horas duermen las personas más exitosas del mundo? February 24, 2015.  
 CNN en Español, Realidades en Contexto, Medical Segment: Adolescentes y “gadgets.” February 9, 2015.  
 Despierta América, Univision, Medical Segment: Posiciones para lograr dormir bien durante el embarazo. November 25, 2014  
 Despierta América, Univision, Medical Segment: Conexión de los dolores y las emociones. April 22, 2014  
 Despierta América, Univision, Medical Segment: Víctima del sueño interrumpido. April 14, 2014  
 CNN en Español, Realidades en Contexto, Medical Segment: Sueño y ronquido. January 31, 2014.

**Languages**

Native/bilingual in English and Spanish

**Expert Witness, Trials  
and Deposition  
Experience**

Provide medical reviews, affidavits, expert testimony and depositions since 2018. Case references available upon request.



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